

Happy,Healthy&Healed 1.0

MyHealingSchool.com

CLASS REVIEW

Disease comes from repeated cycles of toxicity crises. To reduce these, we need to get nutritious plant-based whole foods into our body, and get metabolic waste, dead cells, chemical toxins, heavy metals, billions of dead bacteria, and other harmful waste materials out of our body as quickly and efficiently as possible. This is called detoxification.

Most chronic diseases show nutritional deficiency as the number one cause for degeneration of cells, tissues and organs.

For optimal healing, the unbalanced body/mind needs the happiness created when a person takes responsibility for their health and removes whatever congestion and imbalance may exist.

Happiness is a decision. Health is a decision. Healing is a decision. Decide to stick to your daily healthy routine every day when possible. You will see results!

Smart Eating Tips: THINK BEFORE YOU EAT!

1. Put your fork down in-between bites to remind you to chew your food.
2. Use smaller dishes to eat less and control weight gain.
3. Avoid drinking liquids (or limit to 8 oz.) 30 minutes before meals, and one hour after meals.
4. Avoid eating within 2-3 hours before bedtime.
5. Consider removing meat and other animal products from your daily diet.
6. Avoid ice in drinks, or at least cut way back on the amount. Best is room temperature.

Avoid combining starches (bread, potatoes, rice, pasta) with proteins (meat, beans, cheese), because the alkaline digestive enzymes for starches neutralize the acid used for digesting proteins, resulting in poor digestion. See on-line link for "What To Eat With What"

Acidic foods create high acid levels in the body called acidosis. In addition to destroying the body's ability to absorb nutrients, acidosis decreases energy production in the cells, decreases the body's ability to repair damaged cells, makes tumor cells thrive and grow, and makes the body more prone to a lot of illnesses and disease. See on-line link for "Foods That Create Acid".

Practice smoothie combinations. Get a good, sharp paring knife. You'll cut a lot of stuff!