

The 5 things you must do to live a longer, healthier life



1. HYDRATE

with Alkaline Mineral Water for Peak Cellular Performance

Drinking filtered alkaline mineral water is foundational for longevity & wellbeing as it:

- Enables cellular hydration
- Restores the pH balance to the body
- Creates cellular energy flow & vitality
- Assists with elimination of acids & toxins
- Allows the absorption of nutrients into cells
- Assists in the prevention of disease
- Improves performance & focus
- Allows better quality sleep

A mere 2% drop in body water can trigger

- Fuzzy, short term memory loss
- Constipation
- Aches & pains not related to injury
- Fatigue, yawning
- Moody behavior
- Cravings for sugar and caffeine



Your body is 75% water & your brain 91%
"The simple truth is that dehydration can cause disease."

F. Batmanghelidj M.D.,
Author of 'Your Body's Many Cries for Water'

Create an Alkaline Body, Mind & Spirit

3. MOVE

Raise Your Heart Rate

- 30 min brisk walk 3 times per week (get a dog and make it more fun!)
- Yoga, pilates and stretching
- Don't forget brain fitness - exercise your gray matter!



4. BREATHE, Be Still & Rest

- Walk barefoot on the earth each day to ground yourself
- Enjoy 10 mins in the sunshine each day for a boost of Vitamin D!
- Use a shower filter that reduces 99% of chlorine which is toxic when heated
- Meditate for at least 10 mins each day
- Get good quality, deep sleep each night



2. EAT

80% Alkalising
20% Acid Forming Foods

- Green coloured vegetables, raw and juiced
- Sprouts & fermented foods for a healthy gut and nutrient absorption
- Good fats which include coconut oil, avocado, butter and for salads use olive oil
- Eat organic foods to reduce toxins and enjoy a higher level of nutrients
- Fast intermittently to boost your HGH by 1300%!!

(*HGH is Human Growth Hormone which boosts fat loss, increases core strength and reduces insulin sensitivity. It is also important in maintaining homeostasis.)



5. FEEL Happy & Be Grateful

- Find the Positives in situations
- Choose to Feel Happy
- Spend quality time with loved ones, family & friends
- Laugh and Smile for no reason!
- Keep a Daily Gratitude Journal



The 5 things I will do to live a longer, healthier life



10

1. HYDRATE

My goals for _____ are:



3. MOVE

My goals for _____ are:

10



4. BREATHE

My goals for _____ are:

10



Create an Alkaline Body, Mind & Spirit

10

2. EAT

My goals for _____ are:



5. FEEL

My goals for _____ are:

10


