

14 STEPS TO A HEALTHIER YOU

1. AVOID HAZARDOUS CHEMICALS THAT ARE IN OUR EVERYDAY FOODS

Nutra-Sweet / Aspartame

Monosodium Glutamate (MSG)

Partially Hydrogenated Vegetable Oils

High Fructose Corn Syrup

2. REDUCE SUGAR INTAKE

Avoid soft drinks, and snack foods.

3. DRINK WATER

For an adult about 2 Liters of water per day, this does not include coffee or soft drinks.

4. REDUCE CAFFEINE

Caffeine causes you to use the bathroom more and lead to dehydration.

I recommend Un Sweet Decaffeinated Green Tea.

5. INCREASE pH LEVEL

Reduce foods and drinks that are Acidic, and eat/drink more Alkaline foods/drinks.

Ideal pH is between 7 & 8 at 6pm.

6. SEEK NATURAL REMEDIES FOR MINOR AILMENTS

For minor things, if possible seek natural alternatives.

7. TAKE A MULTI VITAMIN

It's hard for us to intake all the food we need to be able to get our daily vitamins.

Green Tea also has a strong dose of antioxidants.

8. EAT FOR YOUR BLOOD TYPE

Type O: Meat eater

Type B: A bit of both (see book below)

Type A: Vegetarian

Type AB: A bit of both (see book below)

9. EXERCISE 3-5 TIMES A WEEK

Anything is better than nothing, if only going for a walk for 30-60 minutes.

I try to jog 1-2 times a week, then alternate lower body exercises for upper body exercises

10. REDUCE STRESS

Give yourself some "me" time, away from everyone. Pray. Try to reduce stressful situations.

11. GET PLENTY OF SLEEP

It is recommended between 7 and 8 hours a night.

12. DON'T EAT 3 HOURS BEFORE BEDTIME

Give your body time to digest the food that you eat, or it may turn to fat.

13. THINK ORGANIC

Food that is certified "Organic" is less likely to have pesticides and chemicals on it there by being healthier to eat. Also healthy products such as soaps that have chemicals are absorbed into your blood stream thru your skin, look for Organic products.

14. BREATHE FRESH AIR

Your body needs oxygen to survive! Go out doors daily for some fresh air, even grow indoor plants to produce more oxygen into your home. Avoid air fresheners that are releasing chemicals into the air that you are breathing into your lungs, use essential oils instead.

The above 14 steps may seem a bit overbearing to some; and to be honest I sometimes find it hard to do all 14 myself, however even if you only adapt some of the 14 steps it will be a move in the right direction. Some change is better than no change at all.

RESOURCES

"Eat Right for Your Type" by: Dr. Peter J. D'Adamo

Jason Natural Cosmetics <http://www.jason-natural.com/>

World Natural Health Organization <http://www.wnho.net/>