

# LIFESTYLE CONSIDERATIONS FOR INCREASED IMMUNITY AND HEALTH

## Personal Items:

Non-toxic personal hygiene products (shampoo, soap, toothpaste, deodorant-if any, skin lotions, etc.)

Simple products can be made at home using all-natural ingredients (see Diet for Natural Beauty by Aveline Kushi and Wendy Esko) or purchased at a whole food store.

For skin care I recommend Dr. Hauschka and-or Aubrey products, which can be purchased at most whole foods stores.

Weleda makes good toothpaste, which is also available at most whole food markets.

Young Living Oils makes excellent toothpaste and non-toxic shampoos. To order

Call 800.763.9963 and give my sponsor number (388916). The toothpaste is called

Dentarome Plus (or regular).

For feminine protection use Natracare products, which are Dioxin-free.

100% cotton clothing, especially next to skin

## Household items:

Non-toxic cleaning products (see attached sheet)

Green plants in each room (see attached sheet)

Keep fresh air in the house. Open windows.

100% cotton linens

Minimize the use of the following items due to the electromagnetic fields and radiation they produce: cell phones, portable phones, hairdryers, electric blankets, heating pads, electric shavers, fluorescent lighting, microwave ovens (alters the molecular structure of food as it cooks... **Never** use.)

Limit computer use to 30 minutes a day.

Limit television viewing to 30 minutes a day.

Cook on gas range.

Install a whole house filter to remove chlorine from the water. Systems can be purchased from various sources or rented from water companies such as Rayne or Culligan. Shower filters are also available, though they only remove the chlorine coming out of the shower.

Cook with stainless steel or ceramic cookware. Avoid aluminum or Teflon.

## Daily habits:

Eat in a relaxed environment. No TV watching while eating.

Chew each bite 30 times (50-100 times if you are dealing with cancer)

Name your blessings every day.

Sing joyful praise songs each day.

Take a walk outdoors (at least 30 minutes).

Deep breathing exercises twice a day.

Go to bed by 9pm, 10pm at the latest.

