

“In addition to proper diet, exercise and a positive attitude are two important elements that are needed to prevent sickness and disease. If your lifestyle includes each of these, you will feel good and have more energy - something we all deserve. Nature has the answers we need to maintain our health, but you need to know what nutrients you are taking to make sure all the pieces of the puzzle fit together. “ ~*Prescription Guide for Nutritional Healing, p. 10*

## “The Daily Dose” - NUTRITION in EVERY meal!

### Vitamin A

- Liver
- Spinach
- Tomato

### Thiamin - B1

- Egg Yolk
- Brewer's Yeast
- Raisins
- Sunflower Seeds

### Riboflavin - B2

- Peas
- Eggs
- Spinach
- Mushroom
- Chicken

### Niacin - B3

- Meat
- Brown Rice
- Broccoli
- Almonds
- Carrots
- Mushrooms

### Pyroxidine - B6

- Salmon
- Bananas
- Oranges
- Sweet Potatoes
- Sunflower Seeds

### Vitamin C

- Sprouts
- Citrus Fruits
- Strawberries
- Rose Hips
- Green Pepper
- Watermelon

### Methylcobalamin - B12

- Meat
- Eggs
- Dairy & Milk Products
- Kelp

### Vitamin D

- Eggs
- Fish Liver Oil
- Bone Meal
- Organ Meats
- Dairy

### Vitamin E

- Peanuts
- Wheat Germ
- Salmon
- Kale
- Eggs

### Vitamin K

- Asparagus
- Oats
- Rye
- Egg Yolk

### Protein

- Meat
- Fish
- Poultry
- Beans

### Iodine

- Kelp
- Seafood
- Table Salt

### Iron

- Meat & Fish
- Liver
- Spinach

### Zinc

- Legumes
- Pecans
- Seafood

### Calcium

- Bone Meal
- Milk & Dairy Products

# Was that last page a little scary?

## Don't worry, there is hope!

Replace "empty meals" with natural foods, supplements, essential oils and herbs!

- Quality foods- fresh, local, non-GMO & organic where possible
- Quality products for supplementation (ie. Young Living, Standard Process)
- Add Probiotics (Young Living - Life5)
- Enzymes & Co-Factors (Young Living - Sulfurzyme, Detoxozyme)
- Fiber!!! (Young Living - Balance Complete, Comfortone)
- Natural fermentation supports immunity and digestion (Apple Cider Vinegar, Kombucha, Kefir, Kimchi)
- Natural Tonics, Tinctures (Atomidine)
- Magnesium, Mineral Supports (Mineral Essence, Essentialzyme)

### Master Tonic

- 16oz Apple Cider Vinegar
- 2 inches grated ginger
- 1 cup fresh horseradish
- ¼ cup Sriracha/Chopped fresh Chilies
- 1 large onion, chopped
- 1 large bulb garlic, chopped
- Turmeric

Jar everything, let sit for 2 weeks, release pressure daily. Shots every few hours when feeling ill.

### Daily Wellness Juice

- 2 cups kale or spinach
- 1 cup blueberries
- 1 cup apple ~ 2 medium
- 3-5 carrots
- 1 thumb of ginger (Ginger YLEO)
- 1 lemon/lime (Citrus YLEO)

Put all through a juicer or processor, add 2oz. Ningxia, meal replacement (YoungLiving - PowerMeal, EarthBalance) or 1 banana & 1 cup chia seeds.

Don't only cleanse your pantry, clear your shower and bathroom counters of unsafe products and replace them with natural solutions!

### Natural Deodorant

- 3 parts Coconut Oil
- 1 part Diatomaceous Earth
- 1 part Baking Soda
- 10 drops EO - (Lavender & Lime)

Mix all ingredients, melt coconut oil if needed.

### Natural Air Freshener

- 3 parts water
- 1 part witch-hazel
- 10 drops Thieves, Purification, Lemon, Mint

Mix all ingredients, shake bottle to mix oil if needed, store in air-tight sprayer.

### Natural Face Wash

- 3 parts water
- 2 parts witch-hazel
- 5 drops each (Rose/Jasmine/Joy, Lemon, Frankincense)

Mix, shake, store in jar or other container.