

12 Golden Rules For Health

- 1 Limit your consumption of sugar and white flour or eliminate entirely from your diet
- 2 Eliminate fried food or foods cooked in heated oils from your diet
- 3 Eliminate canned, frozen and processed foods from your diet
- 4 Eliminate fast food or junk food (i.e. burgers, fries, cakes, pastries, candy, donuts, etc.) from your diet
- 5 Do not eat after 9pm
- 6 Do not overeat
- 7 Limit dairy products in your diet (except plain sour yogurt or plain Keifer)
- 8 Eat fruits that are in season (if fruit is permitted in your diet)
- 9 Avoid certain food combinations. Do not eat starches* with proteins**. Eat lots of vegetables. Fruits should be eaten alone.
- 10 Always chew your food well (this is important for digestion)
- 11 Exercise at least 3 times per week. Exercise should include an activity that gets you sweating and breathing deeply
- 12 Drink 12-13 glasses of purified water everyday

**STARCHES: Grains, potatoes, cereals, oats, corn, etc.*

***PROTEINS: Fish, chicken, eggs, nuts, seeds, etc.*