



## Daily Do's:

- △ Drink Water: the rule of thumb is to drink half as many ounces of water as you weigh DAILY!
  - Example: for 150 lbs drink 75 ounces; 200 lbs drink 100 oz.
  - 34 oz = 1 Liter so the *average man* needs **AT LEAST 2 LITERS of WATER** each day.
  - More is Better
- △ G-B-O--M-B-S daily (eat greens, beans, mushrooms, onions, berries & seeds)
  - Broccoli slaw, baby greens, riced/mashed cauliflower, asparagus, brussels
  - Garbanzo=Humus (good veggie dip!), black beans, pinto, navy, etc.
  - Thumbnail amount of any variety of COOKED mushroom (quercetins)
  - Deep colored berries, frozen is fine: blueberries, blackberry, etc.
  - Raw almonds soaked in water for 3 hrs, sunflower, chia, flax, tree nuts, peanuts
    - Walnuts increase blood capacity to hold MORE OXYGEN, can help with fatigue and muscle pain
- △ Switch from white starches to brown, eat these LAST
- △ Deep Breathing Exercises to increase aerobic respiration and lung capacity; also calms body
- △ Move daily: If you're not exercising then take a 20-minute BRISK walk.
- △ Limited Fasting: Do not eat for a minimum of 12 hours daily (nothing from 10 pm to 10 am); to boost metabolism, occasionally increase duration of fast to 18 or 24 hours (a few times per month).

## Daily Don't's

- △ ELIMINATE: HFCS High Fructose Corn Syrup; it's poison. Everything that contains this should be considered poisonous.
- △ ELIMINATE TRANS fats; these are artificial and remain solid at room temperature; these raise cholesterol and ARE NOT easily metabolized by the body (our enzymes work on cis-fats). Choose food that say NO trans fats!
- △ ELIMINATE GMO products; most of these have been modified to allow toxic chemicals to be sprayed upon them without harming them. These chemicals DO HARM US! Choose "Non-GMO" when possible.
- △ Consider eliminating all processed and most prepared foods; if these contain ingredients which cannot be eaten alone (think chemical names: benzoates, polysorbates, sugar alcohols) then they should only be eaten in an emergency. Any ingredients made in a lab are generally NOT easily digested by the body and do not have strong nutrient value. Choose foods as close to how God made them as possible!
- △ Consider Switching Dairy Milk to Almond or Coconut Milk

## Cholesterol Support

- △ 1200 mg Red Rice Yeast, 2X Daily until HDL goal is met
- △ Essential Oil Blend: apply over heart 2X daily, also can be applied to blood vessels in wrists, arms, behind knees, ankles, etc. (anywhere vessels are prominent, and skin is thin)
- △ CoQ10 can be added, from 50mg – 150 mg daily in 2 doses, single 100mg dose (Expensive Ubiquinol is unnecessary, just get the cheaper Ubiquinone. Your body knows what to do with this.