



5 STEPS TO CREATING THE HABIT OF HEALTH IN JUST 30 MINUTES A DAY

Take just 30 minutes each morning when you first wake up to go through this quick 5-step routine, and see if your life doesn't begin to shift and change in ways you never imagined. If you have to wake up 30 minutes earlier, set your alarm clock. Commit to doing it for one month – regardless of how you feel first thing in the morning.

1

DRINK 16 OUNCES OF WATER UPON WAKING. Try adding a squeeze of fresh lemon, apple cider vinegar or a drop or 2 of essential oil (i.e. orange, lemon, or peppermint). Room temperature is considered best. This flushes out toxins, helps digestion, and hydrates you.

2

5 MINUTES OF PRAYER, MEDITATION, OR GRATITUDE. Or all three. Anchor your desired mindset for the day by connecting to yourself, and whatever is beyond this physical world that you believe in. Gratitude is an immensely powerful tool to begin your day with, ensuring a positive attitude that's easy to carry forward into your day.

3

5 MINUTES OF GENTLE MOVEMENT. Take a 5-minute walk. Stretch. Do intervals for 5 minutes (sometimes known as tabata). Bounce on a mini-trampoline. Just 5 minutes of some kind of physical activity, even low impact, is an awesome way to get your blood pumping and get you physically motivated for the day – and remind you that your health is one of your highest priorities.

4

DRINK A HEALTHY NUTRIENT-RICH DRINK. Once you are back from your walk (or finished your exercise), make yourself a green juice or smoothie, have a bone broth drink, or something else super healthy. Even better, make it before you do your 5 minutes of movement so right afterwards you can replenish yourself with pure goodness. Sip your juice or smoothie while you do step #5.

5

READ THE TRUTH ABOUT CANCER'S DAILY EMAIL. Why? Because good health is a lifelong journey of daily education and daily practice. By including this step into your morning routine, you are ensuring good health is top of mind each day. You're increasing your knowledge, or reminding yourself of something you learned before, and adding to your arsenal of weapons against disease – especially cancer!