**Twelve Healthy Hacks for LIFE!**

• Read labels! Avoid hydrogenated oils, trans fats, chemical sugar substitutes (Splenda, Nutrasweet, Equal), nitrites/nitrates, artificial ingredients, high fructose corn syrup, sodium benzoate, and anything you cannot pronounce. Topically, avoid sodium lauryl/laureth sulfates, parabens, petrolatum, mineral oil, aluminum.

• Adopt a whole foods diet, organic when possible, locally grown in season.

• Aim for 5 different vegetables and 2 fruits daily, mixed colors. Red, orange, yellow, green, blue, purple, and black (olives, berries, currants, grapes).

• Consume grass-pastured beef only, if you eat beef.

• Easier places to shop: Farmers’ Markets, community supported agriculture groups (CSAs); local health food stores; Whole Foods, Trader Joe’s; “natural foods” sections in Kroger, Safeway, WalMart, Costco, etc.

• Recognize potential for food allergies/intolerances. One man’s meat is another man’s poison! Rotate foods you *can* consume healthily.

• Avoid microwave use.

• Sleep! The body can only repair while in parasympathetic nervous system dominance.

• Drink filtered water—1/3 to ½ your body weight in fluid ounces—daily. Green/herbal teas and coconut/cactus waters count!

• Exercise daily! Move your body every day, rain or shine, inside or outside. “Start low, go slow.”

• Everything is connected to everything else--what impacts one area of your life will, to some degree, impact other parts of your life.

• List top 4 priorities in life. Does your lifestyle reflect those, in that order? If not, what steps need to be taken to truly walk your talk?