

## Week 1

### Projects

- stop drinking chlorinated water
  - ☺ drink bottled water or reverse osmosis water
  - ☺ get a water purifier system ex. Nature's Spring® Reverse Osmosis:

#### **Nature's Spring RO**

**Stock No.:** 1935-3



With years of expertise in the production of countertop reverse osmosis water treatment systems, Nature's Sunshine has developed an improved Nature's Spring RO device to meet the growing challenges facing our drinking water. This unit is still designed around a semi-permeable membrane that allows only pure water, oxygen and a small amount of minerals to pass through, while sending everything else down the drain.

The new and improved **Nature's Spring is a four-stage system that offers one unit for all city water systems and solid-block activated carbon in the pre- and post-filters.** It also has a special timer with indicator lights so you know when to change the filters.

<http://www.mynsp.com/balancingyourhealth/products/guide.aspx?stockNum=1935>

- ☺ drink at least ½ your body weight in ounces of water per day (example: if you weigh 180 pounds = 90 oz. of water throughout the day)

### Diet

- visit the health food store and eat more soy products in place of meat this week. At least one day this week should be totally meat free (replaced by a soy product)
  - ☺ your daily intake of meat should be a portion about the size of your palm
- eat fish for at least 2 meals this week
- try a one day "vegan" day = this means nothing that contains animal products or byproducts
- try replacing Cow's milk with either Soy milk or Almond milk

### Supplements

- consider supplementing your intake of fresh fruits and vegetables (the recommended daily intake is 9-13 servings of FRESH fruits and vegetables per day) with a whole food supplement. Example:

#### **Chews-4-Health**

**Item #:** 1POSP



**Chews-4-Health** is a delicious tasting, doctor formulated, natural chewable dietary supplement derived from the most nutrient rich sources from around the world. We have combined current nutritional science with nature's finest.

**Chews-4-Health** contains 16 ingredients from land and sea, uniting the antioxidant powers of exotic, life enhancing super fruits with mineral rich Sea Vegetables and vitamins.

**Chews-4-Health** is more CONVENIENT, AFFORDABLE and FASTER ABSORBED. With so many pills and liquid products on the market, isn't it time for you to CHEWS?

<http://www.chews4health.com/balancingyourhealth>

## **Exercise**

- take a walk around your neighborhood - take short 10 minute walks at least 5 times this week

## **Mental/Spiritual**

- make a list of all the illnesses that you have experienced over the past 2 years - spend time thinking about what measures you took to recover from these
- for 5 minutes once a day make Breath Observations
  - ☺ sit in a comfortable chair or bed in a quite location / with your eyes closed / focus on your breath cycle / make a conscious awareness of inhalation and exhalation
- Read Psalm 139 / Matthew 9:8 / 3 John 1:2-4

We are all "Fearfully and wonderfully made." Healing is in the design. Cooperate with the healing process that God has already put in us. God wants us all to be in good health.