

The Cure for Temple-itis

1. At the start of each day, pray and ask the Lord to provide wisdom and strength to make good, healthy decisions to honor Him with your body. (1 Corinthians 6:19-20). Commit to offer your mind-body-spirit as a sacrifice to be holy and pleasing to the Lord (Romans 12:1-2).
2. Drink at least ½ of your body weight (in ounces) of filtered, purified, or clean artesian water daily, starting your day with a hot-lemon water. Add ½ tsp of pink salt to every other glass/bottle of water to acquire vital minerals
*Remember: physically, you are 70% water— and quality matters.
3. Eat or drink the fresh juice of at least 2-3 different raw fruits & at least 5 different raw vegetables per day.
*Remember: You are designed to be a forager (Genesis 1:29).
4. Hit the 80/20 Rule of Raw Foods / Cooked Foods daily, eating the cooked meal at night.
*Remember: Temperature affects life ---physical life ceases at 108 degrees. So does the nutritional integrity of most foods.
5. Health Robbers vs. Health Promoters:
 - **Sweeteners:** Eliminate artificial sweeteners and refined sugar from your diet, and **replace with** raw honey, agave nectar, black strap molasses, stevia, and organic maple syrup.
 - **Proteins:** Remove or limit servings of animal protein & dairy < 1-3 times per week (wild-caught fish being best), and **replace with** plant-based proteins such as beans, rice, nuts, seeds, etc.
 - **Carbohydrates:** Remove white and processed carbohydrates from diet (most breads, most pastas, white potatoes, etc.), and **replace with** unprocessed, whole grain items (brown & wild rice, barley, steel cut oats, quinoa, Ezekiel Bread, etc) and sweet potatoes.
 - **Oils:** Eliminate canola, sunflower, corn, soy, hydrogenated vegetable oils from diet, and **replace with** organic olive oil, coconut oil, avocado oil, pumpkin seed oil, and sesame oils.
 - **Energy Boosters:** Eliminate or limit caffeinated intake to 1 morning beverage and **replace with** herbal teas (such as green, oolong, ginseng, or yerba mate) or caffeine-free herbal coffees such as [Teecino](#).
6. Get adequate sleep and rest (~7-9 hours). Share your burdens with the Lord, and he will give you rest (Matthew 11:28-30).
7. A commitment to fasting, as fasting will increase your appetite for the Word, and deepen your relationship with Him. The additional benefit will be a sharper mind and a healthier body. When you are not feeling well, fast—it gives your system a needed rest.

8. Assess exposure to chemicals (skin care products, household cleaners, pesticides, herbicides, etc.) and dental toxicity (amalgam fillings, composites, etc.) and take reasonable steps to improve each.
9. For baseline nutrition needs, take non-toxic, excipient-free, whole food based supplements such as greens (wheat grass, barley grass, blue green algae, etc), EFAs (essential fatty acids), digestive enzymes, coral minerals and living B-Vitamins. We recommend meeting with a QRA (Quantum Reflex Analysis) and/or ZYTO practitioner to assess your specific needs.
10. Remediate harmful EMFs (Electro Magnetic Fields) from your home, office, and mobile devices.