

Top 10 List to get *Healthy*

Be the best version of yourself starting today!

How healthy do you think you are?

Are you suffering from a chronic disease? Auto-immune disorder, high blood pressure, diabetes, anxiety? You're not alone. In today's busy world, it's easy to get overwhelmed by all the advice, fad diets and super foods. Who are you supposed to trust?

I've been educating myself in the last year watching countless hours of documentary and health experts on subjects such as vaccines, cancer, GMO's, brain, auto-immune diseases and lately diabetes and obesity.

What I learned is that it's actually pretty simple to make a powerful impact on your health. The rules are simple, but they are not easy to implement and can take dedication and efforts. I'm here to accompany you in your journey so don't hesitate to reach out for help! And don't forget, take it easy!

- 1- **Get rid of toxicity.** It's in your house, your environment and your own body. So ditch the laundry softener, those scented candles and chemical cleaners. Don't use fabric fresheners (they're just pure chemicals...) and try to eat as much greens as you can – smoothies can help a lot with that.
- 2- **Eat real FOOD.** And by real food I mean not processed. Of course, vegetables and fruits are the best, thanks to the fibre in them that your gut bacteria need to be functional. If you're into meat, try to limit it to no more than once a day, and get as much as you can from pastured animals. As much as it's an environmental concern, factory raised animals just lack a bunch of nutrients from not being able to be outside. Also try to avoid GMO's (mostly corn, soya and canola) since they're loaded with the herbicide glyphosate which is a very toxic chemical.
- 3- **Try fasting.** The abundance of food in our society is very recent. Our bodies are designed to store energy for when times get tough. Water fast for a day or more every month is not only going to save you time and money, but will reset your body to function properly.
- 4- **Stay hydrated.** It's not just about drinking enough water anymore. Scientists are discovering a new state of water, which is the state that really hydrates you: it's the state that's already in your cells. Water from any other cell, like fruits and

vegetables cells, is in that state as well. So the more of it you take in, the better hydration you get!

- 5- **Get your body moving.** You knew that one already, but how often are you really doing it? Go for a walk, do some yoga, dust off that bicycle that's been sitting in the garage and make it a routine. Did you know that movement, and not necessarily exercise, is necessary for your lymphatic system to drain toxins out of your body?
- 6- **Get outside.** Sun exposure is very important to help us produce Vitamin D, which is critical to our health. Plus fresh air is likely to be a lot less polluted than indoors.
- 7- **Stay positive!** Your mindset is way more powerful than you think. And although nothing is going to happen if you only think about it, something is more likely to happen if you think it's possible.
- 8- **Limit Stress.** Now that's a tough one. We're always on the go, between the kids' activities and birthday parties, appointments and work, there's just too much going on not to be stressed out! Try to take 5 minutes to yourself and practice meditation, try to use mindfulness in everyday tasks and your day might go a lot smoother.
- 9- **Biological dentistry.** This is such a new subject that I'll let you go check it out for yourself: Google "'Holistic Oral Health Summit'", starting March 12.
- 10- **Try CBD oil.** Cannabidiol (cbd) has incredible medicinal benefits. Between relieving anxiety, reducing risk of artery blockage, being neuroprotective and anti-inflammatory, it also relieves pain and promotes bone growth. It's flying off the shelves because it's changing people's lives. It's been helping me with depression and anxiety. I wouldn't go without it anymore! Check out that link for more info: <http://estellelevangie.MyCTFOCBD.com>