

# 5 Nutrition Tips

## for Better Health

### Drink Enough Water

Optimal hydration is crucial to maintaining every organ and system in your body. Drink half your body weight (in lbs) in ounces of water. Ideally, drink room temperature or warm water.

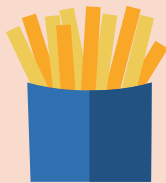


### Morning Lemon Water

Cut an organic lemon into quarters. Use 2 lemon quarters per mug, squeezed fully. Fill half the mug with cool filtered water, then top off the other half with freshly boiled water. Add trace mineral drops or pinch of sea salt to help with hydration.

### Chew Your Food & Gratitude

Take a few deep breaths before eating, express gratitude, chew thoroughly, look out the window, dive into the flavors and textures, appreciate that you have access to such delicious nutritious foods!



### Avoid Inflammatory Foods

These foods cause many unwanted symptoms: Sugar, Artificial sweeteners, Gluten, Non-organic dairy/soy/corn, Vegetable oils (sunflower, soybean, safflower, corn, canola, cottonseed, rapeseed, grapeseed, rice bran oils, margarine), Alcohol.

### Eat your food in the right order

This tip helps control your blood sugar after meals - You want to focus on a specific order of eating foods: veggies first, protein and fats second, starches and sugar last.

