

HONOR YOUR BODY'S NEEDS

Breathe with Intention

Set a timer to remind yourself to pause and connect with an intentional breath three times a day.

Properly Hydrate

Obtain a container to fill with your quantity of water each day and work to consume the full amount before bedtime. Plan to have potassium-rich foods and unrefined salt to taste throughout the days as well.

Fuel with Food

Begin transforming the food you select for fuel, opt for a strong majority of foods that spoil, breathe fully before eating, chew thoroughly, and eat slowly, paying attention for cues to indicate you're satisfied.

Move with Pleasure

Get curious and play with movement, finding what feels delightful and fills you with joy. Make sure you're moving with pleasure a few different times a day, especially after periods of sitting where lymph has not been encouraged to move.

3 Free From Screens

Determine a realistic amount of time to be free from screens, three times per day. You might begin with 15-minute increments, then increase with each day until you reach a full hour, three times per day.