

“The greatest of follies is to sacrifice health for any other kind of happiness.”
- Arthur Schopenhauer

THE TEN COMMANDMENTS TO BETTER HEALTH

THE 5 DO’S

EAT FRESH NUTRIENT-DENSE WHOLE PLANT-BASED FOODS.

DRINK PLENTY OF PURE WATER.

BREATHE IN NATURE AMIDST NATURAL GROWTH.

ENGAGE IN HEART RATE ELEVATING PHYSICAL ACTIVITY.

GET A GOOD NIGHT’S SLEEP.

It is also a good idea to get a full physical / check-up each year.

Don’t just make,
but make and keep,
resolutions for health –
resolutions that are not too easy but not too hard –
be realistic, but be optimistic :)

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- Arthur Schopenhauer*

THE TEN COMMANDMENTS TO BETTER HEALTH THE 5 DON'TS

DO NOT CONSUME PROCESSED FOODS.

DO NOT CONSUME ANIMAL PRODUCTS.

DO NOT CONSUME CAFFEINE.

DO NOT CONSUME ALCOHOL.

DO NOT BREATHE IN SMOKE.

Following these important steps can really help us
clean out our bodies
and detox our livers, our blood, our kidneys, and our intestines.

Follow these basic steps and you will
not just be providing a valuable cleaning for your body now,
but you will be enabling yourself to live better for longer.