

# 7 Steps to a Great Life

Adapted From *The Great Life Diet*

By Denny Waxman. Available on Amazon.com

## 1. Take time and focus on meals

- Sit down when eating, without other activities
- Allow at least :20 for meals
- Eat slowly and chew 25-50 times
- Avoid mixing foods in the same mouthful
- Stop eating three hours before bedtime

## 2. Stick to a daily schedule

- Rise early and sleep before midnight
- Keep your mealtimes regular

## 3. Eat two or three sound meals each day

- Plan meals around whole grains
- Complete meals with 1-2 vegetable dishes
- Enjoy at least one bowl of soup per day
- Consume local, organic and unrefined foods

## 4. Make Your Daily Life Active

- Walk outside for 30 minutes per day
- Give yourself a daily body rub
- Enjoy cleaning or manual labor vs. relying on a gym
- Take time for hobbies

## 5. Create a More Natural Environment

- Surround yourself with green plants, especially in the bedroom, kitchen, bathrooms and office
- Wear cotton clothing next to your skin
- Use natural materials like wood, wool in your home

## 6. Make Your Health Practices Work

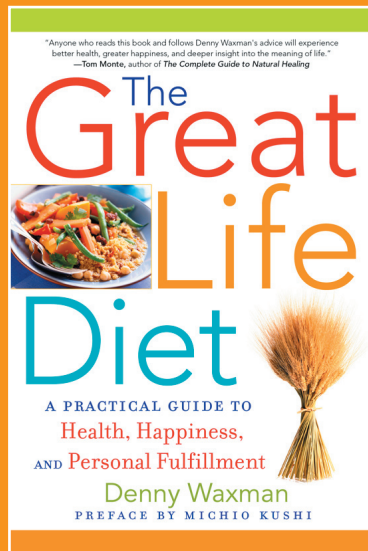
- Keeping to the format of meals improves your ability to make healthier food choices
- Keep a daily menu book to help you stay objective, monitor progress, and learn from mistakes

## 7. Cultivate the Spirit of Health

- Be open, curious and appreciative of all of nature
- Be flexible and adaptable, but develop a strong will
- Create a good support network
- Learn to cook well

\$1.50

***What we eat,  
how we eat  
and our lifestyle  
create our health  
one day at a time.***



***Begin your 'Great Life' today!***

For more information on the book or the author,  
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