

Getting Your Peak Life Started

Week #1	Do these 3 things	Track your success
<i>Creating healthy habits</i>	1. Take your herbal supplements twice daily: count all drops into a single glass of water and take before or after meals (breakfast and dinner are suggested).	
<i>Feed your body what it really needs</i>	2. Eat your organic daily foods. The short list of foods on your Guidelines Sheet is customized for you.	
<i>Don't get dehydrated</i>	3. Drink 8-eight ounces glasses of water daily, in other words, make sure you get 64 ounces of mountain spring, aquifer, structured, or glacier water daily.	
Week #2	Add these 3 things	
<i>Continue healthy habits</i>	Continue taking your herbal supplements twice daily, eating your customized organic foods, and drinking plenty of water.	
<i>Get high quality fatty acids for balanced hormones</i>	1. Eat 1/2 of an organic avocado daily on toast, in salad, or as guacamole.	
<i>Neutralize toxins and utilize more minerals</i>	2. Take 2 Tbsp. of Extra Virgin Olive Oil (EVOO) daily on toast, in salad dressing, or in guacamole. Never cook with olive oil.	
<i>Receive the perfect electrolyte balance for digestion and blood pressure</i>	3. Make sure to use Real Salt® on your food after it is cooked - don't cook your salt.	
Week #3	Add these 3 things	
<i>Continue healthy habits</i>	Continue taking your herbal supplements twice daily, eating the daily organic foods from your list, and drinking plenty of water.	
<i>Start avoiding unhealthy foods</i>	1. Avoid eating these foods: Black pepper, Table salt, White flour, White sugar, White rice	
<i>Start eating these healthy fats</i>	2. Try these organic fatty acids for cooking: Sunflower oil; unrefined, Safflower oil; unrefined, Coconut oil; unrefined, and Sesame oil; unrefined.	
<i>Avoid harmful fats</i>	3. Avoid these oils and foods with these oil: Canola oil, Peanut oil, Palm oil, refined & hydrogenated oils such as shortening, margarine, and most pastries.	

You're doing great - Keep going!

Peak Getting Started Plan

Week #4	Add these 3 things	Track your success
<i>Continue healthy habits</i>	Continue taking your herbal supplements twice daily, eating daily foods from your organic list, and drinking plenty of water.	
<i>Try a healthy alkalizing coffee</i>	1. If you're a coffee drinker, try organic Papua New Guinea Coffee with a bit of organic heavy whipping cream (good fat) and Sucanat® sweetener.	
<i>Stop drinking dehydrating fluids</i>	2. Avoid drinking these fluids: South American coffee or dark roasted coffee, Caffeinated teas (green, black and white), Energy drinks, and Sports drinks	
<i>Choose healthy nuts - Avoid the ones with harmful fats</i>	3. Add healthy raw nuts: Try organic almonds, cashews, pine nuts, Brazil nuts, and sunflower seeds, and avoid peanuts (including peanut butter), walnuts, pecans, pistachios, and macadamia nuts.	
Week #5	Add these 3 things	
<i>Continue healthy habits</i>	Continue taking your herbal supplements twice daily, eating daily foods from your organic list, and drinking plenty of water.	
<i>Add more high enzyme fruits</i>	1. Add 3-4 fresh organic fruits daily , such as: Papaya for your kidneys, Pineapple for your skin, Lemon for pituitary, Raspberries for gall bladder, Banana (after being in the sun for 5 hours) for your lymph system, and Pears or Mangos for the testes and ovaries	
<i>Add more high enzyme vegetables</i>	2. Add 3-4 fresh organic vegetables daily , such as: Cilantro for more excitement and circulation, Broccoli for better vision, Red Onions to improve sinuses, Arugula for better digestion, and Red potatoes to improve colon elimination and ph balance.	
<i>Avoid acid causing fruits and vegetables</i>	3. Avoid these Fruits & Vegetables: Apples, Oranges, Grapefruit, Blueberries, Watermelon, Celery, Carrots, Bell peppers, Brussels sprouts, Cabbage, Iceberg and Romaine lettuce, Zucchini, summer, butternut, and spaghetti squash	

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Week #6	Add these 3 things	Track your success
<i>Continue healthy habits</i>	Continue taking your herbal supplements twice daily, eating daily foods from your organic list, and drinking plenty of water.	
<i>Start eating organic whole grains</i>	1. Add organic whole grains for more minerals, such as: even if gluten intolerant, try barley, brown rice, buckwheat, and sprouted wheat as bread, pasta, pita flatbread, or as a side-dish with meals.	
<i>Start eating healthy proteins from Dairy</i>	2. Add organic unsalted butter , Daisy® or Walaby® sour cream, heavy whipping cream, goat yogurt, goat or sheep cheese, goat milk or nut milks, and avoid cow's milk, cheese, and ice cream.	
<i>Start eating Sugars with high mineral content</i>	3. Replace all white sugar with these healthy choices for sweetening and cooking: Sucanat®, raw honey, dark & robust maple syrup, Brown Rice syrup, Blackstrap molasses, zylitol (if diabetic).	