

# Book Checklist

## Healthy Habits

- Make your own list of the doable takeaways from the book.
- Write down your "why" ... why have you decided to make a change to live a healthier lifestyle. What are you missing out on today that would improve if you lived a life of wellness?
- Spend time each morning meditating on what is good and lovely. A good place to start is voicing what you're grateful for, and writing it down.
- Set a bedtime alarm and implement a wind-down routine.
- Clean up your mouth - get rid of self-doubt and negative words about yourself and others.
- Speak positive affirmations or decrees over your life every day – “I am” statements.
- Spend time with your Creator - take a walk in nature or sit quietly and listen for Him to talk, or spend time in his word, getting to know Him more.
- Partner with a team who will encourage change - functional medicine practitioner, wellness coach, or both - depending on your needs. (I also offer additional coaching support on my website)

## Clean Sweep

- Clean out your toxic cookware. Instead of nonstick, use ceramic or stainless steel
- Replace food pantry items with healthier alternatives, including organic spices, sweeteners, and staples that exclude added preservatives and non-food ingredients.
- Clean out personal care items and use EWG.org or the “Think Dirty app” to choose cleaner options.
- Clean out household chemicals and replace those with safe options.

## Nutrition

- Drink *at least* half your body weight in ounces of clean water per day. I prefer aiming for my weight in ounces.
- Include more vegetables. All colors of the rainbow, and lots of greens. Add a green powder supplement if you have a hard time consuming extra vegetables.
- Make use of the "Clean 15" and the "Dirty Dozen" and incorporate more organic meat and produce into your diet.
- Prep food and plan your menu for the week. Prepare snacks you can grab quickly.
- Do a 28 day elimination diet, ridding your body of high allergenic foods, sugar, alcohol, dairy, soy, gluten and grains, eggs, and processed foods. Then add those back in one at a time to see how your body reacts.

- Include some superfoods and immune boosters in your routine... try Organo Coffee, Essential oils, Herbal teas (additional links to great products on my website).
- Consider tracking your food (amount, quality) if you're in a weight loss or energy stall.
- Practice intentional eating - eat slowly, chew completely, stop when full.
- Pay attention to how your meals make you feel and begin to make adjustments accordingly

### **Move Your Body**

- Incorporate rebounding, jumping jacks, skin brushing, or massage to assist with lymph drainage for detoxification.
- Walk barefoot in the grass, and get at least 15 minutes of sunlight on your skin every day.
- Exercise or incorporate other activities that help you break a sweat several times a week.
- Walk at least 10,000 steps per day and move purposefully (bathroom squats, etc... )
- Take a break and go for a walk every 90 minutes during your work day

### **Alternative Therapies**

- Include supplements where your body is deficient.
- Consider working with a professional to assist you with a detoxification protocol.
- Experiment with Chiropractics, massage therapy, acupuncture, or other physical touch therapies mentioned in the book
- Explore colon hydrotherapy, dry brushing, soaking, or other cleansing therapies.