



**10 things you can do to
SUPERCHARGE
healing!!!**



1. Hydration!!

Increasing the amount of living water we consume daily can set the stage for optimal detox and functioning of the cells of the body. Adding lemon, lime or cucumber to the water adds back the minerals and living elements that are destroyed when water is chemically treated. All water from a tap or well is chemically treated in some way to kill any bacteria in the water, so we have to restore the living elements in the water.

- Another great way to add living water into your diet, is to eat raw fruits and vegetables. Fruits like melons or citrus can

offer ample supplies of living water.

- Fresh juices also offer lots of living water. Cucumber juice is extra hydrating.
- The cells of the body are better able to utilize living water than plain water from the tap or a bottle. We are all chronically dehydrated and this immediately begins to improve the systems of the body.
- Drinking 16-20 oz. of living water immediately starts to flush out the toxins that were released by the liver over night.
 - This begins the process of eliminating the toxins that are making us sick!
- This powerful hydration is a cornerstone for transforming our health.
 - In addition, keeping the cells properly hydrated helps them function better and stay healthier.

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2. Set an intention for the day!

Before your feet even hit the floor, set an intention of how you would like the day to go. Ask yourself, “who do I want to show up as today?”

- Take a moment to feel how it would be to show up as the person you envision.
 - Are you calm and peaceful?
 - Are you productive but not adrenalized?
- What are the emotions you would like to feel more of? Can you feel more joy, peace, faith, confidence, fun and love for yourself?
- Envision moving through the many tasks of your day feeling the positive emotions above.
- You have just discovered a new possibility for a fantastic day.
- Could you plan to incorporate some activities that you know instantly bring you into those positive emotions. Put them on the itinerary for the day! Even squeezing in 3 min. to sit in the sun or do some breath work can instantly shift the mood!

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3. Pack more fruits and veggies into your day!

- The more fruits and veggies you can add to your daily intake, the more building blocks you are giving your body to create and restore the cells of the body.
- The glucose in the fruit and veggies give essential fuel to every cell of the body. Our bodies run on glucose! Often our livers are sluggish and no longer storing our reserves of glucose. That is why it is super important to give the body ample glucose throughout the day!
- The minerals in the veggies and leafy greens are essential for creating all the enzymes and hormones of the body. Minerals

are used by the adrenal glands, pancreas, stomach, brain and nervous system!

- If you have any chronic symptoms like adrenal fatigue, thyroid issues, cancer, autoimmune disorders, chronic fatigue, brain fog or any neurological issues, you need an extra large amount of these minerals and glucose to recover! It is important to being eating a glucose, mineral and potassium every 1-2 hours.
- Adding in a fresh green juice or celery juice is an excellent way to help squeeze extra fruits or veggies into your day! Juicing greens is an efficient way amp up your intake of greens!
 - Smoothies are another great way to amp up the fruits and veggies. You can add spinach or kale to your fruit smoothie!
 - A big salad also helps to pack in the fruits and veggies. The bigger the better. Just remember to keep in mind that adding a lot of fat to the salad from dressing can block the absorption of the vitamins and minerals, so be mindful when adding the dressing! You can make a yummy fat free dressing out of a squeeze of lemon or orange along with honey and some minced garlic.

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4. Become aware of your emotional/mental state throughout the day!

- It is important to begin to observe ourselves and assess where we are emotionally and mentally throughout the day. Often we are in a constant state of “fight or flight”. Paying attention to where we sit on the emotional richter scale is the only way we can begin to shift that.
- Doing hourly checkins helps begin an awareness of what state we find ourselves in most often. Typically, we have a default setting that we go to regularly.

- Our thoughts are what drives our emotions, so paying attention to those as well is important. Often we have some thoughts playing on a loop in our brains throughout the day. The thoughts on loop also can be in the form of negative self-talk. We can have a tendency to point out to ourselves when we are doing something wrong, or even criticize our own actions or things we say.
- As we become aware of the negative self-talk and low vibe emotions, we can begin to shift them gradually into more elevated states. Some of the next steps on this list help to do just that!

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5. Amp up the self care and self love!

- As we are transforming ourselves, our health and our lives, we have to pour extra self care and self love into ourselves! Changing is hard! It is a process of letting go of old habits and beliefs, and embracing new ones. Often it feels uncomfortable when we are doing this. It can feel like we are giving up an old security blanket and instead are stepping into a foreign land. It is normal to feel very wobbly and unsure of ourselves as we navigate the new terrain. The extra compassion for ourselves, as well as the acts of self love, help us to feel more secure. We

know that we are there for ourselves as we embark on the transformation bus!

- What does self care or self love look like? It can look a lot of different ways. What makes you feel calm or joy? A walk in nature, taking an epsom salt bath, reading a fun book, sitting outside in the sun, gardening, drawing, singing, dancing, meditating, or taking a nap all are a form of self care and self love. We each have to find our own personal favorites.
- Schedule the self love breaks into our days! We deserve to have an important place on the “to do” list. Sometimes, we have to “put it on the schedule” to make sure it gets done! If we leave it to chance, likely, it will fall by the wayside.
- When we first get started it is important to err on the side of more self love and self care. Some days are harder than others, so be sure to give yourself some extra on those hard days!

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6. Begin removing inflammatory foods from your diet!

- Why do we need to do that? It is because all inflammation in the body is caused by pathogens (viruses and bacteria) along with some other factors like, heavy metals. The pathogens have a preference for certain kinds of foods. The primary foods that feed the pathogens are eggs, dairy, gluten, corn, soy and canola oil. When we eat these foods, we allow the pathogens in our bodies to stay robust and proliferate. As we

begin to take those foods out, the pathogens are essentially starved and are less able to replicate and continue to cause harm in the body.

- Go slowly! Systematically, begin removing these foods from the diet. I would not recommend a drastic shift in one day.
- Make a goal each week remove the inflammatory foods one by one. So after a couple of months, the foods are completely out of the rotation.
 - As you remove foods, figure out what you would like to replace them with. For instance, when you remove gluten, can you use a pasta made of chickpeas or lentils. Another example, is when you remove eggs, using flax seed to make a flax egg to use in gluten free baked goods.
 - Potatoes and Sweet potatoes are great to substitute for a hearty meal instead of eating the inflammatory foods.
- Instead of canola oil, use olive oil, coconut oil or avocado oil. But always be mindful of oils because they can tend to slow down healing. So less is more when it comes to using oils.
- Getting away from processed foods that come in a box and using more whole foods, is a powerful step towards restoring your health!

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WHAT IF...

?. Adopt a “What if it all works out?” mentality!

- As humans, our brains are designed to constantly be looking for signs of danger. It is normal to be constantly looking at “worse case scenario” possibilities. However, that tendency keeps us in a constant state of “fight or flight”. That is not good for our mental, emotional or physical bodies.
- Instead of gaming the worst possible outcomes, a better choice is to consider that things just might work out. When we are in that state of optimism, our nervous systems can calm down,

our emotional state instantly rises, and our thoughts can return to more constructive and creative thinking.

- Unnecessary worry about things that might go wrong can not guarantee the future will be happy, but can most assuredly ruin the present moment.

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8. Do “Box Breaths” each time you reach for your phone.

- What are “box breaths”? They are breaths to a count of 3 or 4. You inhale for 3, hold for 3, exhale for 3 and hold exhale for 3. When we attach this activity to an activity we already do many times a day, there is a prompt reminding us to do it.
 - Box breaths automatically reset the nervous system. Sometimes we have slipped into “fight or flight” throughout the day without even realizing it.

- This simple tool automatically resets our nervous system. We need to retrain the calm state, to become our default state, instead of constantly running on adrenaline.
- Our neural pathways often revert to the path that we most often take. So if we are normally stressed and worried, the path of least resistance is through those pathways.
- As we become more intentional with the way we want our neural pathways to run, and the emotional state we prefer to remain in, we can create new pathways, of calm and peace. Box breathing is one of the many tools we can use to create those calmer pathways in our nervous system.
- In particular, the vagus nerve bears the brunt of the constant fear and worry we remain in. Symptoms like vertigo, brain fog, tinnitus, eye floaters, migraines, spasmodic dysphonia are all caused by the inflammation of the vagus nerve. Box breaths help to regulate and calm the vagus nerve as well.

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9. Drink Celery Juice Daily

- Work your way up to drinking 16 oz. of celery juice every morning on an empty stomach!
 - Celery juice will begin to alkalize the body
 - Start slowly with just 2-4 oz. and gradually increase the amount until you reach 16 oz. Start on a non-busy day where you have access to a bathroom in the morning after you drink it.

- It helps alleviate constipation, high blood pressure, digestive disorders including SIBO, IBS, colitis, crohn's, and GERD, along with any other symptom you can think of!
- Celery juice is high in vitamin C, Calcium, as well as many trace minerals that are highly coveted by the body
- Celery juice kills pathogens on contact. It is a tremendous immune system booster!
- Celery juice helps loosen heavy metals so they can more easily be escorted out of the body
- Celery juice helps restore HCL in the stomach which helps improve digestion
 - Celery juice is very hydrating and is full of electrolytes

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10. Listen to your body

- Most of us power through our day regardless of what our bodies are trying to tell us.
- We use caffeine, alcohol or other medications to give us the “juice” to be able to power through regardless of how we are feeling.
- We are conditioned to think, “the show must go on” or that nurturing ourselves when symptoms appear is “weakness”
- We have an unnatural attachment to pushing ourselves, regardless of what our bodies may be telling us through symptoms.
- We can even make this mistake of disregarding our bodies when we begin a healing journey. Sometimes our bodies react

to new protocols to communicate that they are detoxing the body too rapidly. It is equally important to listen to our bodies when this happens and perhaps adjust the protocols to detox more slowly.

- The body is always trying to communicate with us. When we learn to listen and work together to achieve our health goals, there is a connected relationship that beautifully moves us closer to the perfect health we are all striving for!

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