

Soak and Scrub: The First Week

Wake with natural sunlight or a sleep cycle alarm clock (ex. Sleep Cycle app) that will wake you when you're in light sleep, most optimal for your body, and no later than your set alarm time.

Morning Routine

Drink 4 oz of water with freshly squeezed lemon juice
Do the Sun Salutation (or other stretching for 5 minutes)
Eat breakfast if you're hungry [eat a maximum of 3 meals per day and limit snacking, if at all]
Go for a 10 minute walk to get some air and motion.
Identify the top 3 things you need to accomplish for the day and accomplish them.
Make sure you are moving around a few minutes every hour (probably not an issue for you)

Lunch largest meal of day, rest and digest.

Post work: non-electronic activity for yourself

Dinner eat based on your activity for the day and how you're feeling

Evening Routine

Write down what you're thankful for
Meditate for 5 minutes (practice diaphragmatic breathing)

Bedtime be asleep by 10:30pm, drink a glass of filtered water

Other Tidbits

*Weekend: keep sleep and wake times consistent with your weekday schedule, don't work unless have to, write in journal what you're most thankful for in last week, organize for the coming week, and plan an activity for each day with friends, family or self.

*Eat organic as much as possible. Consult ewg.org for the most important foods to eat organically. Cook or steam foods fresh more times than not. Avoid eating fruit at night.

*Limit drinking during meals to no more than 1 glass (and avoid fruit juice as they are mostly sugar). Don't drink cold beverages during meals (room temp or warmer only)

*Use your stove exhaust fan when cooking.

*Cook/bake with high-smoke point oils only: Ghee, avocado oil, sunflower oil, and safflower oil. Olive oil, coconut oil, flaxseed oil and walnut oil are great for salads.

*Avoid anything with FOLIC ACID; use methylfolate and folinic acid instead.

*Avoid iron supplementation unless you know you are iron deficient.

*If taking a multi vitamin, only take it if you feel you need support for your body and do not take within 5 hours of bed.

*Avoid plastic for use with food. Rely on stainless steel, glass or clay. Avoid nonstick pans or cookware. Avoid air fresheners and scented products. Avoid pesticides, insecticides, and herbicides.

*Sweat: exercise, fast walks with warm clothes, Epsom salt bath, or sauna at 120'.

*Stop all electronic activity at least 1 hour before sleep, install a blue light filter on electronics as able, turn off night lights, crack open a window for fresh air while sleeping.

*Get outside for at least 15 minutes in the summer with exposed skin; no sunscreen.