

# THE POWER OF FEELING YOUR BEST

Ask A Better Question • Beliefs / Action / Results • Building Your Foundation

## REST EAT MOVE

### 1. Cellular Health -Your health begins at the cellular level

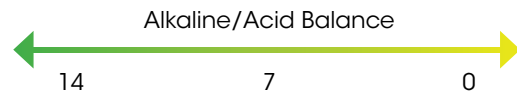


Healthy Cell



Unhealthy Cell

### 2. pH Balance - Alkaline/Acid Balance Eat more foods in the two green centers of the Food Target, get more rest, manage your stress and move your body daily



### 3. Source flaxseed -> flaxseed oil -> flaxseed tablets

Foods that are closest to their natural source will be more nutritious, inexpensive, and less processed.



## SUPERFOODS

## BENEFITS



### Wheatgrass

2 - 5 ice cubes per day in water

Highest source of minerals, powerful detoxifier, aids digestion, helps with metabolism, and decreases inflammation.



### Spirulina/Chlorella

10 - 20 tablets per day for the first 30 days - swallow, do not chew!

This fresh water algae is super high in energizing and detoxifying chlorophyll and helps to build the immune system and improve digestion. It is also a great source of protein. (Perfect travel multi-vitamin)



### Cod Liver Oil

1-2 TBS/day

This omega 3 fat contains EPA & DHA all of which contributes to a healthy heart, hormonal balance, and decreased inflammation. It also helps to improve energy, mood and aids in weight loss.



### Flax or Chia Seeds

1 - 2 TBS/day - add to cereal, smoothie or juice

These super seeds are high in omega 3s (ALA) and fiber and contain anti fungal, antibacterial, and anticancer properties. They are great for balancing hormones and improving digestion. Flaxseeds must be ground to reap their wonderful benefits.



### Organic Coconut Oil

1 TBS/day - Use as a spread, cooking oil, or sub for butter

This is a healthy saturated fat especially helpful for digestion and metabolism.



### Cacao Nibs

Add to smoothies, oatmeal, or trail mix

This raw unprocessed form of chocolate is extremely high in the calming mineral magnesium helping the mind and body to de-stress and relax. Magnesium rich foods tend to be extremely helpful for sleep.

# WHAT IS POSSIBLE IN YOUR LIFE?

REST	EAT	MOVE
Belly Breath	Water	Daily Movement
Planned Sleep	Superfoods	Posture / Body Alignment
White Space	Upgrades	Dynamic Warm-up/Foundations
Meditation	Meal Patterning / Timing	Strength Training / Cardio
Epsom Salt Bath	80/20 (Healthy Balance)	Fun/Play

What do you want? \_\_\_\_\_  
 \_\_\_\_\_

What is Your WHY? \_\_\_\_\_  
 \_\_\_\_\_

**Build Habits One Step at a Time** - Take That Next Step!

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_