

8 Rules of Healthy Living (With Elimination List)

1. Eat more fresh fruits, vegetables, whole grains and nuts. (Aim for 90% of your diet, with 80% raw) Try to make wheat your foundation. Dark leafy greens are particularly important.
2. Work up to exercising at least 30 minutes a day, five days a week.
3. Stop as many toxins as you can from entering your body. (See elimination list below)
4. Forgive.
5. Give thanks.
6. Give service to others with a cheerful smile.
7. Drink plenty of good clean water. (Your weight in pounds divided by 10 is the minimum number of cups of water you should get each day.) Be sure to get minerals, including trace-minerals with water.
8. Try to get to sleep 2 to 3 hours before midnight each night.

They say variety is the spice of life. Variety is also the foundation of good health.

If you eat a variety of whole natural foods you will get all the nutrients you need.

If you do a variety of exercises you can get all the muscles and joints of your body active and strong in all the different directions of motion.

If you eliminate all variety of toxins your body can rebuild cleanly.

If you forgive for all variety of offenses, you can let go of all sorts of pain.

If you show gratitude in all things, and serve others in many ways, you can always be happy.

However, you should hardly ever vary from your daily minimum consumption of water (body weight in pounds/10 cups each day) or from getting a good nights rest.

These are simple rules, that if truly followed will bring great blessings into your life.

Coach G. (For more details see <http://garnerhealth.blogspot.com>) Email : CoachG@ghl.zzn.com

Elimination List: (Eliminate as many of these from your lifestyle as possible. No particular order.)

Suggested alternatives are in italics.

1. White Flour (Dead food, like glue to the system, drains the body of nutrients) *Grind your own.*
2. Processed Sugar (Destroys immune function, and the body's ability to rebuild) Use Raw Honey.
3. Table Salt (even if the label says "Sea Salt") *Redmond's RealSalt is good to use.*
4. High Fructose Corn Syrup (HFCS is toxic to the human body in any amount)
5. Hydrogenated Oils (any hydrogenated oil, even partially hydrogenated oils)(Toxic in any amount)
6. Artificial colors, flavors and sugars (especially Aspartame and Splenda)(Toxic in any amount)
7. MSG (MonoSodiumGlutamate)
8. Anti-inflammatory drugs (over the counter pain medicines) *Use eggs, wheat, Vitamin C, coconut oil, and water to control inflammation.*
9. Drugs of all kinds. (This includes most supplements.) *Instead use whole tonic herbs, or Vitamin C.*
10. Soy products (toxic, deters protein digestion, depresses thyroid[growth], slows mineral absorption)
11. Microwaving Food (microwaved food is molecularly changed, and contributes to cancer)
12. Meats loaded with Hormones and Antibiotics (Most meat that you didn't grow or hunt yourself)
13. Pasturized & Homogenized Milk (Store bought milk) *Raw milk is very good for your health.*
14. Alcohol and Tobacco (of course)(toxins)
15. Most Processed Vegetable Oils, including Canola (toxins) *Use Olive Oil or Coconut Oil instead.*
16. GMOs (Genetically Modified Organisms)(Nearly all corn or soy is GMO these days)