



Good Life

# 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
- Carbs (Refined carbs)
- 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
- 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 TSP apple cider vinegar with 4oz of water 30 minutes before meals.
- Nuts and Seeds (such as Chia Seeds, Macadamia, Almonds, Walnuts)
- Fresh meats
- Farm eggs
- Grass Fed butter and Ghee Butter
- Himalayan Salt to taste
- Raw Unfiltered Honey
- Grape Molasses with Sesame Butter
- Dark Chocolate
- Garlic, Onions, turnips, and mushrooms
- Fresh Seasonal Vegetables
- Fresh Seasonal Fruits (Do not eat with food) and berries, eat them as snacks.
- 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 oil and 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 Collagen, 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.