

Avoid These Things

- Getting overtired.
- Caffeine, sugar, alcohol, and white flour products.
- Coffee, even decaf
- Staying up past 11:00PM
- Pushing yourself
- Energy suckers
- Being harsh or negative with yourself
- Feeling sorry for yourself
- Foods you are addicted to
- Foods you suspect an allergy or sensitive to.
- Foods that make you feel worse, cloud your thinking or pull you down in any way.
- Never skip breakfast.
- Avoid fruit in the morning.
- Never eat starchy carbohydrates (breads, pastas) by themselves.
- Do not eat foods that adversely affect you in any way, no matter how good they taste or how much you crave them.

Even when you read this book, the information is not completely understood. So you may read the book for months but you do not take the steps to implement any program you are following as a goal.

- 1) Re-examine your level of demand on your system. Look at the "Healing" sections as well as the "Healing" sections.
- 2) Have you read the sections using the information, not, make it your own?
- 3) Are you following the sections you are following you?
- 4) Re-examine your level of enjoyment in enjoying you breathe?
- 5) Are you enjoying your recovery?
- 6) Re-examine your quality of life?
- 7) Have you eliminated the stressors from your life?