

LUNG HEALTH

STEP 1

5 DEEP BREATHS, LONGER EXHALES

Try adding 5 deep breaths before you meal prep, grocery shop and eat. When stress levels rise, take a time out and breathe through your nose and exhale longer out your mouth.

STEP 2

Add in astringent foods

Choose recipes containing one or more of the foods listed below.

STEP 3

ADD IN CRUNCH

Try to snack on radishes while you are cooking. A great Prebiotic, fiber to help your gut flora.

FOODS THAT SUPPORT LUNG TISSUE

- Black seed
- Mustard
- Turnip
- Radish
- Wasabi
- Cayenne

CONT..

- Ginger
- Turmeric
- Lemon, lime, and grapefruit
- Seaweeds
- Garlic

GUT HEALTH

STEP 1

HOW IS YOUR POOP?

Does your morning poo come easier? Is it formed, solid and float a bit? Do you have a second poo in the afternoon? All of these are great goals for your process.

STEP 2

HOW DO YOU FEEL 30 MINUTES AFTER MEALS?

Instead of just focusing on just what you eat, observe how you feel? Do you feel bloated? Crave sugar? Feel satiated?

STEP 3

WHAT ABOUT COLONICS & ENEMAS?

I recommend having your own experience with these. I prefer enemas, they are more gentle for me. The coffee enema by the Gerson Institute is the most researched.

ADD IN

- Lentils
- Chia seeds
- Lactofermented foods (sauerkraut, kimchi, apple cider vinegar)
- Root vegetables like sweet potatoes, beets and turnips
- Apples

BE SENSITIVE WITH...

- non-low fat processed dairy
- hydrogenated oils
- processed grains
- processed soy
- corn
- pork

LIVER HEALTH

STEP 1

REDUCE TOXINS

Reduce perfumes, lotions, plastics, and other artificial ingredients.

STEP 2

SELF-CARE

Add in an Epsom salt bath. Or try something new and do a castor oil pack. Place castor oil on a cloth on your liver, top with a heating pad for ONLY 10 minutes.

STEP 3

LIVER TONICS

Add in ginger and lime upon waking. Try celery blended or juiced once a day for this week.

BITTER FOODS

- Cabbage
- Broccoli
- Garlic
- Beets
- Salad greens
- Lemon juice
- Green apples

HERBS

- Dandelion
- Triphala
- Liver Formula from Banyan Botanicals
- AdvaClear from Metagenics

KIDNEY HEALTH

STEP 1

OBSERVE YOUR URINE OUTPUT

Are you urinating frequently both day and night? Is the stream strong or weak? Is it clear or cloudy? Keep observing your urine.

STEP 2

BUY A NEW WATER BOTTLE & WATER SOURCE

Do you drink water and still feel dehydrated? Try a pinch of sea salt in your water once a day. Find a bottle you love and take with you. I love spring or alkaline water and notice a difference. Try rotating brands in your area.

STEP 3

PINCH THE BACK OF YOUR HAND TWICE A DAY

Try adding in fresh herbs on top of your food for a day and then notice if you are more hydrated the next by pinching the back of your hand.

THIS

- Quality Water
- Parsley
- Cilantro
- Green tea
- Nettle
- Alfalfa

SLEEP THROUGH THE NIGHT

- Give your self a pep talk. Do you believe you can sleep through the night?