

LIQUIDS



TILL



LUNCH

**And 11 Other Practical Actions
to Move Forward Every Day**

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Some names have been changed to protect people's privacy.

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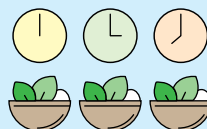
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THE ART OF HEALTH FOR BUSY PEOPLE

1.

Liquids till Lunch

Eat three small meals a day, at the anchor times of noon, 3 p.m., and 7 p.m. Make sure to hit all three anchor times!



2.

Chew Your Food Until It Becomes Liquid



3.

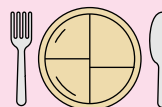
Drink Half Your Body Weight in Ounces of Water

For example: a person who weighs 120 lbs. would drink 60 oz. of water.



4.

Portion Control



5.

Eat Healthy Foods



6.

Get Fifteen Minutes of Direct Sunshine Each Day

Vitamin D is crucial for the mind and body!



7.

Sleep Seven to Eight Hours



8.

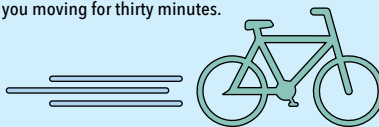
Fifteen Minutes of Stretching



9.

Thirty Minutes of Exercise Daily

Walking, jogging, elliptical, or yoga. Whatever will get you moving for thirty minutes.



10.

Stress Less



High stress means higher cortisol levels, which creates cellular damage.

11.

Think Positively



Use positive thoughts to imbue your day with gratitude.

12.

Believe in a Universal Force of Goodness



It doesn't matter what you call that universal force—God, Creator—it just matters that you believe that the universe wants the best for you.

MOVE FORWARD EVERY DAY

Every Sunday and Thursday, I cook a pot of vegetable broth to eat throughout the week, and it has changed my life. This simple soup gives me energy and nourishment and allows me to control my portions by filling me up just enough. It's perfect as a light starter before your heavier entrees, or you can put it in a thermos and sip it in the morning till lunchtime. If noon rolls around and you are way too busy to go pick up lunch, don't worry! You'll have your thermos. I also believe in lunch boxes with ice packs for meals and snacks, so carry those along just in case.

If you google "vegetable broth recipe," there are thousands of suggestions on how to make it. My favorite recipe is on the next page. You can tailor your recipe however you like, making the portions bigger or smaller or throwing in different herbs. Cooking according to your own taste is empowering, so have fun.

When you drink your soup, be sure to swish it around inside your mouth so your salivary enzymes can begin to break down its nutrients. Then sit back and enjoy the energized sense of fullness that means you have hit your zone!

3 celery stalks, diced
3 orange carrots, diced
1 large white onion, diced
5 tablespoons olive oil
3 teaspoons pink sea salt, divided
3 Yukon gold potatoes, chopped into cubes
1 orange pepper, diced

Sauté the celery, carrots, and onion with the olive oil and 1 teaspoon salt on medium heat for 10 minutes or until golden, while stirring.

Add 13 cups filtered water.

Add the potatoes, pepper, and remaining 2 teaspoons salt.

Bring to a boil, then turn the heat down to simmer for 30 minutes.

Let the soup cool for 1½ hours.