

# Family Health 5 Easy Steps

Focus on trying to change or improve 1 item in each category a month. Change takes time and on average it takes 18 to 36 months to move from disease to wellness. Every small improvement should be congratulated and will be big changes over time. The whole family and future generations will greatly benefit.

## I Movement/Rest

1. Movement 10 minutes daily.
2. Breathe deeply throughout the day.
3. Get the right amount of sleep.
4. Physical touch daily.
5. Drink half your body weight in liquids.

## II Nutrition

1. Improve the quality of your food.
2. Buy items that the ingredients come from Mother Nature and you understand the words.
3. Increase EFA's in your diet. Consider supplementing.
4. Consume 5 servings or more of fruits and veggies daily.
5. Consume one healing drink per day.

### **III Environment/home**

1. Decrease fried foods.
2. Decrease the use of the microwave.
3. Decrease plastics for storage and cooking, use glass.
4. Increase natural cleaning products in your home.
5. Increase cleaner and more natural based body and face care products.

### **IV Emotional**

1. Say 2 to 5 compliments to each family member daily.
2. Spend 15 minutes with each family member individually.
3. One family activity per week.
4. Each family member has 1 interest or hobby to pursue.
5. Look for humor and joy in every situation.

#### Websites

Ewg.org

Nutritionaction.org

Betterfoodchoices.com

Nongmoshoppinglist.com