



Choice Health Clinic Inc.

DO'S AND DON'TS FOR BETTER HEALTH THINGS WE CAN ALL DO

DO'S

Water

Drink 8 glasses of water daily minimum (adults).
This helps with good body pH, energy and proper digestion.
Drink half your body weight in ounces of water.
Don't use bottled water. It contains solvents.
Use filtered water from charcoal filter type system like Brita.

Probiotic/Acidophilus

Take one capsule before bed every night. This provides friendly intestinal bacteria that promotes digestion and system detoxification.

Oxygen

30 minutes daily exercise. Take a walk, jog or yoga.

Enzymes

A dietary supplement can be taken with meals to increase their digestive enzymes. As we age, our body loses the ability to produce necessary digestive enzymes and the American diet does not provide enough in the food we eat.
1 tsp. of Braggs Vinegar in about 2 ounces of water before a meal aids in digestion

Meal Time

Where have all the fruits and veggies gone? Our meal plates should consist of 50% greens, 10% to 20% fruits, 10% to 25% proteins and 10% to 25% whole grains.

Calcium

A good calcium supplement will do wonders for many things - legs aches, headaches, nerves, etc. Any woman, pregnant or over 40, should consider a good supplement. This should have a calcium magnesium balanced formula from multiple sources. (Kal brand Cal-Mag liquid is a good choice.)

Breads

Keep bread in a baker's paper bag in the fridge to keep mold from growing. The toxins from molds affect your liver and allergies. If you buy bread, get it frozen or fresh baked that day. Molds have not yet begun to grow.

A good local source is Aspen Mills Bread, sold in a box of six frozen loaves from Roosevelt Jubilee bakery. You can't beat a homemade loaf of sourdough bread.

One Great Rule of Thumb

If you don't make it yourself, don't eat it. This eliminates many solvents and chemicals found in processed food.

DON'TS

Avoid Sugar

Healthy people should only have a maximum of 2 Tbls. of sugar a day. Individuals who are sick may not be able to tolerate any refined sugar.
Raw fruits are best. Cooked fruits are like dessert.
Honey is one of the best sweeteners to use.

NO Energy Drinks

Most of these drinks cause adrenal fatigue and complicate heart issues.

NO Soda Pop

The amount of sugar, caffeine and carbonation contained in soda make it one of the most unhealthy things people can drink. Soda pop contributes to adrenal fatigue, diabetes, obesity and osteoporosis.

No Artificial Sweeteners

These affect the nervous system and joints. People suffering from MS, Crohns, migraine headaches, arthritis and any neurological disorder, suffer greatly from these chemicals. Healthy alternative sweeteners include stevia and honey

Soy

Soy is not your friend. It causes thyroid dysfunction and in turn can cause weight gain and hormone imbalance. Soy is used in the American food industry because it is a cheap protein or oil, not because it is the best quality.

Hydrogenated Oil

Hydrogenated oils have been processed in such a manner that our bodies have a hard time breaking them down, using and eliminating them.