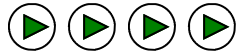




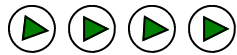
Basic Dietary and Lifestyle Guidelines

A healthy diet and lifestyle impacts quality of life. Learn some everyday basics that can lead to a healthier, happier and more fit life. Remember to transition gradually to sustain and change habits that really last.



LIFESTYLE BASICS

- **Get Plenty of Sleep.** Adequate sleep fuels the mind and body. Keep room dark.
- **Breathe Fresh Air.** The air inside your home should be as clean as possible. Air out your house or use an air filter. Spend time outdoors each day in fresh air.
- **Maintain a Healthy Body Weight.** Balanced weight translates into a balanced body and life.
- **Enjoy the Sunshine.** Get one hour of sunlight 3-4 times per week for natural vitamin D production. The best exposure times are before 10 am and after 4 pm.
- **Be Physically Active.** Get moving with regular exercise & physical activity, try for 4 times/week.
- **Listen to Your Body.** Everyone is unique & biochemically individual. You know your body best.
- **Take One Step at a Time.** Transition yourself to shift to a healthier living for lasting change.
- **Avoid Toxins.** Limit chemical exposure in foods, household, yards and personal care products.
- **Avoid Stimulants.** Caffeine, nicotine, and stimulants activate adrenaline causing body stress.
- **Prepare Most Meals at Home.** Spend less money and eat better.
- **Celebrate, Smile, Laugh, Sing and Play.** Enjoy what life has to offer.
- **Be Grateful.** Gratitude is humbling, healing and powerful.



DIETARY BASICS

- **Drink More Water.** Drink one half your weight in ounces per day of filtered, chlorine-free and fluoride-free water. It's an easy and inexpensive way to health.
- **Limit Sugary food, Refined & Processed Food.** Strive to nourish the body 85-90% of the time by eating traditional, whole, nutrient dense foods.
- **Use Natural Sweeteners.** Use raw honey, maple syrup, dehydrated cane sugar, & stevia powder.
- **Eat Seasonal, Local and Organic Foods whenever possible.** It's fresher & supports local farmers.
- **Eat Plenty of Fruits, Vegetables, Grains, Legumes & Nuts.** They're fiber rich & nutrient dense. Always soak nuts and grains to neutralize phytic acid, enzyme inhibitors and other anti-nutrients.
- **Eat Grass Fed Meat, Dairy, Poultry.** These contain higher omega-3, Vitamin E & CLA levels.
- **Use Unrefined Sea Salt and Herbs & Spices.** These offer extra nutrients and healing properties.
- **Eat Food with Life.** Eat foods with live enzymes like yogurt, lacto-fermented vegetables & fruits.
- **Eat Healthy Dietary Fats.** Extra Virgin Cold pressed olive oil, expeller-expressed sesame oil and flax oil, tropical oils—coconut and palm, butter, nuts & seeds. Make your own salad dressings.
- **Drink Healthy Beverages.** Drink water, herbal teas, juices, fermented beverages (kefir, kombucha)
- **Keep Portions Moderate.** Get enough calories, but not too many.
- **Avoid Stress While Eating.** Eat in a calm, relaxed manner & chew your food thoroughly
- **Plan Ahead for Meals.** Carry foods with you for healthy snacking. Planning limits fast food eating.
- **Read Food Labels.** Avoid hydrogenated trans fats, high fructose corn syrup, soy, sugar, enriched.
- **Avoid Microwaves, Irradiated Food, GMO & Chemically Altered Food.**
Life in foods give us life. Eat foods that will spoil to insure it still has life.

