

**MORE...**

**LESS...**

## BODY

Vegetable juice  
Lemon juice in warm water  
2tsp Apple Cider Vinegar  
before meals  
Herbal tea  
Organic salads & fruit  
Nuts & Seeds  
Yoga  
Walking  
Massage  
Oil Pulling  
Drinking Bentonite Clay  
Quinoa & gluten free  
grains  
Coconut! (Oil, milk, cream)

Meat  
Dairy products  
Wheat & products  
containing gluten  
Caffeine  
Refined sugar  
Processed foods  
Alcohol  
Take away foods

## MIND

Meditation  
Chakra Cleansing  
Writing  
Reading  
Drawing & Painting  
Visualisation  
Practicing being present -  
living in the moment!  
Using aromatherapy oils  
Creating a morning &  
evening routine  
Saying 'no' when you  
need to

Social Media - yes deleting  
all apps off your phone!  
Constantly checking emails  
Electronics first thing in the  
morning & last thing at  
night  
Multitasking  
Saying 'yes' to everything

## SOUL

Journalling  
Spending time in nature  
Spending quality time with  
family & friends  
Creating time to be alone  
Positive Affirmations  
Repeating "I love and accept  
myself" every day  
Being at the ocean  
Creating a daily gratitude list  
Creating a list of things you  
LOVE then...  
Doing things you LOVE  
Reiki  
Kinesiology

Negativity & negative thoughts  
Self-defeating beliefs  
Gossiping  
Spending time indoors  
Excuses  
Doing things because you  
'should' do them  
Dishonesty  
Guilt