

TOP 10 TOTAL HEALTH IDEAS

- **Total Body Infrared Sauna** 10-20 min. every few days, sweat!
- **Whole Body Vibration** at 30-50hz, 10-20 min a day.
- **Play any sport** once a week, about an hour's worth.
- **Read 30-60 minutes a day**, mixing fiction and non-fiction.
- **Worship and respect** something bigger than you or the universe!
- **Water** is your main beverage, always!
- **Eat more calories from vegetarian** sources than animal sources.
- **Take nutritional supplements**, but be scientific yet flexible about what you take.
- There is only the past or future in this reality, **stop living in the past** and believe there will be time for the "present" in your spiritual life. **Focus on a positive "future"**.
- **Sound (vibration)** builds the framework for light to condense on and form matter (you for instance). Always have music or song in your day and feel it regenerate you