

Daily Routine Habits for Health

- Get up early. Honor the body's natural cycles.
- Move waste out, Defecate, Urinate, brush teeth, scrape tongue, oil pull, neti, nasaya.
- Drink Warm water.
- Meditate, breathe, Reiki or other healing practices.
- Detoxify with oil massage, or sauna, or dry brush, or sweating
- Hydrate with water throughout the day
- Move, Walk or rebound or Yoga, twice a day
- Add probiotic foods or supplements to your menu each day.
- Eat whole low inflammatory foods high nutrient density foods, 6 tastes and rainbow of colors, with herbs and spices to support digestion.
- Main meal during pitta time of day.
- Light Dinner Sleep Early and Easy