

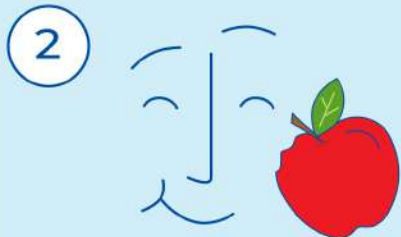
MARY RUTH'S®
THE ART OF HEALTH
 — FOR —
BUSY PEOPLE

1 Do Liquids Until Lunch & Eat Solid Food Between Noon and 8pm Only.



Eat three small meals a day, at the anchor times of noon, 3 pm, and 7 pm.

Make sure to hit all 3 anchor times!

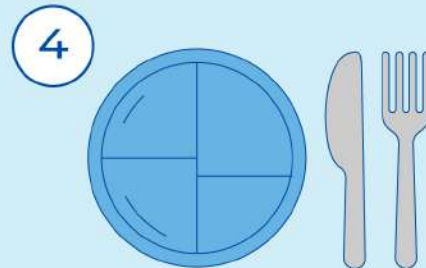


Chew Your Food Until It Is Liquid.

3 Drink 1/2 Your Body Weight in Ounces of Water.



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



Portion Control Meals.



Eat as Healthily as Possible.

6 15 Minutes of Direct Sunshine on Your Face, Without Sunglasses.
 Vitamin D is crucial for the mind & body!



Sleep 8 Hours.



15 Minutes of Stretching.

9 30 Minutes of Exercise Daily.
 Walking, jogging, elliptical or yoga. Whatever will get you moving for 30 mins.



Stress Less.

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



Think Positively!

Use positive thought to imbue your day with gratitude.



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.