

Top Ten Baby Steps to Jumpstart Your Health

- 10.** 3-4 cups of filtered warm water with ¼ teaspoon of sea salt every morning
- 9.** No technology day or part of a day (such as a weekend day) and no technology 30 minutes before bed
- 8.** Getting out in nature
- 7.** Ten minute walk every day even if it just means parking your car further away from where you work
- 6.** Daily gratitude list (write 3 different things you are grateful for every day)
- 5.** Healthy breakfast that doesn't include sugar or grains (such as cereal). Shift to vegetables and sources of protein and fat (eggs, avocado, almond milk)
- 4.** Just say no to packaged or processed foods or sweetened soft drinks
- 3.** Start embracing cooking at home with healthier ingredients
- 2.** Even if you don't like vegetables, find a few you can tolerate and start having with at least one meal a day
- 1.** If you are only willing or could afford to take 1 supplement, I would want you to take anything you're deficient in (a simple blood test can be drawn for Vitamin B1, B6, B12, folate (B9), D, zinc). Otherwise, I recommend a fatty acid supplement: either fish or cod liver oil or evening primrose oil.