



## How To Live A Good Life Meditation, Prayer & Yog

### Foods To Avoid: Remember to avoid ice water

- White sugar
- Carbs ( refine carbs)
- Processed Meats, Low fat Dairy
- Soft Drinks, especially with foods
- Ice Cream, candy, sweets....
- Fruit Juice (pasteurized, not fresh)
- Fried Foods
- Burnt red meat and sweet potatoes
- Corn, soya( GMO )
- Gluten (Wheat, Rye, Barley, Oat)
- Phytates (beans), soak all legumes for 12 hours prior to cooking
- Water with food. Wait 30 mins before eating, and 90 minutes after  
( only little water to take your supplement after couple bites of your meal)

### 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, pinch of salt, chopped Garlic & Honey first in the morning
- Drink 1 TBSP apple cider vinegar with 12 oz of water during the day
- Fresh meats
- Farm Pasture eggs
- Grass Fed butter
- Himalayan Salt to taste
- Raw & unfiltered Honey
- Grape Molasses with Sesame Butter
- Dark Chocolate
- Garlic, Onion, Turnip, Mushrooms...
- Fresh Seasonal Vegetables
- Fresh Seasonal Fruits (do not eat with food, eat them as your snacks)
- Drink juice of Beets, Carrots, Celery, Cumin & Lemon juice together for liver cleansing
- 2 Apples Daily
- Four Seasons Reclpe: Turmeric (4 parts), Cinnamon (2 parts), and Ginger (1 part), Black Pepper (1/2part) Cumin seed (1/2 part) with Yogurt. (add fresh herbs such as parsley, Oregano, Moringa...
- Fermented Vegetables, Chicken feet soap & Bone Broth
- Since our food do not have all the nutrients, we need to take Supplement and CBD
- Nuts & Seeds ( such as Chia seeds, Flax seeds, Walnut, Macadamia, Almon )

### Additional Recommendations:

- Take CBD oil and CBD supplements
- Take All Supplements recommended such as: Calcium supplement (Calcium, Magnesium, K2 Vitamin D3), Multi Vitamins & Minerals, Selenium, Omegas 3 Fish Oil CoQ10, Probiotics.....
- Vitamin C (lemons/limes)
- Sleep 6-8 hours each night
- Walk 30-45 mins daily 5x a week
- Practice intermittent fasting which has many amazing health benefits

**Enjoy life. Be grateful for whatever you have**