



Daily Health Tips

☀ **Drink water**

8-10 glasses of clean water

☀ **Seek natural sunshine**

for 10-15 minutes, outside, and expose your bare arms and bare legs if possible

☀ **Exercise**

for a minimum of 15 minutes each day, even if it's just walking - get your body moving

☀ **Source and consume high quality protein**

(as opposed to animal flesh protein) – raw nuts, raw seeds, pulses, hemp seeds, flax seeds and algae such as spirulina and chlorella

☀ **Add an extra handful of greens**

to each meal – spinach, kale, broccoli, chard

☀ **Absolutely include good fats and healthy oils**

avocados, coconuts, olives, hemp, flax, sesame, sunflower, grape seed, borage, evening primrose, almond and walnuts: unrefined and extra virgin oils are preferable

☀ **Avoid heavily processed food and beverages**

as these usually come in a box, tin or container and are deep-fried, char-broiled and/or micro waved

☀ **Laugh often**

it is the best medicine

☀ **Steer clear of stress**

☀ **Ensure to rest**

your body, mind and spirit