



## 01 | Introduction

Studies have shown that it takes 21 days to create a new habit. By making the following positive changes in your lifestyle for 21 days, you will begin to feel more vitality and fewer of the aches and pains of degeneration. Apply these changes with the expectation that your improved health will provide the motivation necessary to enable you to continue these healthy habits for life. By making a commitment to adopt each of the following rules for 21 days, you will see a dramatic difference as you replace unhealthy habits with healthy ones. These guidelines represent simple lifestyle changes that, without any other significant nutritional alterations, will dramatically impact how you look and feel.

## 02 | Instructions

### **Eat Raw Foods Every Meal**

They aid in the digestion of food and replenish essential enzymes, vitamins and minerals that are destroyed in the process of cooking and preparation. Raw fruits and vegetables offer the most effective protection against all types of diseases. Raw avocados, seeds and nuts are key sources of the “good” fat so critically needed by the body. Fresh fruit and raw green salad are the two foods, when consumed in large quantities, with the best correlation to longevity in humans. These foods eaten in unlimited quantities are also the key to weight loss and to better health. Shoot for 70 – 80% of your food intake to be raw foods.

### **Eat Whole Foods**

The 20 – 30% of your diet that is not raw foods should consist of whole foods, which are largely unprocessed and chemical free. These would include, whole grains (wheat, corn, rice, whole grain pasta, etc.), baked potatoes, and steamed vegetables (fresh or frozen, not canned).

### **Drink 64 oz of Filtered Water**

Water is the fluid of life. It is the only liquid that our bodies are designed to handle. Unfortunately, our water supply contains small amounts of toxic compounds like aluminum, lead and pesticides, to name a few. Water is necessary for chemical reactions in the body to take place. Water is used for transport, detoxification and metabolism. Water transports nutrients in and waste out. The preferred method of water filtration is Reverse Osmosis. Reverse Osmosis not only removes inorganic minerals (fluoride, chlorine), toxins (harmful organisms) and pesticides, but also improves the taste of the water.

### **Nutritional Supplements**

Based on your needs and as recommended by your health care professional, supplement the nutrients you need for improved health. Whole-food vitamins, minerals, enzymes, probiotics and other supplemented nutrients can assist the body in paying back its nutritional debts due to previous poor lifestyle habits.

### **Exercise on a Regular Basis**

Incorporate a consistent program of exercise. This means doing 40 minutes of strength training on alternate days; and 20 - 40 minutes of aerobic activity on the days in between. Consistent exercise has been shown to be more effective in fighting depression than anti-depressant drugs. It is also strongly linked with lowering the risk of diabetes, heart disease, cancer, and almost all degenerative diseases.

### **Daily Breathing Exercises**

Deep breathing increases mental clarity and energy, improves circulation, and burns calories. Perform this simple exercise which can be done through-out the day:

Take in a very large deep breath forcefully through your nose.

Hold it in 5 seconds while sucking your stomach up and in, under your ribs.

Exhale forcefully through your mouth.  
Keep the air out 5 seconds while sucking your stomach up and in again.  
Do this for 1 minute 3 times a day.

### **Reduce Animal Protein**

In nations that consume a great amount of animal protein, people suffer from a more reduced quality of health than people in nations that eat more vegetarian diet. After being cooked, red meat contains acids that must be neutralized, a process which robs minerals from the body. For that reason, red meat consumption is considered by some researchers to be the main cause of osteoporosis. We are not advocating a vegetarian diet necessarily, but simply a reduction in meat consumption. Instead, choose lean white meat (fish and fowl), have little to no red meat, and reduce dairy intake. In addition, a good rule is to have animal protein, no more than one time per day, if that often. Those concerned about getting enough protein should be aware that green vegetables such as broccoli, spinach, and romaine lettuce contain almost twice as much protein as meat per calorie.

### **Decrease Sugar Intake**

These include white "table" sugar, high fructose corn syrup, fructose, and corn sweeteners. Studies overwhelmingly show that the consumption of rich foods and drinks containing processed sugars are a major cause of obesity, diabetes, heart disease, behavioral disorders and even cancer. Eliminate sugars and substitute with stevia, raw (not pure, but raw) honey, or raw-unprocessed sugar. While on the sweetening subject, also avoid artificial sweeteners such as saccharine (Sweet'n Low), aspartame (NutraSweet, Equal, Spoonful, and Equal-Measure) and sucralose (Splenda) as they are chemicals foreign to the body.

### **Avoid White Flour**

Refined carbohydrates (such as white flour) are deficient in fiber, vitamins, minerals, and phytonutrients, all of which have been lost during processing. Because it is deficient in fiber and minerals, white flour enters the bloodstream so quickly it causes a sharp glucose surge in the body. The body's response is to produce more insulin which leads to diabetes, obesity, raised triglycerides and heart disease, and significantly increases cancer risk. If a food label says "fortified" or "enriched", avoid it. Instead of white flour products, choose whole grain breads and baked goods. Choose brown rice over white rice, and stick with grains as they come from the earth.

### **Avoid Carbonated Beverages**

Even more harmful than the sugars, caffeine, artificial sweeteners, dyes, flavors and preservatives is the acid in these drinks. Carbonated drinks contain carbonic and phosphoric acids which significantly interfere with digestion and cause increased calcium loss. Eliminate carbonated beverages from your diet to promote strong bones, improved digestion, and better health. Instead drink fresh juices and water; at least eight 8-ounce glasses a day.

### **Avoid Caffeine and Salt**

Coffee, black tea and foods containing caffeine create a stimulatory response that may initially offer an energy boost, but in fact rob energy and important nutrients from the body. Salt is also a stimulant, and along with caffeine has been shown to increase blood pressure and cause dehydration.

### **Avoid Fried Foods**

Frying foods can turn even healthy foods such as vegetables and seafood into foods rich in artery clogging saturated fat. Although the body needs good fat, fried foods contain enzyme deficient saturated fat that cannot easily be used by the body. These fats can actually go rancid in the body, producing harmful free radicals and increasing the risk of cancer, heart disease and diabetes. Steam, bake or broil your foods. Better yet, choose foods that you can eat raw.

**The purpose of this program is to help you make changes toward healthy living.**

**Use this chart to become more aware of your daily routine and record your changes.**

**To begin your 21 Days to Better Health, review the steps below and mark the spaces you successfully complete each day.**

**Your goal is to fill each and every square!**

**Start Date \_\_\_\_\_**

<b>Day</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	
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