

LIFESTYLE SUGGESTIONS FOR BETTER HEALTH

Eating Habits

- Eat regular, sit-down meals, preferably at the same time each day.
- Avoid overeating. Stop eating before you feel full.
- Snack only if necessary with protein and/or fatty snacks to maintain your blood sugar. However, it is far better to eat 4 or 5 small meals daily rather than snack all day.
- Eat slowly, chew thoroughly and make mealtimes pleasant.
- Remain sitting at the table at least five minutes after each meal.
- Avoid refined sugar and sugary foods, including most all fruit and all juices except 10-12 ounces of carrot juice daily with a few greens in it if you wish. Wheat grass juice is also excellent as an alternative. Avoid smoothies and other sugary beverages.
- Avoid all products that contain wheat or spelt, including even sprouted wheat. Some people need to avoid all gluten-containing foods as well, which includes those made with rye, oats and barley. Many prepared foods contain gluten.
- Avoid most pasteurized milk, cheese and yogurt products. However, raw certified milk products are often superb foods. Organic milk products are better than other commercial milk, but not as good as the raw certified products.

Rest and Exercise

- **Obtain plenty of rest and sleep.** Most healing takes place while you are asleep.
- Retire early at night. Do your best to sleep nine hours or more nightly.
- Do your best to rest lying down for 10 minutes at mid-morning and mid-afternoon.
- Vigorous exercise just overstimulates your adrenal glands. While on this healing program, limit exercise to gentle walking, preferably outdoors, and practices such as stretching, yoga, gentle bicycling or other gentle activities.
- Always stop exercise and other activities before becoming exhausted.

Thoughts, Attitudes and Emotions

- Always seek the truth. Express yourself with as much integrity as possible in all your relationships and actions.
- Always do your best to stay in the present moment.
- Observe negative thoughts without judging them, and without judging yourself for having them. This will help them to gradually lose their power over you
- Cultivate gratitude for what you are and all you have, no matter how little it may seem.
- Forgive and forget, even if it hurts.
- Spiritual alignment and grounding are most important. Meditating daily, and even walking, gardening and sitting under a large trees can be most helpful for this.
- Let go of grudges as soon as possible. Holding grudges just wastes energy.
- Do not set goals that bring frustration.
- For successful healing, settle in for the long haul and do your best to enjoy the process. True healing is not symptom removal, but occurs at much deeper levels.
- Emotional detachment is wonderful, and is not the same as not caring.
- Remember, no one is perfect, not even you. So relax and do not hold grudges.
- Smile a lot. It doesn't cost any more than frowning.
- Gratitude is the attitude.

Detoxification

Detoxification procedures done every day are an excellent practice. The most powerful and effective, by far, are coffee enemas and near infrared light sauna sessions.