

FEED THE BODY

1. Eat whole natural food from small private farms. Avoid factory farmed meats and GMOs.
2. Eat raw fruits and vegetables as often as possible - and include healthy oils with them.
3. Eat naturally raised meats, and always include the fat, the chicken skin, etc. Lean is not healthier.
4. Make homemade soups, stocks, sauces, and bone broths from chicken, beef, lamb or fish.
5. Include enzyme-enhanced fermented vegetables, fruits, beverages and condiments in your diet.
6. Drink plenty of water, moderate amounts of tea and coffee, and juice from your own juicer.
7. Make and drink kefir every day. Blend (and ferment) with fruits for added nutrition and flavor.
8. Use VCO (Virgin Coconut Oil) as much as possible. Also use butter, ghee, and olive oil.
9. Use Himalayan Pink salt, Celtic sea salt, and other healthy salts that have color. We need salt.
10. Use natural sweeteners, in moderation - raw honey, maple syrup, coconut sugar, raw cane sugar.
11. Eliminate white flour, white sugar, white salt, and processed foods from your home and diet.

Follow the Weston A. Price dietary guidance to understand how healthy humans have eaten for thousands of years. Listen to your body! Different people need different foods.

DETOX THE BODY

1. Incorporate Bentonite Clay into your diet. Drink it with water, or add it to bread, oatmeal, etc.
2. Oil pulling. Rinse your mouth for twenty minutes each day with VCO. It's easier than you think.
3. Take hot baths (with epsom salt, baking soda), and use saunas, hot springs, steam rooms often.
4. Administer enemas regularly. Coffee enemas especially.
5. Engage in fasting practices, short, long, intermittent, or food restricted.

Detox is necessary for modern man because we have poisoned our water, air, and soil to an extent that overwhelms our body's ability to self-regulate such toxins. Fasting, high temperature exposure or fluctuation, and eating clay, actually mimic our ancestors' natural experiences.

CLEAN YOUR ENVIRONMENT

1. Cook only in stainless steel, cast iron, glass, good quality enamel, or high quality stoneware.
2. Avoid perfumes, air fresheners, aerosol sprays, dryer sheets, and all artificial scents.
3. Get rid of toxic cleaners, soaps, shampoos, detergents, and deodorants. Use natural alternatives.
4. Avoid AC units when possible, and clean all air filters regularly.
5. Use Himalayan Salt lamps, ionizers, humidifiers, and/or healthy air cleaners.
6. Use water filters on all faucets and shower heads, and drink filtered water. Avoid bottled water.

ENERGIZE YOUR MIND & BODY

1. Get as much sun as possible - without sun glasses and suntanning lotion (use VCO instead).
2. Get your feet on the earth. Walk barefoot - in the grass, on the beach, as often as you can.
3. Exercise at least three times a week. Do something. Anything. Walk at least 5K steps a day.
4. Stand. Try not to sit so much, and try not to sit for more than forty five minutes at a time.
5. Meditate, pray, chant, or do whatever you do to soothe and empty your mind.
6. Sing, dance, laugh. Laugh some more. Smile for no reason. Smile at people.
7. Get enough sleep. Take short naps. Listen to your body and rest it when it wants to rest.
8. Believe. Your beliefs shape your reality. Think positive.

ALIGN THE BODY

1. Consider chiropractors, shiatsu, acupuncture, and massage. They can resolve many problems.
2. Consider incorporating yoga, stretching, or other 'body alignment' routines into your life.
3. Become mindful of your posture and sleeping positions. Sleep on your back as much as possible.

Learn more about The Road To Wellness at Vitagenics.net