

Love Your Self Better

COLD

is not your body's friend

- Body temperature water is best
- Never chill your gut with cold food/liquids
- Protect all parts of your body from cold invasion (especially feet on the floor)
- Sleep without draughts - no fans or AC directly on you

Have plenty of

SALT

- Without salt you cannot live or digest your food properly
- Only use coloured salt, never white
- If you're too ill to eat, suck on a salted nut
- Salty broth to sip

Love your self better...
Enjoy being in your body

Leave out the

SWEET taste

- All that tastes sweet or converts to sugar in your body adds to body fat/flab
- Fat is a fuel source that rebuilds your brain/nervous system and hormones. Sweet is optional and makes you fat/sick
- Sweet feeds inflammation and 'bad' gut flora

Paint on some

IODINE & MAGNESIUM

- paint them on the skin - bypass digestion.
- Both are essential body ingredients for life
- Iodine - paint on with cotton bud at least x2 daily (15% Lugol's Solution)
- Magnesium - roll-on is easiest - pain relief/feeds good gut bacteria
- Calms all stress away