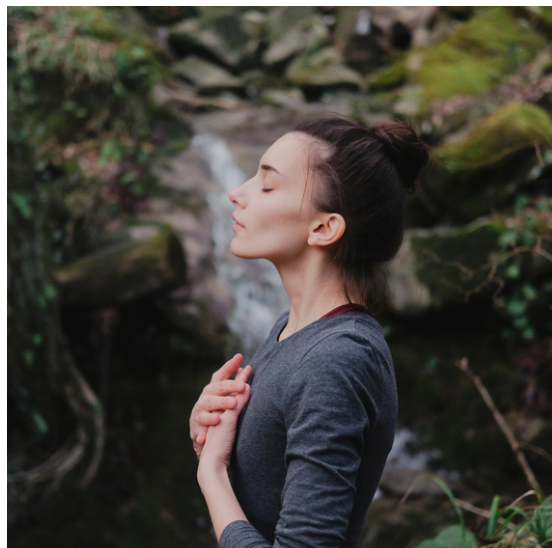


## 5 IMPACTFUL CHANGES FOR YOUR HEALTH

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### Well Functioning Organs!

Make sure your organs of elimination are working well. For example, if you tried to clean your house and stored all the bags of garbage inside, there will be little space for you to move, your home would smell and you would feel restricted. This is the same for the body.

Sweating, daily bowel movements, urination, menstruation (for women), & breathing are all ways the body eliminates toxins. If one system is stagnant there is a backlog of toxins in the body.

### Change your diet!

Eat whole foods, cut sugar, drink water, eat fiber. Feeding your body real *living* foods increases your own life force. It gives cells and mitochondria energy and it also doesn't harm your body. I recommend 35 g of fiber a day to increase the quality and frequency of bowel movements, this will feed the good bacteria and you will maintain weight.

Eating ½ a plate of vegetables with every meal means you will absorb the trace minerals and nutrients your body needs for cellular repair & communication, and energy.



**MIND ~ BODY ~ HEART**

# THE 5 MOST IMPACTFUL CHANGES FOR YOUR HEALTH

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## Time to Focus!

Regulate your nervous system: learn how to focus on one thought. Focusing on one particular thought trains your nervous system to be calm, instead of frantic or unregulated.

Anxiety and overthinking causes a drain on your mental capacity and ability to focus. It also affects the physical body systems like digestion, bowels and sleep.

## Move your body!

Your body is meant to move. Sitting all day prevents emotions and tension to move out of the body. It also makes our lymphatic system sluggish which means our white blood cells can't get around the body and clean up pathogens. Moving can be as simple as walking for an hour a day, yoga, HITT or any sport you love.

## Finding Joy!

The magic bullet of health. When you find joy it makes ALL systems of the body work better (mind, body, heart). Your body cells respond to joy, by vibrating at a higher frequency, and therefore increasing your immune system, moving out stagnant emotions and creating new "happy" cells.

