

Sacred Cow Living

LIFESTYLE ENHANCEMENT CONCEPTS
WWW.SACREDCOWLIVING.COM



ORGANIC MATTERS!

Choosing organic means eliminating pesticides, herbicides, gmo's, and other toxins associated with conventional produce. Most organic options have a sticker with a number starting with "9" ...if it starts with a "4" or a "3" its conventional GMO and NOT organic. The quality is better and your body will thank you for the proper nutrients.

*Always ask for organic at the local farmers market to ensure quality!

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VEGAN BEAUTY

Sacred Cow Living

dōTERRA

Pacifica

2

TOXIC FREE HOME

Sacred Cow Living

Dr. Bronners

dōTERRA

3

EASY MEALS

Mac and Trees

Cabbage Casserole

Lentil loaf



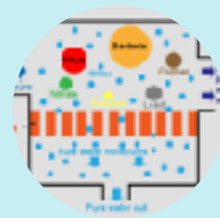
Alkaline

Maintain pH balance by consuming 70% - 80% alkalizing foods daily over 20% - 30% acidic.



Eliminate Histamines

Avoid most when having allergies, skin issues, fevers, headache, or any other type of histamine intolerant symptom.



Reverse Osmosis

The only type of water that removes fluoride. Check your local grocer for refill purifying/ filtration machines.

HOW TO NOT DIE “GOING VEGAN”

Never let your fear decide your fate.

For many of us, the idea of giving up animal products sounds like a death wish, but its actually quite the opposite! Eating plants can be filling, satisfying, and completely nutritional!

Choosing a plant based lifestyle can lead to health, happiness, and complete freedom! We all heard that story of someone that “almost died” going vegan... and while this is a silly thought to most veteran vegans, it is completely understandable why one would feel this way. We have been taught that we need constant B12 when in reality the body stores it for quite some time. We think protein and calcium only come from animals, when in fact there is MORE of those essential nutrients and vitamins in vegetables.

Not only does the plant give us more nutrients, it literally gives us LIFE! Whereas consuming decaying carcass, chicken periods, and puss from a beast, promotes illness and death.



“We all heard that story of someone that “almost died” going vegan...”

Making the decision to be a conscious eater can be fun!! Trying new recipes, restaurants, and stores is a great start. Fill the fridge with easy to grab fruits like apples, oranges, grapes, lychee, mangosteen, plums, peaches, etc.... Remember there is always a different choice, a BETTER choice!

Shop in the produce section avoiding the aisles and get lots of greens!! Stick with the alkaline non histamines foods first then add histamine releasers one at a time (avocado, bananas, tomato, berries, tropical fruits, etc....)

THE MASTER CLEANSE

The master cleanse is a 10 day minimum detox program. It consists of drinking lots of laxative tea, spicy lemonade, warm sea salt water, and reverse osmosis H2O. The purpose is to clean the organs, tissues, joints, glands, skin, and overall give the body a “cleansing”. Through this process the body eliminates many toxins that have been stored in the system since conception. It is a great option for omnivores that want to transition to a plant based lifestyle. Since the addictive chemicals in animal meat also get stored in the body, the master cleanse eliminates tough withdrawal systems by removing these elements once and for all.

