

HAPPY HORMONES

— MANIFESTO —

EAT a rainbow. Love your cruciferous.
real food. Think protein. Sugar is sneaky.
dark chocolate. Smile. No guilt.

ENJOY fat. Cook from scratch. **ORGANIC** is best.

Make **green** smoothies. Drink **good** coffee.
Stay hydrated.

GREEN and leafy. **COCONUT** is king.

Don't graze. **Fast** overnight.

Fermented foods. **FLAXSEEDS.**

CHILL OUT. RELAX. BREATHE DEEPLY. SIT QUIETLY. SLEEP DEEPLY.

Don't be a stress junkie. **BE PRESENT.**

Get some **SUN.** Be in nature. Touch the **EARTH.**

Laugh. **SEE FRIENDS.** Be grateful. **BALANCE.**

Love your liver. No **BPA.** **Detox** your world. Essential **oils.**

WALK DAILY. Sit less. **MOVE.** Dance. **STRETCH.**

Chew slowly. Be **MINDFUL.**

DON'T GIVE UP. BE GOOD TO YOURSELF.

www.happyhormonesforlife.com