

10 STEP to Healthy Eating



1. Drink 8 glasses of water a day, preferably alkaline.
2. Eat a balanced diet with a wide variety of foods.
3. Include high-protein food with every meal.
4. Enjoy a variety of fruits and vegetables.
5. Eat calcium-rich foods.
6. Get carbs from whole grains like brown rice.
7. Choose healthy fats such as nuts, seeds and fish.
8. Avoid processed foods. Cut back on alcohol and smoking.
9. Eat probiotic foods for digestive health.
10. Take vitamins or supplements if needed, to support nutritional intake.

Probiotics



The gut wall houses 70% of the body's immune cells and good bacteria for

your whole body. A healthy gut is essential in helping control digestion and improving your immune system.

Probiotics can be found in dairy products such as yogurt, milk and fermented foods such as miso, natto, and kimchi.

Delicious and Healthy Juice & Tonic

Benefits by Types of Juice



Apples are high in soluble fiber pectin, which helps improve gut health and treat constipation. Apple juice can also reduce hunger and provide a steady supply of energy.



Pears are rich in flavonols, catechins, vitamin C and other components that help reduce stress and inflammation and prevent chronic diseases. Pears are paired often with balloon flower for added benefits.



Blueberries contain antioxidants 30 times that of grapes. They are full of essential nutrients such as vitamin C, K and minerals that help preserve vision, regular blood sugar, and improve memory.



Pumpkin is nutrient dense and consists of about 94% water making it ideal for weight loss. It is high in vitamin A which can strengthen the immune system and help fight infections.



Onions are high in vitamins and minerals that act as powerful antioxidants and protect the body from cellular damage. Flavonoid antioxidants may also inhibit tumor growth and lower risk of certain cancers.



Green Cabbage is an excellent source of vitamins and minerals which help fight free radicals and reduce inflammation. It also boosts energy metabolism and aids in digestion.



Bell flower has anti-inflammatory benefits, including the ability to soothe sore throats and ease congestion. It can help treat respiratory ailments and boost the immune system.



Red Ginseng Saponin extracted from ginseng, known as ginsenoside has anti-inflammatory and immune boosting properties. It improves immune functions and helps protect the body against viruses and bacteria.