

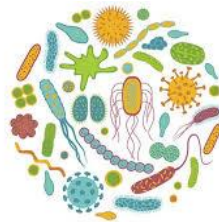
#1. Hydration:

Our bodies are about 70% water. Keeping our fluid levels topped off plays a huge role in our health. Drinking about half of your weight in ounces daily is a good number to shoot for. So, if you weigh 150 lbs.- try drinking ~75 oz of water daily. Also, try adding between 1/8-1/2 tsp good quality salt to 1/2 cup of water daily, this will flush your kidneys and help to create a nice electrolyte balance.

Hydration



Electrolytes



Probiotics



Essential Fatty Acids

Salt & Electrolytes:

Grey Atlantic sea salt is a “moist,” unrefined sea **salt**, usually found in the Brittany region of France's Atlantic coast. It is **grey** and moist, reflecting the mineral content and capacity to hold water, and is credited with health benefits such as lowering blood pressure. This salt can be taken daily adding magnesium and flushing and supporting kidney health. This can also stabilize blood sugar and balance electrolytes.

Pink Salt is mineral rich, cleansing and great to take in spring and fall and use in cooking. Stabilizes blood sugar and balanced electrolytes.

Sea salt is excellent for salt scrubs. Sea salt and Epsom salts are amazing at pulling toxins and supporting your bodies release of lactic acid build up.

Electrolyte Balancing Tea

32 oz. of water
2 tsp honey or maple syrup,
1 tsp salt
Squeeze 1/2 lemon or lime

Coconut water is another amazing drink for balancing electrolytes.

#2. Immunity thru Gut Health & Probiotics: 80% of our immune defense is found in our digestive tract. The flora in our guts has a dynamic balance that can be supported by eating a whole foods diet that is not dominated by processed foods and sugary snacks. Choosing fermented foods like sauerkraut, kimchi and miso are amazing for our flora and taking probiotics if your flora is disrupted by use of antibiotics, stress and or a nutrient poor diet. Two brands that I like to recommend are: PB8: Support Digestive Health and Garden of life's: Primal Defense Ultra. These 2 brands have between 14 and 15 billion CFU's (good bacteria) per serving.

#3. Essential Fatty Acids: Taking between **3-6 TBS daily of Essential Fatty Acid Oils** is an amazing preventative health protocol. Essential fatty acids support healthy skin, hair, nails, joints & flexibility as well as supporting a healthy cardiovascular and central nervous system. They also support brain and vision development and functions. Essential fatty acids (EFA) are at the foundation of cell and organ development and functions throughout the entire body. The primary source for EFA is seeds. Start by adding 2-3 TBS of EFA per day and add more over time. Pay attention to your body, what qualities are you experiencing now? Choose an oil that supports your body type and current state. If you require digestive support try grating some fresh ginger in a small amount of warm water and take this with your EFA oil. If taking capsuled oil; three 1000 mg softgels are about 1 TBS. You can take 1 TBS am & 1 TBS pm then get at least 1 TBS in your food (coconut oil in a smoothie or soup, sesame oil on your rice, olive oil on your salad...)

Foods high in EFA: Fish, walnuts, basil, eggs, brussel sprouts, seaweed, soy beans, broccoli, spinach, cashews, olive oil.

Some Amazing EFA Oils to try: (these oils must be cold pressed, as the process of creating expeller pressed oils destroys the EFAs)

Sesame Oil: (warming)

Flax Oil (astringent)

Olive Oil (astringent)

Coconut Oil (cooling)

Fish Oil (cold)

Hemp Oil (neutral)

Evening Primrose Oil (neutral)