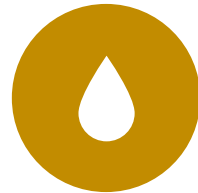


Habits to Start Your Day Right



Wake Up Early

Preferably before sunrise



Hydrate

Drink 2 cups of warm/hot water



Eliminate

Urinate and defecate upon arising.



Move

Exercise for 20 minutes breathing through your nose (yoga, walk, spin)



Meditate

For at least 5 minutes



Eat Green

Have raw green energy (kale, dandelions, wheatgrass) at breakfast: a green smoothie or green juice