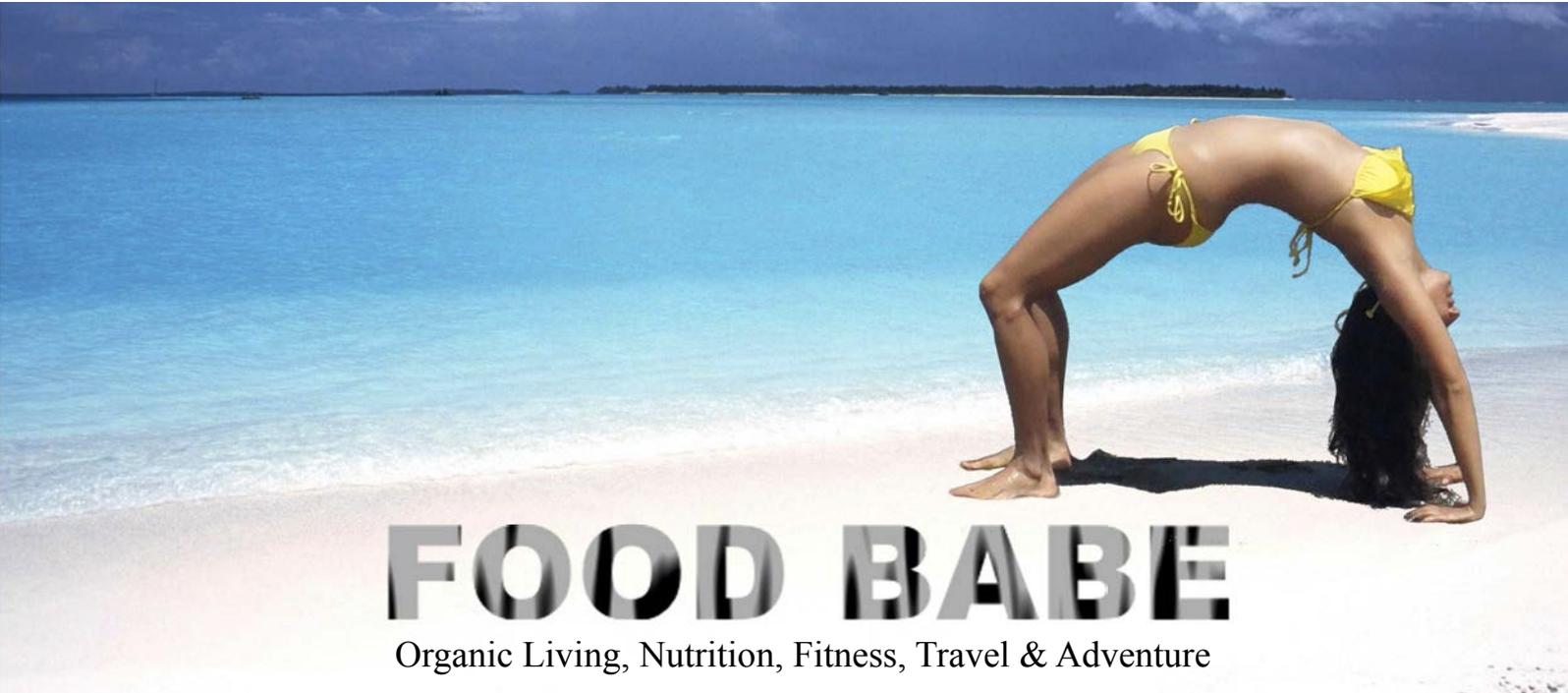


Food Babe's Unconventional Habits

#1 - Drink Warm Lemon Water and Cayenne Pepper first thing in the morning on an empty stomach. Doing this ritual every morning provides a super stimulant to the liver, your main detoxing organ in the body. Your liver will release uric acid and create bile to safely eliminate environmental and lifestyle toxins that would otherwise be trapped in your digestive system longer. Remember keeping your liver and digestive system clean and in optimal condition will help your body prevent diseases like cancer in the future. Combining cayenne with lemon increases the detoxing effect and raises the temperature of your body increasing your metabolism. Drinking this combination will cleanse your body every single day safely and naturally. I plan to do it for the rest of my life. Join me and watch your vitality increase! (Recipe = juice of half a lemon + sprinkle of cayenne + 12 ounces water)

#2 - Eliminate Refined Sugar From Your Diet - Asking you to eliminate every type of "sugar" from your diet is just crazy – any person trying to do this will fail in the long run. The key here is to still include sugar in your diet but get it in forms that your body can easily assimilate and sources that also provide nutrients, minerals and vitamins your body will use. Avoiding man-made sugars made from cane, beet and corn but still enjoying naturally occurring sugar in moderation is one of the keys to ultimate balance in life. The problem with eating refined sugar from cane, corn or beets vs. other sources of sugar, is that refined sugar is acid forming in the body because it has been chemically stripped of its minerals. The natural minerals in whole food are important for our body's ability to process nutrients in food and to ultimately keep our bodies alkaline. Remember – a body in an alkaline state is primed to avoid disease and a myriad of other ailments. Food Babe approved sugar sources include these organic items: fruit, coconut palm sugar, raw honey, maple syrup, date sugar, and dried fruit.

#3 - Fast Every Single Day - at least 12 hours from the time you eat your last meal until the time you “break” the “fast” with breakfast. Adopting this habit can be so rewarding, restorative to your health, ultimate youth and beauty! It takes at least 8 hours for your body to completely digest it’s meals from the day. If you add in another 4 hours to that time without introducing more food to digest, the body actually goes into detoxification mode and has more time to remove dead and dying cells from the body. During this “idle” time, the body also stimulates the development and regeneration of new cells. Aging occurs when we have more cells die than are being produced. Allowing your body sufficient time every single day to digest, eliminate dying cells and develop new cells is a habit that will get you closer to drinking straight out of the fountain of youth!



FOOD BABE

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[#4 - Drink a Green Drink Every Single Day](#) - It can be as small as a wheatgrass shot or as big as a 32 ounce green smoothie. Consuming green drinks is the best way to get greens in your diet, provide your body a rich source of chlorophyll on a daily basis, and ultimately is one of the key actions you can take to keep your body in an alkaline state to avoid disease. Having access to both green juicing and green smoothies is important in one's quest for wellness and vitality. I drink both types of green drinks for different reasons. I drink juice to deliver as many nutrients to my body as possible at once and I drink green smoothies for the beneficial fiber. As long as you chew your green drinks your body will be able to digest and receive the benefits. Don't just slam down a smoothie or juice - you need that chewing action for digestive enzymes to do their magic.

[#5 - Change Your Grocery Store](#) - If I could give one piece of health advice to everyone I love I'd ask them to shop in a place where they can get the best quality groceries and produce available. Changing my grocery store has been fundamental in changing my health for the better. Typical huge whole sale box stores and conventional supermarkets are stocked with so many bad chemicals and ingredients it can make your head spin. The top BIG FOOD companies have created so many foods that are full of anything but whole ingredients - It's cheaper for them to make these chemically made up fake foods than to use real whole and nutritious ingredients. Alternative health stores have been around forever, but in the recent past they have become more mainstream allowing someone to make an easy transition to healthier organic whole, packaged and convenience foods. I understand that some big name conventional grocery stores are making an effort to include more organic produce and organic convenience foods - but, they still carry all the chemical laden foods too. This makes shopping there 10 times harder because unless you know the brand and trust it - it means reading lots of labels and deciphering chemical names of ingredients.

[#6 - Stop Drinking With Your Meals](#) - Digestion is super important for health, staying slim, and mental wellbeing. Without proper digestion many discomforts can be born into the body - indigestion, heart burn, irritability, bloating, lethargy, headaches, insatiable cravings, inability to determine true hunger, and depression. Now imagine that you are doing something every single day that unknowingly is causing one or more of these symptoms! Wouldn't you want to know what that was? Have you thought about what you drink and how much you drink with your meals? Drinking liquids during your meal dilutes your naturally occurring digestive enzymes and stomach acids which makes it harder to breakdown food. Stomach acids are dissipated with the act of consumings liquids with solids because water is excreted faster than solids. If you are chewing adequately (creating saliva), you should be able to eat comfortably without supplementary liquids. Allow your saliva to naturally help you swallow your food. When you are eating, you want all your energy directed at breaking down food so your body can easily assimilate the nutrients and eliminate waste. When you have bad digestion - you could actually gain weight in the long run, because toxins can be built up in your digestive organs which can inhibit the bodies ability to breakdown fat, cause insatiable cravings and mess with your body's ability to determine if you are full or not.