

Top 30 Tips for Optimal Health

1) Look after your Digestion

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| a. Drink plenty of filtered water | – No brainer! |
| b. Avoid Wheat | – it irritates the tummy |
| c. Avoid Dairy | – It makes you acidic |
| d. Eat plenty of fibre | – it helps the transit of food |
| e. Eat slowly | – initial breakdown of food is essential |
| f. Alkalize your body | – take some Lime juice in water |

2) Control your Sugars (Insulin)

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| a. Eat little and often | – it helps you burn more fat! |
| b. Go low carb / low GI | – reduces sugar spikes |
| c. Eat Organic meat | – makes your cells more sensitive to insulin |
| d. Eat good fats and oils | – slows the absorption of carbohydrates |
| e. Eat full fat options | – low fat is cancerous! |
| f. Lift weights regularly | – it makes your muscles more insulin sensitive |
| g. Avoid fruit and juices | – they make you fat!!! |

3) Manage your Stress (Cortisol)

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| a. Always eat breakfast | – within 30 minutes of waking |
| b. Avoid processed foods | – if it's in a packet... it is processed! |
| c. Don't diet or miss meals | – it stresses the body! |
| d. Train harder shorter! | – Your body will love you! |
| e. Chill out for an hour every day | – reduce brain fatigue |
| f. Avoid alcohol | – it will go straight to fat |
| g. Go to bed before 11pm | – best stress relief ever! |
| h. Keep a grateful diary | – it reduces stress at night |
| i. Reduce your stimulants | – they can disrupt your night/day cycle |

4) Eliminate Toxins (Oestrogens)

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| a. Eat Organic when possible | – eliminate pesticides & synthetic hormones |
| b. Eat brightly coloured vegetables | – contain more anti-oxidants |
| c. Use natural cosmetics | – toxins can be absorbed through the skin |
| d. Avoid fluoride | – It lowers your metabolism! |
| e. Don't cook or heat food in plastics | – it leaks into your food |
| f. Avoid air fresheners | – Silent but deadly! |
| g. Eat cruciferous vegetables | – they are great at eliminating toxins |
| h. Avoid Beer | – it gives you man boobs! |