

**The Simple Way to a Healthy Lifestyle  
&  
Avoid Things that Cause toxicity, inflammation, and Illness**

**Bad food.** Processed food, chemicals in food, white rice, white flour, and sugar all increase inflammation which causes a number of things to go wrong in the gut including alkalinity and illness.

**Goal:** The better you eat the better you will feel. Fuel matters. 80% good food and 20% not is an excellent goal.

**Water.** Not enough water and/or water full of chemicals such as chlorine and fluoride and other toxins also cause alkalinity and inflammation.

**Goal:** One quart of filtered water per 50 pounds of body weight or fraction there of is necessary. For example if you weigh 110 pounds you need three quarts in a 24 hour period.

**Sleep.** Not enough sleep causes inflammation as well.

**Goal:** 7 to 8 hours a night is optimal.

**Sedentary lifestyle.** We were created to move. We need to move every day. Not moving has negative effects in a number of areas such as lymph, hormones, inflammation etc.

**Goal:** Exercise daily. Walking is great exercise.

**Chemicals.** Chemicals in our food in our water and in our environment all cause inflammation MSG, aspartame, BHT, and BPA are a few of the chemicals in food that affect us. Fluoride and Chlorine in our water also cause inflammation.

Skin care products and soaps, laundry detergent and softeners often contain toxic chemicals. Round up in our yards and cotton defoliant in the fields close by all affect our health

**Goal:** Avoid all the above. Read all labels and don't eat foods containing chemicals. If you can't pronounce it or don't know what it is you shouldn't eat it. Filter your water. Read labels of your hygiene products for chemicals. Don't use roundup. Run from crop dusters.

**Thoughts.** Negative thinking and rumination is probably the single biggest cause of inflammation and illness. The more positive your thought life the less ill you will be. The most potent negative thought is unforgiveness. I have an instructional paper on how to retrain this particular thought pattern.

**Goal:** We are instructed to capture our thoughts. Dr. Caroline Leaf wrote a book called "Switch on Your Brain." This book teaches one to rewire your brain to think positively. She also has on line daily help.

**Antidote:** Vinegar (not distilled apple cider vinegar with the mother) and local honey mixed in equal parts. Is a powerful antidote to stress and inflammation. It does not compensate for unhealthy living but it does help.

One tablespoon of the mixture twice a day in a maintenance dose. If you feel like you are "coming down with something" or are under a lot of stress you can drink more.

