

## General Health Practices v1.0

Do these things daily to achieve and maintain robust health

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Intermitten fasting (14 - 18 hours daily fasting is best) Vitamin D (15 - 20 minutes of sunlight on your skin every day) Breathe fresh air (don't obstruct breathing by wearing masks) Drink lots of clean, purified water (avoid tap water) Eat all organic food (avoid all pesticides and additives) Avoid ALL PROCESSED OILS Avoid ALL PROCESSED FOODS Make fresh organic juices daily Avoid cancer-causing, hormone-disrupting chemicals Exercise daily (walking is the best exercise) Sleep well (create an environment conducive to sleep) Take naps Turn off routers (and other electronic devices) before bed Avoid electromagnetic energy fields as much as possible Earthing (sit on ground, go barefoot, make contact with Earth) Spend quality time in nature Deep breathing Cold water therapy Reduce stress in your life and relationships Pray and meditate daily Remember and work with your dreams Ask your guardian angel (and other spiritual forces) for help Do something nice for other people every day Be nice, thoughtful, present with everyone you encounter Lighten up, laugh often, maintain a sense of humor Feel and express gratitude daily (make a gratitude list)