

1. Drink more water – throughout the day.
2. Choose higher quality foods.
3. Make less food – eat less food ... (put less on your plate).
4. Don't weigh yourself for 2 weeks.
5. Take an old family recipe and make it from scratch.
6. Watch your food combinations – *(For help with this, see our “Best Food Combination Chart” under Health Resources/Healthy Handouts from our website, HealthQuestRadio.com).*
7. Move your body at least twice a day.
8. Get more sleep ... (daily).
9. Slow down and breathe.
10. Watch less TV.
11. Drink an 8 oz. glass of water upon rising and another before bed.
12. Chew 30 times before swallowing a mouthful of food.
13. Get outside.
14. No liquids with meals, (i.e., no washing down your food; occasionally clear your palate with water or wine).
15. Talk more during meals; this will slow you down and improve digestion.
16. No gum chewing during the holidays. This will help build a fresh supply of pre-digestive enzymes needed for holiday eating.
17. Look towards the heavens and say “thank you”!