

HEALTHY LIVING GUIDELINES

ADD:

- ~ More Real Food
- ~ Plenty Of Water
- ~ Exercise Most Days
- ~ Sleep 7-8 hours

Each Night

- ~ Stillness Or
Meditation Daily
- ~ More Love,
Laughter, Fun &
Compassion

ELIMINATE:

- ~ Meat
- ~ Dairy
- ~ Eggs

REDUCE:

- ~ Gluten
- ~ Processed Foods
- ~ Refined & Artificial
Sugar
- ~ Alcohol
- ~ Caffeine
- ~ Late Night Eating



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