

ISAMIZU'S

5 Conscious Actions



OPTIMIZE YOUR POTENTIALS BY FOLLOWING DAILY ROUTINES

BREATHING

- Close your eyes gently
- Slowly inhale and exhale
- Each breath 10-15 seconds
- Exhalation is longer than inhalation
- Observe your breath

EATING

- Organic / non-chemicals preferred
- Check DNA/Blood Type
- Check your Dosha Type
- Know your ancestry
- Enough rest between dinner and BF

MOVEMENT

- Exercise according to Dosha Type
- Dance with music
- Go outside and move your body

HYDRATION

- Clean/Filtered water
- 1/2 to 1/4 your body weight in oz
- Room temperature preferred
- Be grateful when you drink

RELAXATION

- Shut off all electrical devices
- No bright screen 1 hour before bed
- Go to bed between 10 & 11pm
- Bedroom needs to be pitch dark
- Meditation / Mindful silence time

Your Quantum Nature™
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