

Checklist to Start the Day Right

- Wake up.
Early, preferably before sunrise.
- Urinate.
- Hydrate.
Drink 2-4 cups of hot water, with fresh lemon to increase alkalinity, if desired.
- Poop.
If not possible, hydrate more.
- Move.
Get your blood flowing with 20 minutes of movement, breathing through your nose (walk, sun salutations, spin). This isn't optional.
- Ntrify.
When you get hungry, blenderize green leaves (kale, dandelions, wheatgrass) with fresh seasonal fruit and water for breakfast. This gets a quick fix of oxygen and nutrients into your blood. Other easy to digest alternatives included stewed apples or chia and soaked almond porridge.



Do's + Don'ts - Start the Day Right

Do's

Hydrate to flush your food channel.

Start the day with up to a quart of water. This water should stimulate your bowels to empty completely. If it's cold, drink the water as hot as tea. Add a fresh squeeze of lemon if desired.

Take time to poop.

Before your day gets ahead of you, take time to sit on the pot. Put a short stool or squatty potty under your feet to create the natural and optimal position for great elimination.

Move your body.

It's crucial for your energy level for the whole day that you move prana, or breath through your body first thing. If you haven't pooped yet — that is okay. Move for 20 minutes. Sun salutations, walking, cycling, rebounding... whatever it is... move for 20 minutes.

Eat Green.

When you get hungry, put a bunch of great plants, fruit, and water in a blender and press go. Start your day with raw, fresh nutrients like a celery grapefruit smoothie or an apple kale lemon smoothie. Starting your day with chlorophyll brings oxygen deeply into your blood and awakens your body's intelligence to eating real nutrients throughout the day.

Don'ts

Start the day with coffee, tea or juice.

Your body, and the bodies of anyone else you are in charge of, need to start the day with water. Starting the day deeply hydrated gives you a leg up on stress, fatigue and the typical bug or virus circulating in town.

Put your mind before your body.

Many people start the day with the radio, the news, or email. In this day and age we have enough access to cognitive information. Instead, start the day by informing your body with prana, or moving breathe. You'll have more energy all day and make better choices in diet and lifestyle.

Eat a heavy breakfast.

When our ancestors worked outside on a farm all day, eating a big, heavy breakfast was helpful for having enough stamina. If your day is more sedentary, make sure not to weigh yourself down with bread, meat or dairy. Instead, choose light cooked grains, like oatmeal, or a big green smoothie.

Get too busy right away.

Most of us have a lot going on these days. This is unlikely to change. If you're always going to have a lot going on, or too much to do, it's important to treat your early mornings as sacred time. Take care of your basic body needs: hydration, elimination, movement, and fuel before you tend to everything else that is on your plate.

Intuition Worksheet - Start the Day

What I feel like when I
Start the day right!

What I feel like when I
Start the day wrong...