



Naturezymes Whole Body Recovery System

Ten Habits for a Healthy Lifestyle Coaching

<p>Breath: Taking good breaths</p>	<ul style="list-style-type: none"> • In general, your body receives fresh oxygen and releases carbon dioxide through breathing. If you stop breathing for about 4 minutes, you may put your life at risk. • You should lengthen your breathing as long as possible through the use of your stomach. • Moving your chest and/or shoulders while breathing, short breaths, or back breathing will reduce your overall health. • Try to get fresh air whenever possible. 
<p>Water: Drinking water properly</p>	<ul style="list-style-type: none"> • Water plays a vital role to your health, therefore, not drinking water for more than 4 days will put your life at risk. • Water is a cleaning agent. Drinking a lot of water will help excrete waste and purify your blood. • When drinking water, drink often between meals. Consume about 1,800ml (135lbs; amount will vary by weight) per day. • Drink 30 minutes before meals to 2 hours after meals to digest food properly. 
<p>Sunlight: Getting sunlight</p>	<ul style="list-style-type: none"> • Sunlight is the source of energy and life for our bodies. Get sunlight for about 30 minutes a day (spring to fall). • Sunlight helps to convert cholesterol into vitamin D, helps to absorb calcium, and strengthens your bones and teeth. It also helps to strengthen your back. • Sunlight increases lymphocytes and phagocytes, increasing the body's resistance to infection. • When your skin is exposed to sunlight, your hormones are increased, activating serotonin hormones. This helps to relieve stress. If you are struggling with obesity, walk in the shade. • Sunlight strengthens the skin and helps you resist various infections. 
<p>Food: Eating right</p>	<ul style="list-style-type: none"> • Meals should be taken regularly at 5-6 hour intervals. • Try to refrain from snacking, including late night snacking, and overeating. • Intake uncooked and heated foods at a ratio of 5:5 or 6:5 (enzymes are killed at 43-45 degrees celsius heat). • Eat enzyme-fruit-vegetable-protein OR enzyme-fruit-vegetable-carbohydrates (Do not mix protein and carbohydrates together. Chew fruit one at a time and peel it). You should eat whole grains, such as brown rice and/or whole wheat flour. • If you cannot digest grains such as brown rice, start gradually with white rice and beans. • Side dishes (5-6 kinds) should be changed regularly, chew 30-100 every time before swallowing. • Consume algae, green vegetables, and legumes often. 

<p>Exercise: Exercising regularly</p>	<ul style="list-style-type: none"> • When you move your body often, blood flow increases, as well as the transition of nutrients to cells. In addition, cardiopulmonary and visceral functions are improved, muscles are strengthened, and hormone secretion becomes smooth. • When walking 10cm faster than the stride width, digestion is promoted, visceral fat is reduced, and the lower body is strengthened. • Your body and mind become healthy when you move. Do squats, push-ups, planks, dumbbells, and other exercises every day for 15-30 minutes a day. 
<p>Rest: Getting enough rest</p>	<ul style="list-style-type: none"> • Although the body regenerates bodily functions during sleep, you must still rest at least one day a week. • Sleeping one hour before midnight is healthier and more beneficial than sleeping two hours after midnight. • Sleep at least from 10PM-6AM to relieve fatigue and alleviate illness. • Even during the day, it is essential to give your head and body a break for yourself. 
<p>Moderation: Virtues of temperance</p>	<ul style="list-style-type: none"> • Avoid the intake of alcohol, tobacco, and coffee. • In the case of a sick patient, the function of the body gradually improves only when the lifestyle change is performed, and immunity and homeostasis gradually improve when all of the suggested coaching are observed. 
<p>Thankfulness: Having a thankful heart</p>	<ul style="list-style-type: none"> • Stress damages our health by destroying our body's chemical engineer. Therefore, we must live with thankfulness and optimistic minds. Always express thankfulness. • Looking down rather than looking up can motivate you. • Do not be overwhelmed with competition, such as comparing yourself to others. • Love your surroundings to activate healthy hormones. 
<p>Body Temperature: Warming your body</p>	<ul style="list-style-type: none"> • Keep your body temperature at 37 degrees celsius at the least. • A high body temperature activates the enzymes in the body and helps to boost your immune system. • Keep your body warm with regular exercise and by strengthening your muscles. • From time to time, keep your body warm by having foot baths, using thermal spas, and/or steam baths. 
<p>Cleansing: Regular human cleansing</p>	<ul style="list-style-type: none"> • In order to use our cars or houses for a long time, we regularly have to make repairs and clean. In the same way, the body must be cleaned more than once a year. • Human (bodily) cleansing is the surest way to restore and maintain health through the balance of emptying and refilling. • As a technician needs to repair and clean, replenishment of the corresponding prototype engine is necessary. Enzyme supplementation is the key to maintaining youth and vitality.