

# ***Kira's Healthy Lifestyle Tips***

**BREATHE** - picture breathing into your entire body, each cell

**Make time for yourself** – we can only help others if we first help ourselves

**Practice daily discipline** – start small (ie 30 day commitment to flossing!)

**Practice consistency** – start something and stick with it; when we want to quit, often something great is about to happen

**Connect with nature** – take time to be outside; bare your feet in the sand, connect with the earth....deeeeeeep breaths

**Expose your bare eyes to sunshine 30 mins daily** to increase Vit D synthesis

**“The Amazing Liver & Gallbladder Flush”** - Andreas Moritz

**Colon Hydrotherapy** – when digestive system is working optimally as will the rest of the body, and only than

**Yoga & Strength Training** – strong healthy body = strong healthy mind, less pain, better recovery, decrease injury rate

**What you put in your mouth and the thoughts you allow in your mind = the length and quality of your life**

**Ideal sleep schedule -> 10pm-6am** (human growth hormone only released between 11pm & 1am during deep sleep - regulates weight)

**Ideal eating times -> 8am** breakfast, **12pm** lunch (largest meal), **6:30/7pm** dinner - **don't overeat or eat past 7:30pm**

**Have a daily food budget** - ex 100g protein, 150g carbs, 65g fat (a trainer can help find your numbers)