HEALTY HABITS

FOR HOLY RHYTHMS

and Breathing In Christ...

EARLIER LIGHTER DINNER

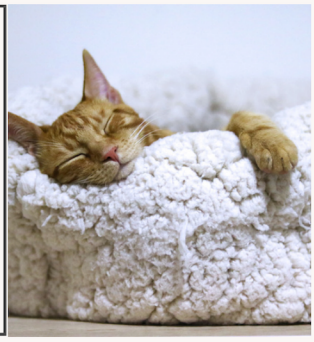
EAT BY 6 OR 7 P.M., AT LEAST 3 HOURS BEFORE BED. SOUPS AND SALADS HAVE MORE WATER CONTENT AND ARE EASIER TO DIGEST. MORE GREEN AND NON-STARCHY ROOT VEGETABLES & LESS GRAINS, MEAT, OR DAIRY. AVOID SNACKING AFTER DINNER.

HYDRATE PROPERLY

HYDRATE BEFORE CAFFEINATING. DRINK 2-4 CUPS OF WARM WATER THROUGHOUT THE DAY FOR OPTIMUM HYDRATION. ADD LEMON FOR ENERGY AND EXTRA ALKALINITY.

EARLIER TO BED

IF YOU WANT TO EXPERIENCE BETTER AND MORE CONSISTENT ENERGY THROUGHOUT YOUR DAY, GOING TO BED EARLIER IS CRITICAL. GO GRADUAL, 15 MINUTES AT A TIME. NOTICE THE DIFFERENCE.



START THE DAY RIGHT

THE EARLY MORNING HOURS ARE SACRED. AN EARLY DINNER AND LESS BURNING THE CANDLE AT BOTH ENDS GIVES YOU A BETTER START. THIS PRECIOUS TIME HAPPENS ONCE A DAY, BE PRESENT FOR IT WITH GRATITUDE AND HOPEFULNESS.