



# LIFESTYLE GUIDE

Water	<ul style="list-style-type: none"><li>• Eliminate single use bottles, period. Carry a canister instead.</li><li>• Berkey water filter system, Reverse Osmosis systems sink, shower, refrigerator</li></ul>
Food	<ul style="list-style-type: none"><li>• Local, Organic, Fresh</li><li>• Non GMO</li><li>• Paleo/Keto</li><li>• Shellfish/fatty fish (ie: SMASH - salmon, mackerel, anchovies, sardines, herring)</li><li>• Fasting</li><li>• Marando Farms (FL) - organic market</li><li>• Sea Salt Fish Market (FL) - responsibly-harvested fish, seafood</li><li>• White Oak Pastures - regenerative, zero-waste, and carbon negative ranching</li><li>• Dry Farm Wines - natural, organic wines</li></ul>
Exercise	<ul style="list-style-type: none"><li>• Move daily</li><li>• Find what “moves” you</li><li>• Find a tribe!</li><li>• Barefoot</li><li>• Dead hang</li><li>• Walk the beach daily</li></ul>
Stress	<ul style="list-style-type: none"><li>• Grounding</li><li>• Limit EMFs (electric &amp; magnetic fields)</li><li>• Meditate</li><li>• 10% happier</li><li>• Daily sun</li><li>• Look at the sunrise/set daily for minimum of 30 seconds to reset your circadian clock.</li></ul>
Personal Care Products	<ul style="list-style-type: none"><li>• Less is more</li><li>• Organic</li><li>• Me and a Tree Skincare brand</li></ul>
Dental	<ul style="list-style-type: none"><li>• Remove amalgams</li><li>• 2+ cleanings a year</li><li>• No flouride</li><li>• Holistic dentist</li><li>• Brush and floss daily</li><li>• Essential oil mouthwash</li><li>• Risewell toothpaste and dental care products</li></ul>
Household	<ul style="list-style-type: none"><li>• No fragrance, aerosols or perfumes</li><li>• Air filters: Molekule, Air Doctor, IQ Air</li><li>• Homebiotic spray</li><li>• Create a sleep sanctuary: NO devices, NO TV, No computer in bedroom. Book, sex or sleep in bed that’s it. No Kindle!</li><li>• Keep temp as close to 68° or lower!</li><li>• Use a chillpad for hot sweats.</li><li>• Use blue blocking eyewear for post sunset “screen time”: I use True Dark, plenty of brands out there.</li><li>• Use red lightbulbs post sunset.</li><li>• Use wool dryer balls instead of dryer sheets</li><li>• Hippie Farmer brand household cleaners</li></ul>