

Eat Move Shift

10 Steps to Start Thriving

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1. **Life:** Add joyful activities and laughter each day.

 2. **Energy:** Add more sunshine and nature! Unplug the wifi router at night.

 3. **Water:** Add purity, structure (*minerals*) and filtration.

 4. **Food:** Choose organic and nutrient dense food that grows from the ground, and trees. Choose local pasture raised meat.

 5. **Exercise:** Active movement 30 min daily for adults and more for children.

 6. **Optimize Home:** Eliminate shoes inside, open the windows, avoid chemicals in the home and garden, touch the earth with your feet and body daily, eliminate toxic cookware and decrease plastic use.

 7. **Optimize Mind:** Destructive thinking should be eliminated from the mind. Despair can shift to hope. Overwhelm can shift to Peace. Insecurities to Confidence. Decrease negative self talk. Allow yourself to feel and express repressed emotions by journaling and nurturing yourself daily.

 8. **Body:** Treat and eliminate lesions and mercury (scar tissues, amalgam fillings)

 9. **Tests:** Utilize Bioenergetic, Body Field Testing & Hair Mineral Analysis to regain cellular balance.

 10. **Supplements:** Add the proper minerals and binders for cellular support.