

♥ Some Thoughts for Health ♥

1. Good health starts in your head. Think positive thoughts-train yourself to notice negative thoughts and change them to positive. Practice forgiveness.
2. Take time each day to be still (even 5 to 15 min.). Meditate, pray or sit quietly. If being physically still is challenging, take a peaceful, meditative, prayerful walk. Get to know yourself, this helps to reduce stress. Finding your faith can bring peace and improved health.
3. Increase your oxygen. (Over 80% of the earth's tree cover has been cut down, air pollution is increasing. There is less oxygen available).
 - Deep breathe
 - Sing and dance (adds oxygen and stimulates the thymus)
 - Exercise, if only for 5 min. a day, work towards 30 min, at least 3-4 times/wk. Do what works for your situation, but move.
 1. Wait at least 2 hrs. after eating to exercise
 2. Be able to talk while you are exercising to prevent overdoing it.
 - Be around trees (they give off oxygen), use house plants to increase interior oxygen and clean the air (one plant per 100 sq. ft.).
 - Walking outside in the early morning yields two benefits: exercise and fresher, cleaner air.
 - If you smoke, do whatever it takes to stop.
4. Drink at least 1/2 your body weight, in ounces, of clean water daily. If you drink distilled water or reverse osmosis water, you may choose to add trace minerals. Herb teas, green drinks, vegetable and fruit juices (dilute veggie juice 25% and fruit juice 50% with water) are acceptable, but don't forget water.
5. Give your body the opportunity to get at least 6-8 hrs of sound sleep at night. Try to be in bed by 10 pm. to allow your body time for rejuvenation.
6. Good elimination is critical to good health! Make sure to empty the colon at least once a day, preferably 2-3 times. Create a clean internal environment. Pay attention to what you are putting in your mouth.
7. Clean up your diet to clean up your body and let it work *for* you. Eliminate:
 - All refined sugars-white, brown, corn (often disguised as high fructose)
Look for the -ose on labels = sugar
 - Artificial sweeteners: use Stevia instead
 - Chemicals: preservatives, additives, herbicides, pesticides, synthetic fertilizers
 - All refined wheat flour-any white flour products, breads, cookies, pasta, etc.
 - All hydrogenated fats or partially hydrogenated fats, MARGARINE, foods fried in hydrogenated fats (i.e. French fries and doughnuts)
 - Pasteurized and/or homogenized commercial dairy products
Butter and yogurt (antibiotic and hormone free) from pastured cows are good
 - All carbonated beverages – Soda
 - Coffee and black teas (they are fermented and contain caffeine)
 - Alcohol

- Chocolate (too much caffeine, dairy, hydrogenated fats and sugar)
 - Processed foods
 - Allergy-causing foods
 - Irradiated foods and biogenetically engineered foods
 - Microwaved foods
8. **DO** follow these healthy guidelines:
- Eat locally grown, organic and sustainably grown foods.
 - Eat 50% or more of your diet in raw, live foods. Raw foods have live enzymes that are essential for life.
 - Eat a more alkaline diet. The ideal ratio is 80% alkaline (fruits and veggies) to 20% acid foods (animal proteins, grains, processed foods and prescription drugs, etc.).
 - Eat fresh, whole foods, as close to their natural state as possible.
 - Eat a wide variety of foods.
 - Rotate foods (i.e. eat potatoes once a week, not every other day).
 - Eat in moderation, eat only when hungry, stop when full (increasing the good fats will help as they have increased satiety value).
 - Eat good fats: butter (organic, from pastured cows), coconut oil, olive oil, cod liver oil.
 - Remove enzyme inhibitors in seeds, nuts, grains and beans through soaking or sprouting.
 - Determine what **YOU** are going to eat. Every bite you take sends a message of your beliefs, desires and concerns.
9. Clean up your external environment as well. Use safe, biodegradable cleaning and laundry products. Do not use harmful chemicals and fertilizers on your lawns.
10. If you are interested in learning more about what ails you:
- Get a good reference book
 - Look up each symptom and cross reference them
 - Nutritional common denominators may be good things to try.

Some parting thoughts:

1. Remember food is the fuel for the body, don't put junk in your engine !!
2. Take responsibility the health of yourself and your planet! Educate yourself, get a good reference book . . . Read . . . Read . . . Read. Become your own expert.
3. Make a conscious determination of what you want to eat, work to make it more available, talk with your food supplier. You will be helping yourself, and your world.