
QUICK TIPS FOR OPTIMAL VITALITY

The food guidelines below are recommended for anyone who wants to improve their health. Additional changes to your diet may be necessary for those with particular health circumstances, such as pregnancy, candida overgrowth, inflammation, diabetes, gluten/food intolerances, etc.

HOW SHOULD I EAT?

- Eat whole, natural, certified organic, raw food as often as you can.
- Eat in pleasant and relaxed atmosphere, seated comfortably without distractions.
- Chew your food until it becomes liquid and disappears!
- Drink minimal liquids with your meals.

WHAT SHOULD I EAT?

- 1** heaping tablespoon per day of ground seeds (flaxseeds are a great choice) or have a tablespoon of cold-pressed seed oil (such as flaxseed, hempseed, pumpkin seed, or grapeseed) daily.
- 2** servings of beans, lentils, quinoa, tofu (soy), eggs, meat, or "seed" vegetables per day.
- 3** pieces per day of fresh fruit such as apples, pears, bananas, berries, melon or citrus.
- 4** (or fewer) servings per day of whole grains such as rice, millet, rye, oats, wheat, corn, quinoa, whole grain breads, or whole grain pasta. A great choice is sprouted grain products such as Food for Life's Ezekiel and Genesis breads, or Berlin Natural Bakery's Biblical bread.
- 5** servings per day of dark green, leafy, and root vegetables such as spinach, kale, watercress, carrots, sweet potatoes, broccoli, green beans, peas, peppers.

WHAT SHOULD I DRINK?

Drink water, diluted juices or herbal teas. Ideally, we should drink one ounce of water for every 2 pounds of body weight, e.g. a 150 lb person would drink 75 oz of water per day.

SUPPLEMENTS

Each day, take the following (take recommended dosage per label directions):

- broad spectrum plant-based digestive enzymes with every meal
- a high-strength all-natural multivitamin
- macro-mineral supplement either from plant sources or chelated to amino acids (should contain calcium, magnesium, potassium, manganese, and phosphorous)
- high-quality antioxidant supplement (variety is key—switch it up occasionally)
- essential fatty acids omega-3 and omega-6 (fish oil or flaxseed oil)