



How To Live A Good Life with **CBD** & Supplements plus Meditation, Prayer & Yoga

- Life Is Precious -

Foods To Avoid: Remember to avoid ice water

- White sugar
- Processed Meats
- Soft Drinks, especially with foods
- Ice Cream, candy, sweets
- Fruit Juice (pasteurized, not fresh)
- Fried Foods
- Burnt red meat and sweet potatoes
- Corn, soya
- Gluten (Wheat, Rye, Barley, Oat)
- Phytates (beans), soak all legumes for 24 hours prior to cooking
- Carbs
- Water with food. Wait 30 mins before eating, and 90 minutes after.

Foods To Enjoy: Remember to drink 4-8 glasses of water, herbal tea per day.

Practice Breathing and Thought Therapy

- Drink lemon juice with warm water first in the morning
- Drink 1 TBSP apple cider vinegar with a glass of water during the day
- Nuts and Seeds (such as Chia Seeds, Almonds, Walnuts, Pumpkin seeds)
- Fresh meats
- Farm eggs
- Grass Fed butter
- Himalayan Salt to taste
- Raw Unfiltered Honey
- Grape Molasses with Sesame Butter
- Dark Chocolate
- Garlic, Onions, turnips, and mushrooms
- All Fresh Seasonal Vegetables
- All Fresh Seasonal Fruits (do not eat with other foods) and Berries
- Drink juice of Beets, Carrots, Celery, Cucumber together for liver cleansing
- 2 Apples Daily
- Four Seasons Recipe: 1. Turmeric (4 parts), 2. Cinnamon (2 parts), 3. Ginger (1 part), 4. Cumin seed (1/2 part), with Greek Yogurt and Black Pepper (1/2 part). (add fresh herbs such as parsley, mint, dill and Oregano (if desired))
- Fermented Vegetables
- Probiotic Qualities
- Chicken Feet Soup and Bone Broth
- Since our food do not have all the nutrients we need to take CBD's Supplements.

Additional Recommendations:

- **Take CBD oil** and CBD Supplement
- Take All Supplements recommended such as: Calcium supplement (Calcium, Magnesium, Vitamin D3), Multi Vitamins & Minerals, B complex, Amino Acids, Coenzyme Q10, Selenium, Omegas 3 -6-9, Probiotics, Vitamin C (lemons/limes)
- Sleep 6-8 hours each night
- Walk 30-45 mins daily 5x a week
- Practice intermittent fasting. Eat no later than 6pm and then not again until 8am or 10am

Enjoy life. Be grateful for whatever you have and thankful for what you do not have.