

HEALTHY LIVING SAVES LIVES

My Healthy Living Plan

CAUTION: If you are currently on medication, check with your physician before making major changes to your diet and exercise.

- 1) **Intermittent Fasting** several days a week:
 - Shorten your daily eating window EX. Eat from 1:00p.m. to 6:00p.m.
 - Drink approximately half your weight in water throughout the day
 - When not in your eating window drink green tea, Juice mixed with water, coffee with very little or no sweetener, maybe a little lemon and honey
 - If you need something eat a few berries or fruit
 - Check below for recommended foods to eat
- 2) Eliminate **fried foods and fast foods**
- 3) Eliminate **Sugary foods** including cakes, cookies, sweet cereals, etc.
- 4) Eliminate ALL Sodas, drink unsweetened sparkling waters and seltzers instead
- 5) Eliminate or reduce all dairy products use almond or coconut milk and products
- 6) Eat **plant-based** products when feasible including, meatballs, sausage, hamburgers, chicken
- 7) Eat Wild Alaskan Salmon when feasible, fresh or canned
- 8) During your eating window eat snacks such as hummus with celery, cucumber, etc. or tuna with crackers
- 9) If you want to eat meat, (choose grass fed, organic and free range when possible) .Eat it in small portions but add large portions of fresh fruits and vegetables, nuts and seeds
- 10) Eat beans, peas, cooked mushrooms when possible
- 11) Stay away from white potatoes, white flour products, pasta, white rice as much as possible use riced cauliflower or quinoa
- 12) Eat salads, greens, cabbage, brussels sprouts, asparagus, etc.
- 13) Limit corn (use organic)
- 14) Stay away from products that are GMO- buy organic when possible
- 15) Stay away from anything that has **High Fructose Corn syrup** or **Aspartame** in it. These products are thought to be Cancer promoting.
- 16) Get **Exercise and strength training** at least 30 minutes a day for 3 or more times a week.
- 17) Try to get to **Sleep** at least by 10:00p.m. when possible.
- 18) Use olive oil when cooking but try not to use it or any oils at high temperatures.
- 19) Use lots of **Garlic and onions** in your cooking.
- 20) Supplement vitamin B12, D and C and a good multi vitamin or prenatal vitamin
- 21) Try to get early morning and evening exposure to **Sunshine** will facilitate melatonin production which is needed during sleep to help in the cell cleanup process.

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- 22) Stay away from vegetable oils and seed oils including Canola, these oils are heavily processed and carcinogenic. Used Extra Virgin Olive Oil and Sesame seed Oil instead but avoid high heats.
- 23) Implement one or more of these **HYDROTHERAPY** techniques weekly which some research has shown to boost your Immune System and energize you as well as help fight off colds and flu:
 - 1) Hot Saunas
 - 2) Hot and Cold showers- Start with a hot shower for a few minutes then turn the water to cold as possible for a few minutes. Repeat several times and end with the cold shower! This has physical as well as mental benefits.
- 24) If you have High Blood pressure, some people have had successful results lowering their blood pressure by drinking pure pomegranate juice and Hibiscus tea (check with your physician first if you are on medications).
- 25) Check the Healthy Living Website for more helpful information:
[Https://www.HealthyLivingSavesLives.com](https://www.HealthyLivingSavesLives.com)

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MORE DETAILS:

Upon arising drink a glass of water with fresh squeezed lemon juice

If you are trying to lose weight or need more energy, drink the following on an empty stomach and 15 min before each meal:

GINGER WATER:

Boil 3-4 cups of water; grind or cut up about 2 inches of fresh Ginger Root; add to boiling water, cover and let sit for 5 minutes. You can add lemon and a little raw honey. This Ginger Water has many health benefits.

Additionally, Research has shown that drinking 1-3 cups of **GREEN TEA** a day was very beneficial In reducing the risk of cardio vascular disease, lowers High Blood Pressure, reduces Inflammation, lowers blood sugar in Diabetics, reduces risk of Cancer, Alzheimers, Arthritis, etc.

Breakfast options (NO eggs, or, beef, chicken, cheese, doughnut, muffins, pastries unless whole grain without refined sugar).

Instead choose from the following:

Oatmeal, Millett, Salmon, Trout, Mackerel, Tuna

½ Grapefruit, Avocado, Whole grain pancakes, Whole grain toast, Hash browns, Cantaloupe or Honey Dew melon, some fruits, fresh vegetables

Eat your foods slowly, digestion starts in your mouth, there are no taste buds in your stomach!

Wait at least 30 minutes: Drink lots of water

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Lunch and Dinner options (Limit or omit portions eggs, beef, pork, chicken, turkey, lamb, cheese, All Dairy products, doughnut, cake, cookies, ice cream (unless non-Dairy), muffins, rolls, white rice, white potato, pasta, pizza, buns unless whole grain without refined sugar:

Instead choose from the following:

Fish: Wild Alaskan Salmon, Trout, Tuna, Mackerel

Beans, Peas, Lentils

Avacado

Fresh or frozen green vegetables including salads, Kale, Collard Greens, Broccoli, Asparagus, Brussel Sprouts, Squash and Zucchini, etc.

Cooked mushrooms

Onions

Tomato

Fresh or frozen berries, apples, peaches, apricots, oranges, pineapple, cherries, strawberries, blueberries, etc.

Watermelon can be eaten in small portions, it contains a lot of sugar

Brown rice

Quinoa

Walnuts (Good for your heart) almonds, and other nuts and seeds

Olives and Extra-virgin cold pressed olive oil

Additionally, stay away from everything containing sugar, high fructose corn syrup, aspartame, sucrose, sucralose or other artificial sweeteners including soft drinks- instead try stevia or monkfruit.

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Add cinnamon to whatever you can, also cayenne pepper- both of these helps to reduce blood pressure, also turmeric.

Buy organic foods when possible, read labels, stay clear of GMO foods and fast foods including French fries which are fried in trans fat oils which causes cancer.

Drink half your weight in ounces of water each day.

Walk or go to the gym at least 4 or 5 times a week.

Go to bed by 10:00p.m. or 10:30pm.

Get at least 30 min of sunshine.

Pray and develop your relationship with our heavenly Father.

Do These things and I assure you that in 5 to 6 weeks or less you will look, feel and BE Better!

For more information contact: JBFavoredOne@gmail.com or call/text 602-292-4781.