

Restoration Lifestyle

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Ideal ways to improve your life from the ground up!

- 12) Celebrate, smile, laugh, sing, play- *You* are God's perfect child!
- 11) Receive fresh air daily and exercise 30 - 45 minutes
3 times weekly (improve circulation)
- 10) Receive 1 hour of sunlight 3 - 4 times weekly on as much of
your body as possible
- 9) Use organic essential oils - singularly and in body lotions
- 8) Use organic herbs - fresh or dried, capsules, tinctures, teas
- 7) Drink clean water – one half your body weight in ounces per day of
alkaline pH 7.4 or above spring water, (avoid chlorinated and
fluoridated water), use distilled water only for fasting or cleansing
programs (avoid coffee, caffeine teas, soft drinks, etc.)
- 6) Use real sweeteners - molasses, maple syrup, raw honey
(avoid white sugar)
- 5) Use whole organic grains (avoid white "enriched" flour)
- 4) Use fermented milks - yogurt, kefir, raw milk cheese,
cottage cheese
- 3) Use non-hormone, non-antibiotic raised meats, fish, eggs
(avoid ground meats; protein+chemicals+refined+sugar+fruit or
starch= "over acid", bacterial, fungal, viral, "cancer" terrain)
- 2) Use fresh organic fruit, veggies, seaweeds -
2 of every 3 - 4 bites of food; balance eating according to body
constitution, season, and prevailing conditions;
(raw or steamed - gas cooking best, no microwaves)
- 1) Seek and experience the kingdom of God's counsel -
pray and meditate daily, consecrate all activities to God