

## 16 “Break-Out” Strategies *to help regain your* “Personal Health Freedoms”

1. Break-free from the white screen after 7 pm.
2. Be creative . . . anything! Finish a project, start a project, learn a new skill.
3. Drink at least five glasses of straight, pure water daily.
4. Stock up on truly healthy foods.
  - Stop buying junk food and storing it in your house . . .
    - or you will eventually find it stored in your body with you becoming nothing more than a “**Human-Food-Truck**”!
  - **REMEMBER . . . Your fat is not you!**
5. **AKA . . . go on a diet . . . a Mediterranean one . . . Research it!**
6. Move your body...walk several times that day!
  - 10 minutes **out and** 10 minutes **back** home.
7. **Get** 10 or more minutes in the sunlight daily.
8. Find other activities that demand movement . . . Outdoor games or projects.
9. Commit to a high quality, effective daily nutrient supplement - **Find it, Take it!**
10. Also important . . . Vitamin C, Vitamin D . . . **Find it, Take it!**
  - **Get Healthy - Stay Healthy!**
11. Practice Box-Breathing.
12. Stay in bed 8 hours, regardless of being able to sleep.
13. Read “The Serenity Prayer.”
14. Minimize mask wearing . . . especially when alone or outside.
15. Need tactile connection with loved ones . . . common sense.
16. Go 12 hours, without food . . . from dinner to breakfast meal.