



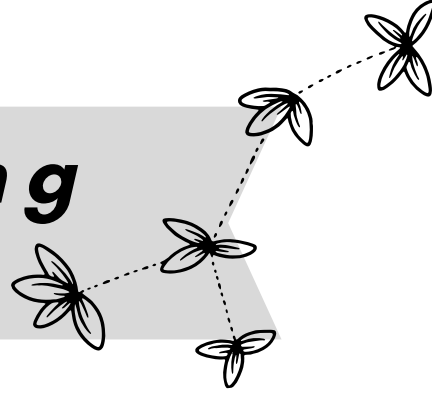
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# CHECKLIST FOR A BETTER QUALITY OF LIFE HOLISTICALLY

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# Natural Living Checklist



## Everyday Living

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Change one food to organic a week

Change 1 to 2 spices/seasonings to organic each month

Change one cleaning product to organic each time it needs to be replaced

Change one beauty care product each time it needs to be replaced

Change one personal hygiene product each time it needs to be replaced

Buy a water filter or Shungite to purify water

Switch energy drinks for Hibiscus tea



## Choose Health Modalities

**Herbs** - learn about an herb a week to aid with an issue you or someone else is dealing with

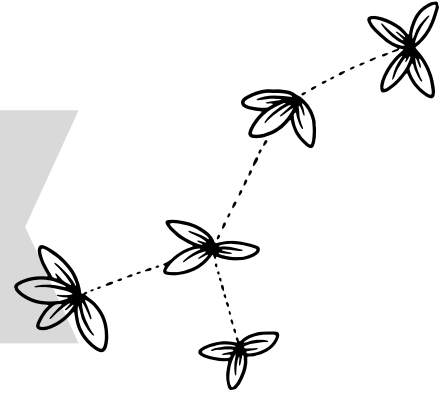
**Essential Oils** - learn about an essential oil a week for an issue you or someone else is dealing with

**Crystals** - learn about a crystal a week for an issue you or someone else is dealing with

**Energy Work** - Choose one and commit to engage with it at least 2 to 3 times a week for at least 10 minutes and work your way to longer each week.

- Meditation
- Qigong
- Yoga
- Tai Chi
- Get out in Nature
- Chakra work

# ***Natural Living Checklist***



## **Deal With Stress Naturally**

Choose one or more to do when you feel stressed

- Exercise
- Meditate
- Read a Book
- Get out into Nature
- Watch a funny movie
- Diffuse Lavender
- Take a Bath with Lavender and Epsom Salt
- Do Energy Work
- Drink Chamomile tea
- Take Supplements
- Do Something you find Calming

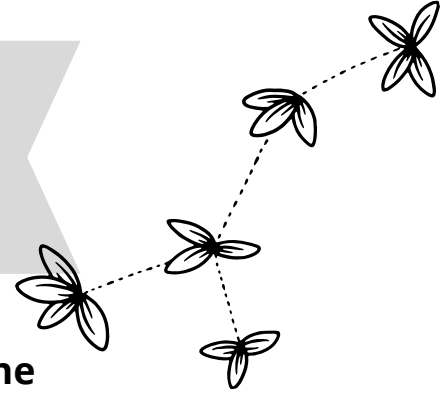


## **The Gut Microbiome**

Remember 80% of our immune system is located in the gut. Because our world is so toxic our gut microbiome has been compromised. Avoid antibiotics when ever possible, oregano oil in gel capsules and any silver product is a natural antibiotic, but it too will deplete the gut microbiome. Find a probiotic that contains at least 10 different strains, get a prebiotic. If you feel something coming on up your intake to 3 times a day. These fermentations may cause the body to purge, if this happens back down to once or twice a day. Choose one or more fermentations to use on a daily basis.

- Kombucha
- Kimchi
- Sauerkraut

# ***Natural Living Checklist***



## **Add Supplements to Your Daily Routine**

I feel everyone should be taking the following, but remember to consult with a health care professional if you are pregnant, nursing, planning on becoming pregnant or taking medication.

- Turmeric for inflammation
- Magnesium Taurate or Malate due to the majority of people being deficient. We alternate between them, can cause loose bowel movements.
- Milk Thistle to support the liver
- Zinc as most are deficient

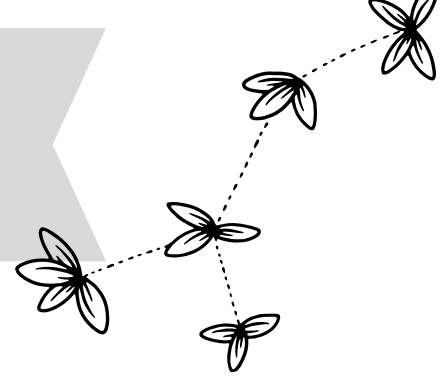


## **Purchase a Plant/Plants for Better Indoor Air Quality**

Here are a few plants that will clean harmful indoor chemicals out of the air. These listed here are also easy to maintain, all of them do not require direct sunlight and some do not require regular watering.

- Snake Plant
- Peace Lilly
- Pothos
- Spider Plant
- Boston Fern

# Natural Living Checklist



## Alkaline Food & Drink

Our diets are too acidic which leads to a variety of health issues. We need to have a balance, incorporate some of these foods into your diet on a regular basis, be sure to buy organic. You can purchase testing strips at a local health store.

Raw spinach	Raw broccoli	Brussel sprouts
Raw kale & collards	Raw veggie juices	Green drinks
Grasses	Swiss chard	Raw celery
Artichoke	Raw asparagus	Cucumbers
Carrots	Watercress	Parsley
Cilantro	Dandelion greens	Seaweeds
Potato skins	Pumpkin seeds	Fermented veggies
Umeboshi plums	Lemons	Limes
Watermelon & rinds	Baking soda	



## Dealing with Chronic Inflammation

Inflammation is a normal part of our healing process, but due to various aspects of our lives most of us have chronic inflammation which can lead to a variety of health issues including cancer. Top contributors to our chronic inflammation include processed foods and stress. Eating non-processed food and switching to organic foods can help. Listed below are the best foods to reduce inflammation naturally.

Green leafy vegetables	Broccoli
Bok choy	Bone broth
Salmon	Chia seeds
Pineapple	Coconut oil
Blueberries	Turmeric
Celery	Flaxseeds
Beets	Ginger