

HEALTH ESTEEM

Future Solutions Now



EATING GUIDELINES

DRINK WATER CONTINUOUSLY, AT LEAST OUNCE FOR EVERY POUND OF BODY WEIGHT. FOR EXAMPLE: A TWO HUNDRED POUND PERSON WOULD DRINK 100 OUNCES. 100 DIVIDED BY 8 OUNCES (1 CUP) = 12 CUPS PER DAY MINIMUM. IF YOU DRINK COFFEE, (CAFFEINATED DRINKS) ADD ANOTHER CUP OF WATER PER 8 OZ OF BEVERAGE.

DO NOT EAT WITHIN 4 HOURS OF GOING TO BED. SO, IF YOU GO TO BED AT MIDNITE, NO EATING AFTER 8PM.

EAT EVERY 2-3 HOURS MAXIMUM. SMALLER MEALS MORE OFTEN IS EASIER ON YOUR DIGESTIVE SYSTEM. IT ALLOWS YOUR ORGANS TO PERFORM MORE EFFICIENTLY AND SPEEDS YOUR METABOLISM.

DRINK A LONG LIFE COCTAIL THE MOMENT YOU WAKE UP FOLLOWED BY 16 OUNCES OF WARM (AS HOT AS YOU CAN DRINK QUICKLY) WATER WITH THE JUICE OF A LEMON.

DRINK CRANWATER ALL DAY AS DIRECTED.

CHEW YOUR FOOD WELL.

RELAX AND ENJOY YOUR MEAL.

SET THE TABLE SO THAT IT ENTICES YOU TO SIT DOWN.

HAVE FLOWERS ON THE TABLE AND CANDLES BURNING DURING DINNER.