

## **STEPS TO HEALTH INDEPENDENCE**

### **STEP 1: Foods to AVOID**

**Sugar, High Fructose Corn Syrup, Artificial Sweeteners (i.e. aspartame, Splenda)**

**Processed Foods** - canned, frozen, packaged, chemical added to last longer, refined grains, vegetable oils, "enriched" ingredients (enriched flour in white bread)

**Trans fat** - hydrogenated fats

**Glutamates** - MSG, taste enhancers can lead to obesity and endocrine damage.

**"Extras"** - condiments commonly know to be high in sugar, salt, flavor enhancers.

**Excessive Alcohol** - alcohol releases estrogen into your blood stream, promotes fat storage, and decreases muscle growth. Limit, one drink.

*\*Be a responsible shopper - Read Labels*

### **STEP 2: Healthy foods to ADD**

**More Fruits and Vegetables** - The majority of your diet!

**Antioxidants** - deep colored foods such as tomatoes, broccoli, kidney beans, plums, blueberries are rich in antioxidants.

**Omega-3 Fats** - ground flaxseeds, walnuts, wild salmon, scallops, hemp. 80 percent of our brain is fat. The right kind is needed to be resilient in stress and fast learning.

**Fiber** - the average person gets about 12 gm per day. Recommended amount is double. Oatmeal, 100 percent whole grain bread, lentils, pine nuts, peas and raspberries.

*\*If nature made it, eat it! If man made it, moderation.*

### **STEP 3: AMP UP your health with great supplemental products!**

**Marine phytoplankton** - All time favorite supplement that provides the body with the raw materials for optimal healing power.

**Zeolite** – to help remove heavy metals and toxins from the body.

**Liver Cleanse** – use of peppermint and lemon oils to cleanse the liver daily

**Master Cleanse** – to help remove all toxins from the body and regain your health and vitality back.

**Probiotics and Enzymes** – to help rebalance the digestive tract

**Barley Max** – a very powerful green drink to help nourish the cells of the body

**Smart Foods** - Natures grocery store. Pure nutrition for your healthy lifestyle and/or weight management goals.

#### **STEP 4: Exercise!**

Four exercise goals you should aim to achieve this year.

**1. Start Walking** - Get up to 10,000 steps a day. Start by walking 30 mins/day, this will make for 3,000 steps. Take the stairs instead of the elevator. Best way to stay thin!

**2. Get Your Heart Rate Up** - Besides walking, you need more strenuous exercise as well. Work out hard enough to sweat at least 60 minutes a week.

**3. Flexibility** - Stretch for at least five minutes a day. If you're not flexible, you'll get hurt and you'll stop exercising. Try Yoga!

**4. Strength Training** - Weight lifting or resistance training at least 30 minutes a week. Lean muscle mass increase bone density, burns more calories and speeds up metabolism.

#### **STEP 5: Get 7 - 8 hours of sleep each night**

While steps 1 to 4 are important, you could lose all of the benefits if you skip sleep. If you don't get sleep, you body craves things like carbohydrates.

