

## **General Holistic Health Practices** v 1.3 Do these things daily to achieve and maintain robust health

	М	Т	W	Т	F	S	S
Intermittent 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 and packaged foods							
Make fresh organic juices daily							
Avoid cancer-causing, hormone-disrupting chemicals							
Exercise daily (walking is the best exercise)							
Earthing (make direct contact with the Earth daily)							
Spend quality time in nature							
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							
Deep breathing							
Cold water therapy							
Reduce stress in your life and relationships							
Build and maintain happy, healthy relationships							
Engage in meaningful work (avoid soul-sucking jobs)							
Pray and meditate daily							
Ask your guardian angel (and other spiritual forces) for help							
Remember and work with dreams (work on shadow issues)							
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)							