



10 GUIDELINES TO HEALTHFUL DIGESTION & ELIMINATION



1.

Eat to live, don't live to eat.



2.

Avoid snacking between meals, and eat fewer meals.



3.

Eat only when hungry.



4.

Chew well, your stomach has no teeth.



5.

Stop eating when you're three-fourths full.

An aerial photograph of a beach. The top half of the image shows vibrant turquoise water. A white, foamy wave line runs diagonally across the middle. Below the wave is a wide, sandy beach with a light beige tone. The text '6.' is positioned on the left side, overlapping the water and sand.

6.

Rest after every meal.



7.

Don't eat after sunset.



8.

Eat only what you can eliminate in 18-24 hours.



9.

Once a week, give your digestive system a rest.



10.

If you can't digest it and eliminate it, don't eat it.