

## 12 Golden Rules for Health

1. Limit your consumption of sugar and white flour or eliminate entirely from your diet
2. Eliminate fried food or foods cooked in heated oils from your diet
3. Eliminate canned, frozen and processed foods from your diet
4. Eliminate fast food or junk food (i.e. burgers, fries, cakes, pastries, candy, donuts, etc.) from your diet
5. Do not eat after 9pm
6. Do not overeat
7. Limit dairy products in your diet (except plain sour yogurt or plain Keifer)
8. Eat fruits that are in season (if fruit is permitted in your diet)
9. Avoid certain food combinations. Do not eat starches with proteins\*, eat lots of vegetables, fruits should be eaten alone
10. Always chew your food well (this is important for digestion)
11. Exercise at least 3 times per week. Exercise should include an activity that gets you sweating and breathing deeply
12. Drink 12-13 glasses of purified water everyday

\***PROTEINS:** Fish, chicken, eggs, nuts, seeds, etc.

**STARCHES:** Grains, potatoes, cereals, oats, corn, etc.