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General Health Guidelines

Dietary

1. Two quarts of water minimum per day. Does not include teas, juices, or other beverages. Drink only a small amount of liquid with meals. Soft drink substitute: 1 cup water with 1-2 teaspoons frozen juice concentrate (unsweetened).
2. Green leafy vegetables: daily raw or cooked, i.e., turnips, mustard, collard, and beet greens. Spinach, kale, parsley, leeks, scallions, and leaf lettuces (excluding iceberg lettuce). Steaming is best cooking method.
3. Fresh or cooked vegetables: use a variety daily
4. Whole grains and legumes: use daily and different varieties, i.e., brown rice, millet, quinoa, rye, barley, wheat, buckwheat, peas, beans, etc. It is best to sprout all beans and legumes before cooking. Be sure to keep carbohydrates at only 40% of calories.
5. Protein such as dairy, meat, eggs, fish, tofu, at each meal, especially breakfast- when you should have 20-30g of protein. Be sure to keep protein at 30%-40% of calories.
6. Cultured products: 4-7 times per week, i.e., yogurt, kefir, buttermilk, miso, sauerkraut.
7. Fats: Avoid hydrogenated fats entirely. Use butter, coconut oil, or bacon grease instead of margarine. Store fats in a cool dark place. Be sure to keep fats at 30% of calories. **NO FRIED FOODS EVER!!** Nuts, avocados, and soft cheeses are usually good.

Exercise

One half-hour per day of exercise as intense as you can get while still keeping your mouth closed. Breathe through your nose!!

Natural Lighting

1. Spend time outdoors daily
2. Use Full spectrum lights instead of fluorescents

Rest/Relaxation

Get at least 7 hours of rest per night

A Multiple Vitamin/Mineral

We strongly recommend 100% natural, stearate-free products. We prefer Thorne, or any powder product, for multi-vitamins and American Longevity for trace minerals. Use these once or twice a day. Maybe add a B-complex if you have a lot of stress in your life.

Remember, we create everything we experience.

Our lives unfold for each of us according to our inmost mental and emotional states

Get well, Feel well, Be well