



Good Life

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

- **Life Is Precious** -

Foods To Avoid:

- White sugar
- Carbs (Refined carbs)
- Processed Meats, Low fat Dairy
- Soft Drinks, especially with foods
- Ice Cream, candy, sweets, milk (pasteurized)
- Fruit Juice (pasteurized, not fresh)
- Fried Foods
- Burnt meat
- Corn, soya (GMO)
- 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.
(No ice water)

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, Flax seed, Macadamia, Almonds, Walnuts)
- Fresh meats
- Farm eggs (Pasture Eggs)
- Grass Fed butter and Ghee Butter (Irish Butter)
- Himalayan Salt to taste
- Raw Unfiltered Honey
- Grape Molasses with Sesame Butter
- Dark Chocolate
- Garlic, Onions, turnips, and mushrooms, moringo,...
- 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 Yogurt and Black Pepper (1/2 part). (add fresh herbs such as parsley, mint, dill and Oregano (if desired)
- Fermented Vegetables
- 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, Multi Vitamins & Minerals, B complex, Amino Acids, Co-enzyme Q10, Selenium, Collagen, Probiotics, Vitamin C... Omegas
- Sleep 6-8 hours each night
- Walk 30-45 mins daily 5x a week
- Practice intermittent fasting, preferably 14 to 16 hours between dinner and breakfast. Eat no later than 6pm and then not again until 8am or 10am

Enjoy life. Be grateful for whatever you have.