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## TIPS TO LOOK AND FEEL LIKE A *Billion Bucks*

- 1. HEAL YOUR GUT:** APPLE CIDER VINEGAR, COLONICS, PROBIOTICS, FERMENTED FOODS, KOMBUCHA
- 2. SWEAT:** DO A SAUNA OR AN INFRARED SAUNA AND GET ACTIVE FOR 20 MINUTES IN THE MORNING. (DEEP BREATHE AND MEDITATION TOO)
- 3. RESET THE DIET:** CUT ALL SUGAR, ALCOHOL, AND DAIRY!! NOTHING PROCESSED AND LIMIT MEAT
- 4. REMOVE TOXINS:** DRY BRUSH BEFORE A SHOWER AND GET MASSAGES
- 5. ALKALINE YOUR BODY:** LEMON, GINGER, WHEATGRASS, GREEN JUICE, AND LOTS OF WATER

