

Core Program

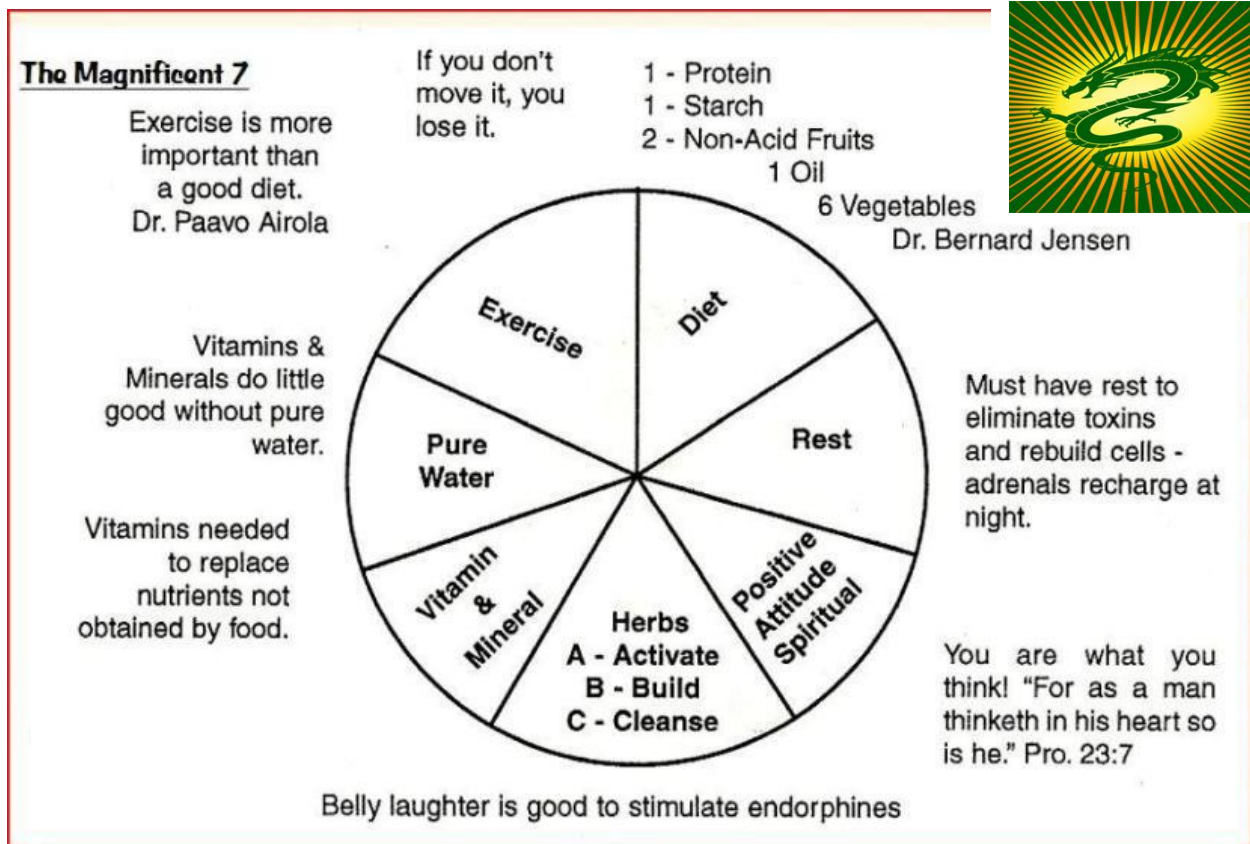
The two major aspects are to open the bodies detoxification pathways and then to flood the body with easy to assimilate nutrition.

- Start by **learning** from these two books about detoxification and nutrition while you begin making the following part of your daily habits.

#1 David Wolfe - [Superfoods: The Food and Medicine of the Future](#) and
#2 Donna Gates - [The Body Ecology Diet](#)
- Practice relaxation techniques. Stress destroys adrenal function, depresses immune function and acidifies the body.
- Start some basic form of exercise (Rebounding is best). Exercise moves lymph fluid and blood and helps with sleep and the relief of stress. Walking is free and acceptable though not as good as rebounding for lymph circulation.
- Try to drink more and better water preferably earlier in the day and between meals. High quality bottled spring water is acceptable but a high quality water filter will do. Fresh spring water would be best. Above all get a shower filter for chlorine removal. A five minute shower in chlorinated water exposes you to more chlorine than drinking ten glasses of chlorinated water!
- Start chewing your food better (40 times is perfect). The saying is “Chew your juice and drink your food”. Digestion starts in the mouth.
- Eat till your stomach is 80% full. Eat 80% veggies (more often than not raw or lightly cooked), Eat 80% alkaline/ 20% acid forming foods. See our chart under products.
- Try to get to sleep early. At least 3 times a week be sound asleep before 11PM. The adrenals recharge and the liver and gallbladder can only cleanse during deep sleep taken early! Low back pain, weak knees, dark puffy eyes, a short temper a short attention span and more are a sure signs of adrenal fatigue.
- Learn some breathing techniques. Take at least 30 full deep breaths a day. 10 times a day x 3 breaths in through the nose all the way and out through the mouth all the way.
- Count your blessings everyday and develop the “Attitude of Gratitude”. Stop criticizing others and examine yourself.
- Laugh deep and often. Laughter alkalizes the body and releases a cascade of beneficial hormones.
- Minimize or stop consuming the food that kill and start introducing the foods that heal. The worst enemies of good health are all refined and processed foods, artificial sweeteners, sugar, flour, salt, cooked and hydrogenated oils such as corn, canola, safflower, soy, peanut. Read our FAQ page.

- Start on a high quality green superfood powder. Vitality Supergreens is my favorite and probably best for beginners. It is specifically formulated to heal the gut.
- Use Ancient Minerals Magnesium Oil topically to activate over 300 chemical reactions in your body and begin to correct the #1 mineral deficiency in the human race. This will help you deal with stress and relax.
- Get at least one tonic herb or formula into your life. The best all around tonic for beginners is Spring Dragon Longevity Tea from Dragon Herbs.

Perhaps the most valuable concept in the attainment or recovery of radiant health is the concept of the wheel.



If you think of your well being as a wagon wheel it is easy to visualize that the spokes must all be equal length as well as being of sufficient length to have a smoothly functioning wheel. Shorten any one spoke and you are going to be in for a bumpy ride. Ask yourself where are your short spokes?

Do these things for 3-6 months without fail and nearly everyone will get significant improvement. As you begin to feel better and more energetic, in a measured step by step way make more positive changes as you are ready for them. As you do the recommended reading the next stages will become clear to you.

www.greendragonsuperfoods.com