

your habits and detox...  
**stop** or **start**?



## stop the evil....

- Stop doing things that aren't working for you.
- Stop eating more than 3 times a day.
- Reduce stimulants like coffee, chocolate, black tea, and green tea (in that order).
- Stop talking too much or speaking in way that is out of alignment with your highest potential.
- Stop bad habits, like engaging in self-deprecating or self-aggrandizing thought patterns.
- Stop buying processed foods, including all of the processed sugars.
- Reduce grains consumption.
- Stop buying meat and eggs.
- Eliminate foods your allergic too, or are suspicious of.
- Cut back on alcohol and pot. Eliminate drugs, unless you're on prescriptions. If you're on prescriptions, review with your doctor about all known side effects and what you can do to wean off the medication.
- Stop cooking the life force out of your food.

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## start the good....

- Start breathing for your first meal of the day, exercising for 20 minutes upon arising.
- Start eating leafy greens to your breakfast, lunch and dinner.
- Start drinking more water between meals.
- Start walking after dinner.
- Start rubbing oil on your body instead of lotion. (Before bathing recommended).
- Add extra hugs and kisses with friends and family.
- Start sitting in silence each day.
- Add fresh fruits (with seeds, not seedless) to your meals.
- Start looking for weeds to eat in your yard. Take a walk in the woods with a local herbalist.
- Start sprouting in your kitchen.
- Start juicing or making green smoothies for breakfast.
- Start making all of your meals from greens, fruits, nuts, seeds, sprouts, sprouted grains, sprouted legumes, and fresh herbs.
- Try 3 new recipes a week.
- Start looking in the mirror and seeing the good, the beauty, and the truth in what you have to offer in this lifetime.



fall  
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