

UPON WAKING

- Stretch, sigh, do some deep breathing
- Drink a glass of water.
- Dry brush or towel scrub to stimulate circulation and lymph
- Take a probiotic

BREAKFAST

- Herbal tea, warm golden milk, hot lemon and ginger tea
- Breakfast option of your choice

MID MORNING

- Hydrate with fruit infused or pure water
- Do some gentle movement or walk
- Smoothie or snack of your choice, if needed.

LUNCH

- 15 minutes before eating, drink water with lemon juice
- Lunch option of your choice
- Take a walk or bend, twist and stretch.
- Optional: herbal tea

MID-AFTERNOON

- Hydrate with water or herbal tea
- Pick and do one of the daily practices or stretch / walk
- If needed, have smoothie or snack of your choice

DINNER

- 15 minutes before eating, hydrate with water and lemon juice.
- Have a time of gratitude.
- Dinner option of your choice
- Chew, chew, chew

EVENING

- Take 1 tbsp. ground flax or chia seeds in 8 oz. water to help stimulate morning elimination.
- Elimination Bath or calming daily practice
- Do gentle stretching.
- Journaling

MOVEMENT AND PRACTICE

- Box Breathing
- Vagus nerve stimulation
- Rebounding
- Relaxation and Rest
- Body brushing
- Castor Oil pack
- Chewing well
- Gratitude & laughter
- Sweating, sauna
- Hot/cold showers
- Bath soak
- Walking, Pilates or stretching

BOOST DAILY ROUTINE

Life is a matter of choices, and every choice you make makes you.

- John Maxwell