



You Can Do This

Increase the percentage of raw food

- for digestive enzymes
- rich in bulking fiber
- promotes weight loss
- detoxifying

Eat natural unprocessed food

- whole grain foods and unrefined oils
- learn to read ingredients for additives
- naturally raised animals

Enjoy what you eat

- pleasing to the eye and taste buds
- guilt free when occasionally indulging

Eat when hungry

- good weight management
- overeating taxes the body, stores fat, creates mucus
- slow down, chew well to assist digestion
- feed the body, starve cravings
- don't feed depression

Exercise for mental and physical well-being

- builds confidence and discipline
- cleanses the lymphatic system
- increases metabolism for weight management
- improves circulation, strengthens lungs and heart
- improves appetite
- allows for the occasional indulgence
- maintains strong bone density

Fasting for spiritual and physical cleansing

- detoxification and cleansing
- launching board to dietary change
- spiritual refreshment
- breaks addictions

Get good sleep

- stress relief
- strengthens immune system
- reduces aging
- repairs tissue
- balances hormones

Drink clean water

- cleanses and detoxifies
- hydrates skin
- helps control hunger
- improves energy