

CLEANER LIFESTYLE CHECKLIST



IMMUNE SYSTEM SUPPORT

- IMPROVING the GUT
- Protein → builds immune cells
- Vitamin C → supports immune response
- Vitamin D → regulates immune function
- Zinc → helps fight infections
- Grounding - walking barefoot in the grass daily

MENTAL/PHYSICAL WELLNESS

- Journal, prayer, meditation
- Aim for daily movement
- Strength training
- Walking for 15 min after dinner

REMOVING CHEMICALS

- Reduce food dye consumption
- Reduce fragrances (Phthalates)
- Reduce microplastics (avoid BPA)
Do NOT microwave plastic
- Wash fruits and vegetables to reduce pesticide residue
- Mold Toxins
(do not touch mold or spray with bleach)
- Avoid too many added sugars and artificial additives
 - Reduce Natural Flavors consumption
 - Reduce: Polysorbate 80, Sodium nitrate, Sodium benzoate, monosodium glutamate (MSG)

NUTRIENTS PRIORITIZATION

- Fiber: Men 35g and Women 25g
vegetables, fruits, whole grains, legumes, seeds
- Protein
- Omega-3 fatty acids
(salmon, tuna, walnuts, flaxseeds, chia seeds)
- Also Important (Test your current levels)
 - Magnesium → sleep, stress, muscles
 - Iron → oxygen and energy
 - Calcium → bones and muscles
 - Potassium → heart and fluid balance
 - Zinc → immunity and healing
 - B vitamins → energy metabolism (especially B12)

IMPROVING THE GUT

- Increase fiber consumption
(psyllium husk, oats, apple, flaxseed, avocado)
- Overnight Oats (increase buyrate)
Recipe (Mason jar, ½ cup GF oats, 8oz almond milk, protein powder, flaxseed, berries of choice in the fridge overnight) - Couple times a week
- Probiotic
(change monthly or every other month)
- Prebiotics (fibers to feed microbiome)
- Fermented Foods
(yogurt, kefir, sauerkraut, Kimchi, Kombucha)
- Diversity - 20-30 different plant types a week
- Average of 2 liters of water a day
- Consistent/quality sleep 8 hours a night
- Manage stress