



Twenty one food steps to aide in living a life filled with exuberant health

- 1** Eat whole, natural foods.
- 2** Be very suspicious of prepared, boxed and canned items, read those labels, envision yourself eating only pure foods, as close to vine as you can find. (A vine has never been attached to a box!)
- 3** Eat only foods that will spoil, but eat them before they do. Most of your average "JUNK" food could sit on the shelf for years!
- 4** Eat naturally-raised meat including fish, seafood, poultry, beef, lamb, game, organ meats and eggs.
- 5** Eat whole, naturally-produced milk products from pasture-fed cows, preferably raw and/or fermented, such as whole yogurt, cultured butter, whole cheeses and fresh and sour cream.
- 6** Use only traditional fats and oils including butter and other animal fats, extra virgin olive oil, expeller expressed sesame and flax oil and the tropical oils—coconut and palm.
- 7** Eat fresh fruits and vegetables, preferably organic, in salads and soups, or lightly steamed.
- 8** Use whole grains and nuts that have been prepared by soaking, sprouting or sour leavening to neutralize phytic acid and other anti-nutrients.
- 9** Include enzyme-enhanced, lacto-fermented vegetables, fruits, beverages and condiments in your diet on a regular basis. A couple examples of fermented foods would be sauerkraut and organic wine.
- 10** Prepare or purchase homemade meat stocks from the bones of chicken, beef, lamb or fish and use liberally in soups, sauces and as a substitute for anything savory food that calls for water such as rice.
- 11** Use caffeine in moderation.
- 12** Use filtered water for cooking and drinking.
- 13** Use unrefined Celtic sea salt and a variety of herbs and spices for food interest and appetite stimulation.
- 14** Make your own salad dressing using raw vinegar, extra virgin olive oil and expeller expressed flax oil.
- 15** Use natural sweeteners in moderation, such as raw honey, maple syrup, dehydrated cane sugar juice and stevia powder.
- 16** Cook only in stainless steel, cast iron, glass or good quality enamel.
- 17** Use only natural supplements.
- 18** Get plenty of sleep, exercise and natural light.
- 19** Think positive thoughts and minimize stress.
- 20** Practice forgiveness.
- 21** **Join the pure food 2U family!**