

Four Steps to Feeling Well for Those New to Natural Health

If you've made the decision that you are truly ready to change your lifestyle and claim your birthright of vibrant health, these are the steps to achieve your goal:

Eat Right

If you drill down health to its most critical and essential element, diet plays the most important role. We've all heard the old adage, "You are what you eat." Once you understand the critical role diet plays in health, you will understand the absolute truth of this statement. Your diet provides every single building block your body uses to create cells, to repair tissue, to move, to breathe, to exist.

Common sense tells us, the better your diet, the better your health. But what is the best diet? Hopefully we all know the traditional American diet ranks at the bottom of the list. But which of the many alternative diets hold the top position? Vegan? Vegetarian? Paleo? There are many to choose from. But I suggest, you don't choose.

We are all individuals with particular likes and dislikes. Unfortunately, we are habitual creatures who seem hell bent on getting stuck in the same patterns and the same ruts. But this is a time of change, so... Take the first step—clean out your cupboards and pantry. Toss out all of your processed foods. Get rid of anything with artificial flavors, colors, or preservatives. No MSG. No trans fats. No high fructose corn syrup. No foods that could be GMO, and that includes refined sugar. Toss it ALL out.

Next, you shop. A healthy diet consists of a wide variety of

whole, unadulterated, unprocessed, organic foods. Meat and eggs should be free range AND organic. If you choose dairy (know that goat milk and cheese may be a better choice) be absolutely sure you choose organic. Milk is actually good for you if it is not pasteurized, but good luck finding it. And as far as meat goes, remember if you choose to eat meat, you are eating off of the top of the food chain. If that animal was fed GMO grains, you don't want to eat it.

Vegetables should be the basis of your diet. A full 80% of your diet should consist of raw, organic, whole vegetables and fruits, more vegetables than fruit.

Grains should be whole. Why lose most of the nutrients? Remember, this new lifestyle of yours is all about nutrient dense foods.

Avoid the trap of becoming a vegan, vegetarian, or other "good" diet follower who has simply found a new way to be a junk food junkie. Processed food is processed food. Choose a great homemade smoothie instead of "healthy" cookies.

Get To Know Your Local Farmer's Markets!

A good farmer's market (not a boutique gathering where they sell jellies and such) will carry the freshest food at the best prices. Find one that sells organic meat as well as organic fruits and vegetables. Even if you have to drive across town or out into the countryside, the trip is worth it.

Detox

Good stuff in, bad stuff out. Your body has been accumulating parasites, yeast, heavy metals, and a full array of chemicals your whole life. It's time to cleanse your body and help it to flush out all of these unwanted substances while cleansing your colon to aid in both digestion and elimination. All of those wonderful foods that you will be putting in your body need a fully functioning digestive system to extract the

nutrients that will provide your body with the building blocks it needs to repair and grow tissue, to create neurotransmitters, to create hormones, to maintain and build your immune system, and more.

Detox twice a year for the greatest benefit. And always kill excess candida and balance the gut when you do.

Check Out These Detox Articles:

- *The One Gallon Challenge*
- *Cheap and Easy Detox Diet Plan*
- *Total Body Cleanse*

Exercise

Just move. Your lymphatic system needs you to move in order for your lymph to circulate through your body. It has no pump, no other means than the movement of your muscles to circulate your lymph fluid. Try yoga, Tai Chi, walking, rebounding, anything that gets you moving. It's okay to start off slow and gentle. You don't need to push it. Once you achieve vibrant health you'll want to move. It's one of the signs that you are on the right path.

Supplements

Ideally, your nutrition will come from your food. But let's be honest, we live in an imperfect world with farming soil stripped of its minerals. Even if the soil was rich, food loses its vitamins and minerals as it makes the journey from farm to table. So unless you are growing your own food in great soil, we suggest you consider supplementation. You may want to consider a nutritional supplement to add to your daily smoothie as well as vitamins, minerals, and supplements to aid in your detox. Source them well. You want only the best. We recommend Shillington's Total Nutrition Formula as a nutritional supplement to add to your smoothies. For your

detox, you need a supplement to kill the candida, a supplement to rebuild the flora, one to MicroDefense – Pure Encapsulations, and one to clean the intestines.

Recommended Supplements:

- Candida – Throne SF722
- Colon – Shillington's Intestinal Cleanse
- Multi – Total Nutrition Formula
- Probiotic – FloraMend

Further Reading:

- *80% Raw Food Diet*
- *The Difference Between Heirlooms, Hybrids, and GMOs*
- *Cheap and Easy Detox Diet Plan*

Sources:

- How to Cure Candida
- Best Ways to Detox
- How to Kill Candida and...