

The following action steps should be done at the beginning and throughout the month when applicable. If you're unsure about anything listed in the steps below, your coach will be happy to help you.

Action Steps Checklist

- Schedule your GM **doctor's checkup** [see glossary]
- Get checked for sleep apnea
- Do evening visualization each night before bed
- Do morning visualization
- Take morning **probiotic** supplement [see glossary]
- Start **frequent water consumption** [see glossary]
- Visit your local health food store, food or growers coop, and farmer's markets [see shopping list below]
- Eat the **Big 3** [see glossary]

If you're not familiar with any of the terms used in the action steps, please refer to the **GM glossary** on the next page.

Shopping List

This month, locate the following items and begin incorporating them into your meals when possible.

Supplements

- Digestive enzymes
- Probiotics
- Unsweetened, unflavored whey protein powder

Alternative Sweeteners

- Stevia
- Coconut palm sugar
- Xylitol

Misc. Healthy Foods

- Organic grass-fed or free-range meat-chicken-fish
- Locally grown spray-free produce
- Unsweetened cocoa powder
- Nori sheets
- Himalayan salt crystals

Superfoods

- Flax seeds/linseeds
- Fresh Wheat Grass Juice

Doctor's check-up: normal procedure before starting any diet or exercise program to see if there's anything you can or cannot do

Shopping List: Digestive enzymes Stevia, Probiotics, Organic grass-fed or free-range meat/chicken/fish, Flax seeds/linseeds, Locally grown spray-free produce, Coconut palm sugar Unsweetened, unflavored whey protein powder, Xylitol, Fresh wheat grass juice, Unsweetened cocoa powder, Himalayan salt crystals

Probiotics: capsules and powders that are a combination of beneficial bacteria and digestive microbes. Probiotics can also turn off FAT Programs by decreasing the amount of pro-inflammatory cytokines. Try to find a probiotic that has a large assortment of bacteria and digestive microbes and take them on an empty stomach upon rising

Frequent Water Consumption: Drink a glass of water before each meal and every hour in the evening or as frequently as you can throughout the day. Please keep in mind that our bodies do not always communicate when we're thirsty. Sometime thirst is mistaken for hunger. So be very pro-active with your water consumption

The Big 3: live food, omega3s, and lean protein

Mind-Body Practice: find a yoga, meditation, tai chi or chi Kung class (optional)

GM Break: stress reduction break which can be a visualization, a short breathing exercise, meditation or a walk outside – anything that allows you to relax

BSB: blood sugar balancing

GM Greens: wheat grass juice, Gabriel Greens capsules available in our store, or a fresh green juice of your choice

Optional Detox: Colonics once a week for the entire month

GTGE: Get thin or get eaten adaptation which activates chemistry that turns FAT Programs off. GTGE exercise is a stress that causes your body to believe it has to be thin in order to survive. It can be sprinting as if being chased by a predator, or any other activity that involves short bursts of full-energy exertion

Qi Kung: Chinese practice of aligning breath, movement, and awareness used to unblock energy channels