

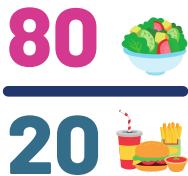
EAT REAL FOODS



Upgrade to better quality ingredients. Organic when ever possible.



Drink half your body weight in ounces of water everyday. Best sources include spring, artesian, alkaline and mineral water. Add a lemon or lime to help balance pH and improve digestion.



Follow the 80/20 Rule (80% of the time, focus on eating high quality foods from the center two circles of the food target, making room for



Eat balanced meals that include high quality. carbohydrates, proteins, and fats. (Use Food Target as your guide)



Always choose foods closest to the source. Eat more whole foods that naturally contain pre, pro and synbiotics.



3 Hour Rule (eat small frequent meals every 3-4 hours to balance energy, blood sugar and boost metabolism. that is 4 to 5 small meals a day.



Cook more meals at home. Start with a clean protein the size of your palm. Then add a handful of vegetables, a complex carb and fruit .



- Best sources of Omega 3s include cod liver oil and flax/chia seeds.
- 3 essential nutrients for boosting immune system include vitamin C, vitamin D, and zinc. (These nutrients are naturally found in the superfoods listed above).
- There is no need to take a supplement/multi-vitamin if you consume two essential nutrients (chlorophyll & omega 3 fats).
- Best sources of chlorophyll include wheatgrass & spirulina/chlorella.
- Recommended superfood dosage (3 ice cubes wheatgrass, 20 tablets of spirulina/chlorella, 1 tbsp. cod liver oil, 2 tbsp. flax/chia seeds.