

Self Health Summary: The 10 Day Challenge

5 Things Your Body Must Have Everyday (from chapter 10)

F.E.V.P.O. = Fruits (Eat Wide)
Enzymes (Broad Spectrum)
Vegetables (Eat Wide)
Probiotics (Broad Spectrum)
Oils (Pristine Source)

2 Things You Must Do Everyday to Get It (from chapter 10)

- 15 Minute Self Health Smoothie (recipe in chapter 15)
- 15 Minute Self Health Salad (recipe in chapter 15)

Next Self Health Steps (from chapter 11)

- Living H₂O (drink your weight in ounces of Alkaline water divided by 2)
- Living O₂ (start with 15 minutes of walking / deep breathing every day)

More Mental / Spiritual Self Health Steps

- Argue With Your Ants (dispute negative thoughts / replace with positive ones)
- Give the Gift of Forgiveness (remember R.E.A.C.H.)
- Practice Gratitude (5 things you're thankful for daily in your Gratitude Journal)
- 7 + Hours of Deep, Restful Sleep Daily (use self health insomnia secrets)