**ENHANCING YOUR HEALING JOURNEY—**feel free to check off items that you already do consistently, with the goal of working towards checking of more and more items over time as you are ready or able.

CIRCULATION

* Get fresh air daily
* Move your body mindfully (walk, stretch, yoga, weight training, aerobic activity, etc)
* Mindful breathing

ELECTRO-MAGNETIC

* Be in contact with nature (gardening, walk barefoot on earth, swim in natural waters)
* Turn WIFI off while you are not using it; or at least while you sleep.
* Keep your cell phone out of your bedroom, particularly at night
* Use headphones for longer cellular calls.

FOOD

* Eat whole foods as much as possible
* Eat organic foods as much as possible
* Avoid processed, packaged foods
* Limit or reduce foods that are known to compromise your immunity: sugar, coffee, pasteurized dairy, processed foods…
* Eat fermented probiotic foods or add a quality probiotic supplement

HAIR/SKIN

* Use deodorant (avoid antiperspirant to avoid regular aluminum exposure and suppression of sweat)
* Use only natural ingredients in your:
  + Deodorant
  + Body lotions
  + Perfumes (most are very toxic)
  + Hair coloring
  + Lip balms
  + Makeup
  + Soaps
  + Shampoo & Conditioners
  + Hair Styling Products

HOUSEHOLD CLEANING SUPPLIES

* Use natural, biodegradable, non-toxic cleaning products (vinegar, baking soda, borax, or very clean pre-made products)

INDOOR AIR

* Have house plants as natural air purifiers
* If any doubt, test air quality for mold or other toxic impurities

LIGHTING

* Use only full spectrum or LED light bulbs at work and home

PLASTICS

* Use glass or stainless steel rather than plastic
* Use only plastic containers with the following designations: #5 PP, #2HDPE, or #4 LDPE

REST/SLEEP

* Aim for 8 hours of sleep per night
* Sleep in a dark room
* Sleep in fresh air (crack a window if possible)
* Head to bed by 10:30pm when possible
* Sleep at regular times each night

TEETH/DENTAL WORK

* Use natural ingredient, fluoride free toothpaste (mint free if on homeopathy)
* Use only porcelain or non-metal, non-degradable, synthetic for necessary dental work