

Eat Real Food

Protein, Dairy, Healthy Fats
Fruits & Vegetables
Beans & Legumes

Drink Water

8+ Glasses Daily

Avoid

Processed Foods,
Candy, Juice, Soda
& Added Sugar

Move Daily

Walk, Dance, Cycle, Yoga,
Weights, Karate,
Aerobics, Etc.

Eat

Ferments

Yogurt & Kefir
Sauerkraut & Kimchi
Kombucha & Kvass

Sleep

7 to 9 Hours
Dark, Quiet, Cold Room
Same Bedtime and Wake Time Every Day
Bed Linens You Love
Work On Breathing Exercises

Keep Track

of Your Progress
for 2 to 4 Weeks