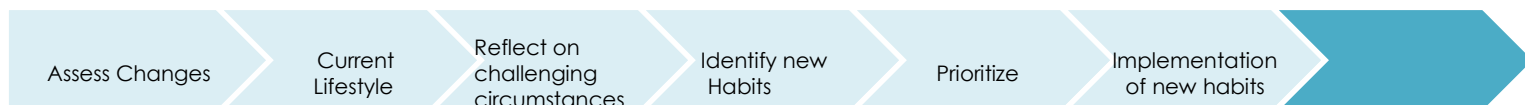




**Our Immune System deserves our attention!
Lifestyle Changes make a difference**



Take one day at a time > Progress not perfection > One habit at a time > Be Kind to self > Progress > Wellness

	Gluten-Free or low carb meals. Eat less than 160 grams of carbohydrates each day for one or two months, then decrease to 120 grams of carbohydrates each day for weigh loss. Say 'goodbye' to the cravings for carbohydrates and sugar. Pursue optimal weight to prevent diabetes and other health related issues.
	Increase hydration, Water intake, 3-4 (8 oz.) glasses per day for the first week then add additional 8 oz. glasses every week until you reach 64 oz of water, daily consumption. Be consistent. Optional: Add your choice of potassium and salt electrolytes hydration powder (no sugar, no carbs) for cellular hydration.
	Establish and maintain a consistent bedtime routine. Minimize the use of electronics and blue light. Drop A/C to 68 -71 F. Limit caffeine, alcohol, and sugar intake 3 hours prior to bed. Engage in a relaxing activity 30-60 minutes prior to bedtime. Avoid action-packed movies and work-related tasks. Unwind, unwind, unwind.
	Take a walk for least 20 minutes each day then increase the frequency to twice a day (preferably after meals to regulate blood glucose levels).
	Detoxification: Maintain daily bathroom routine for bowel movements (preferably at the same time).
	Reduce the level of stress throughout the day. Consider mindfulness and other relaxing activities including physical exercise and breathing exercises.
	Reduce chemical and environmental toxins. Consider clean products as part of your toiletries, cosmetics and household products. "I am going gray" it is a personal decision. Search for paraben, gluten, mineral oil, phthalate, aluminum F-R-E-E products. I am now able to purchase clean products at <i>Rhythms4Wellness.JordanEssentials.com</i>
	Organize daily supplements in a pill case. I currently have 10 supplements including Vitamin D and a Multivitamin.
	New Habits are currently being assessed today!
	#onedayatatime

