

Lifestyle

- Listen to the Releasing Toxins visualization in the morning
- Listen to the evening visualization before bed
- Take a nap, even a 5 minute nap in the evening—just 'cause!

Juices, Drinks & Broth

- Are you getting sick of juice? Try more broth!
- Sick of broth? Try more flax/chia drinks.
- Are you feeling chilly? Try that coconut tea.

Breathing & Movement

- Try to get outside today, even if it's just for 10 minutes walking around the block
- Can you walk up some stairs at home or work?
- Sit down and take 10 deep breaths, inhaling to a 6 count and exhaling to a 12 count

Planning & Prepping

- Open your kitchen cupboards, take those highly processed foods and just toss them in the garbage.
- Take your highly refined vegetable oils and toss them too.
- Make a list of the simple things you can do to top grade and upgrade your kitchen, so your ingredients and cooking apparatus are more supportive of your health.