

# Simple Ideas

To Help You Implement a Healthy Lifestyle

A healthy lifestyle consists of the following things. After each idea, you'll find ideas to help you start implementing these ideas right away.

✓ **Hydration – Adequate intake of liquids that quench thirst and improve digestion (not necessarily always water)**

Real milk - <http://realmilk.com/what.html>

Water with freshly squeezed lemon juice (1 quart per day is a good goal)

Smoothie - <http://www.makers-diet.net/aboutbook.htm> (scroll to very bottom of page)

Kombucha – <http://www.laurelfarms.com/> (to make your own), or

<http://www.gtskombucha.com/> (available at your local grocery store)

Beet kvass – <http://www.feelgoodeats.com/anytime-recipes/beet-kvass.html> or

<http://www.westonaprice.org/foodfeatures/kvass.html> (to make your own), or ask at your local Whole Foods Market (<http://www.wholefoodsmarket.com>).

Kefir sodas – <http://home-n->

[stead.com/homestead/tipsandrecipes/homemade\\_soda.html](http://stead.com/homestead/tipsandrecipes/homemade_soda.html) or

<http://www.fermentedtreasures.com/kefirwc.html>, also recipes in the book *Eat Fat Lose Fat* (<http://tinyurl.com/eatfatlosefat>)

Homemade sodas - <http://www.westonaprice.org/foodfeatures/Realthng.html>, or recipes in the books *Eat Fat Lose Fat* (<http://tinyurl.com/eatfatlosefat>) or

*Nourishing Traditions* (<http://tinyurl.com/ntcookbook>)

✓ **Colon Health – Foods that promote good digestion, such as properly-prepared grains, gelatin-rich stocks, fresh herbs, foods containing enzymes and probiotics**

Properly-prepared grains -- <http://www.passionatehomemaking.com/2008/04/whole-grains-grinding-soaking.html> or

[http://www.westonaprice.org/foodfeatures/be\\_kind.html](http://www.westonaprice.org/foodfeatures/be_kind.html)

Gelatin-rich stocks -- <http://www.westonaprice.org/foodfeatures/broth.html>

Fresh herbs (non-irradiated) -- <http://www.frontiercoop.com/> or grown in your own garden or window sill

Foods containing enzymes (see below)

Probiotics -- [http://anneshealthplace.com/product\\_healthsolutions.shtml](http://anneshealthplace.com/product_healthsolutions.shtml)

✓ **Enzymes – Fermented foods, raw foods, herbs (fresh and non-irradiated)**

Enzymes are in any food that has not been heated above 118 degrees Fahrenheit. Try to include some at each meal:

- Breakfast: Raw cream over properly-prepared oatmeal, raw butter and raw honey on toast, sunny-side up eggs, smoothies, freshly squeezed juice
- Lunch and Supper: Crème freche added to homemade soup, raw butter and raw honey on sourdough bread, salad and raw vegetables with homemade dressing containing enzyme-rich oils and vinegars, fresh

herbs, naturally fermented (non-commercial) vegetables (such as sauerkraut or pickles), raw fruit, raw cheeses.

- Digestive enzymes taken by capsule at each meal - [http://anneshealthplace.com/product\\_enzymes.shtml](http://anneshealthplace.com/product_enzymes.shtml)

- ✓ **Medications – None, if possible (toxins)**
- ✓ **Vitamins and Minerals – in whole-food form, with all their natural co-factors, for best assimilation**

I prefer whole-food supplements from <http://www.wildernessfamilynaturals.com>

- ✓ **Clean Diet – Foods made by God and declared clean by Him (Leviticus 11, Deuteronomy 14)**
- ✓ **Exercise – Movement, stretching, and strength training which mimics hard work**

PACE exercise program - <http://tinyurl.com/pace-exercise>

Praise Moves - <http://tinyurl.com/praisemoves>

- ✓ **Sunshine – Adequate exposure to the sun and light**
- ✓ **Sleep – Rest when it is dark and for one day per week (Sabbath)**
- ✓ **Destructive behaviors – Elimination of sinful attitudes and actions**

Book – *A More Excellent Way: Be In Health*, by Henry Wright - <http://tinyurl.com/be-in-health>