



1. Eat less. Meat/eggs/dairy should total <15%.
2. Eat plenty of boiled whole grains. Chew well.
3. Choose local organic produce in season, minimize raw fruit and nightshade vegetables.
4. Eat more beans, fermented foods (tofu, miso, tempeh) mushrooms, seeds (sesame, pumpkin) and sea veggies (nori, wakame, kombu, dulse).
5. Eliminate table salt, white sugar, chemical sweeteners, and colors/preservatives etc.
6. Improve cooking, sleep, exercise and stress reduction habits via books and affirmations.
7. Take regular walks, add houseplants, and toss toxic beauty, cleaning and pest products.
8. Do body rubs, self massage, yoga and use well-proven holistic healing methods.
9. Take up a new hobby such as music, dance, poetry, carpentry, antiquing or travel.

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