

RECOMMENDATIONS
FOR A HEALTHY
DAILY ROUTINE

WAKE UP WITH THE SUNRISE AND
WATCH IT IF YOU CAN
NO CARBS, CAFFEINE OR SCREEN
TIME

VISUALISE &/OR TAP

DRINK WATER, GINGER, LEMON OR
MINT TEAS

VIT D₃ LIQUID SUPPLEMENT IF YOU
CANNOT GET OUTSIDE, BUT STILL
ONLY SPRING THROUGH TO AUTUMN
AND NOT IN THE WINTER.

NERVOUS SYSTEM REGULATING
TECHNIQUES

BREAKFAST - EAT SOMETHING HIGH
ANIMAL PROTEIN/FAT WITHIN
30MINS (EGGS, FISH, DRIED JERKY OR
BILTONG, MEAT, ANYTHING YOU
FEEL ABLE TO TOLERATE AT THIS
TIME)

GROUND WHERE POSSIBLE OUTSIDE
OR USE ZAPPER IF NOT
CHORES OR PLAYTIME
SCREEN TIME ONLY NOW, AFTER ALL
THE OTHER IMPORTANT THINGS
HAVE BEEN DONE (WHEN USING
SCREENS ETC CONSIDER DAY-LIGHT
BLUE-BLOCKER GLASSES AND ALSO
GROUNDING MATS &/OR PLUGGING
IN DEVICES SO THEY ARE NOT USING
WI-FI BUT ARE DIRECTLY PLUGGED
INTO THE INTERNET INSTEAD)
NERVOUS SYSTEM REGULATION
TECHNIQUES
DRINK PLENTY OF WATER OR
HERBAL TEAS
LUNCH – FISH, CHICKEN (WITH THE
SKIN / FAT) AND VEG USING
TALLOW, LARD, GHEE OR BUTTER
(OR IF NONE OF THESE CAN BE
TOLERATED THE COCONUT, OLIVE
OR AVOCADO OIL) AND FERMENTED
FOODS. WHERE POSSIBLE LOOK FOR
SEASONAL AND LOCAL FOOD.

REST/MEDIATION/READING/PLAYTIME/NAP

GROUND WHERE POSSIBLE OUTSIDE
OR USE ZAPPER IF NOT

NERVOUS SYSTEM REGULATION
TECHNIQUES

DRINK PLENTY OF WATER OR
HERBAL TEAS

DINNER TIME – A LARGE PIECE OF
ANIMAL PROTEIN (MAKING SURE
YOU ARE EATING OR COOKING IN
PLENTY OF FAT) OR FISH AND A
SELECTION VEG USING HERBS AND
SPICES OF YOUR CHOICE. WHERE POSSIBLE
LOOK FOR SEASONAL AND LOCAL
FOOD.

READ/WATCH TV, PLAYTIME

WATCH THE SUNSET IF YOU CAN

START USING RED BLUE-LIGHT

BLOCKING GLASSES AT LEAST 2HRS

BEFORE BED, IF YOU ARE USING SCREENS

(PHONE/TABLET/TV ETC)

TAP ON TROUBLES/VISUALISE

TAKE MAGNESIUM IF NEEDED AND ONLY

DRINK SOOTHING HERBAL TEAS ETC

(LIKE CAMOMILE, LEMON BALM ETC)

9PM AT THE LATEST START GETTING

READY FOR BED

SWITCH PHONES/TABLETS/TV ETC

COMPLETELY OFF

GRATITUDE JOURNAL &/OR HOW FAR I

HAVE COME OR WHAT I CAN CELEBRATE

I HAVE DONE TODAY LIST

NERVOUS SYSTEM REGULATING

TECHNIQUES

10PM AT THE LATEST BE TRYING TO GET

TO SLEEP (IF WE ARE NOT ASLEEP BY

11PM IT'S MUCH HARDER FOR US TO

SLEEP)

NERVOUS SYSTEM REGULATING

TECHNIQUES DURING THE NIGHT IF YOU

CANNOT SLEEP

NOTE: THESE GUIDELINES SHOULD CHANGE WITH THE SEASONS AND WITH YOUR OWN BODIES CYCLES. WARMTH FOODS, COMFORTS AND DRINKS IN THE COOLER MONTHS AND COOLER ONE'S IN THE SUMMER MONTHS. DOING LESS WHEN YOU HAVE YOUR PERIOD OR IF YOU ARE EFFECTED BY THE FULL MOON ETC AND ALSO DURING THE WINTER MONTHS AND MORE IN OTHER THINGS OF THE YEAR.