

Learn more about My Busy Healthy Life at our website

www.thewellnessworkshop.org

- Women click on "Women Start Here"
- Men click on "Men Start Here"
- Sign up for our newsletter on the website
- Learn how we work with people on the "About Us" page

Purchase our book on Amazon.com, Paperback and Kindle versions available. http://www.amazon.com/Wonderfully-Well-Pounds-Helped-Bodies-ebook/dp/B00J0RYFPU/ref=sr_1_1?s=books&ie=UTF8&qid=1396561009&sr=1-1&keywords=wonderfully+well

We would love for you to leave a review too! Thank you!

Wonderfully Well...150 pages of our story, buy this, not that, the alkaline diet plan and a juice based 28-day cleanse plan with 150 pages of healthy tested recipes.

My Busy Healthy Life, a 4 Month Health Revolution Program

There are 5 AIM webinars that walk you through the important parts of My Busy Healthy Life: Cleanse in the New Year and Phase 1 of My Busy Healthy Life and Phase 2, Phase 3 and Phase 4 are archived in the AIM webinars – December 2013 and January 2014, February 2014, March 2014, April 2014

4 Phases of My Busy Healthy Life

- Phase 1 Prepare your body, mind, spirit and kitchen
- Phase 2 28-day Cleanse
- Phase 3 Reintroduce Foods & Listen to your body
- **Phase 4 Practice the Alkaline Diet**

Will History Repeat Itself?

.....**Its YOUR Choice!**

In the past three months you have

- Regained Energy
- Reversed Disease
- Reduced or Eliminated Pain
- Rest
- Removed pounds
- Normal Body Function
- Off Pharmaceuticals

Dr. Norman Walker, D.Sc., Ph.D.

"Becoming Younger"

"I can truthfully say that I am never conscious of my age. Since I reached maturity I have never been aware of being any older, And I can say, without equivocation or mental reservation, that I feel more alive, alert, and full of enthusiasm today than I did when I was 30 years old."

What Is Your Future?

With Enzyme Rich Foods & Juices Your Cells Rebuild Stronger....the result is a younger looking you!

What Is Being Younger?

Dr. Norman Walker, D.Sc., Ph.D

"To be young means having All or Most of the attributes of youth, Health...Energy...Vitality and Perpetual Laughter on the Lips and in the Eyes. It means being Genial...Cordial, Courteous and Polite to Everybody... Irrespective of creed, color or social status. It means being constantly active, with many irons in the fire if necessary, so that there shall never be one moment which will weigh heavily on one's hands. This is the mental field in which we must work in order to Become Younger."

Scriptures Equate Health with Wisdom

Proverbs 3:1-12

Wisdom not only delivers one from evil but promises certain rewards:

- Longevity & Prosperity
- Favor with God & Man
- Guidance
- Health & Refreshment
- A proper response to discipline

So Your Body Can Accomplish What Your Heart and Mind Dreams.....

Phase 4 The Alkaline Life Plan Eating For Balance

Keep your acid forming foods to 25%

- Animal Proteins
- Beans & Legumes (including soy beans)
- Caffeine
- Dairy Products
- Grains

- Nuts & Seeds (quinoa and almonds are alkaline)
- Refined Sugar

Health by the Handful

3 Servings of Fresh Fruit

Measure your **fresh fruit** as if you were holding a hard baseball in your hand with your fingers wrapped around it.

Health by the Handful

Alkaline Morning

Glass of warm water with juice of 1 lemon

Glass of Garden Trio

Wait 30 Minutes

Protein Smoothie

Health by the Handful

25% Acid Forming Foods

Measure your **25% acid forming food** as if you were holding a hard baseball in your hand with your fingers wrapped around it.

Health by the Handful

LUNCH & DINNER

25% Acid Forming Foods

25% Cooked Veggies

50% Raw Veggies

Beneficial Fats

Health by the Handful

25% Acid Forming Foods

Veggie Sandwich on Sprouted or Gluten Free Bread

Health by the Handful

25% Acid Forming Foods

Black Bean Salsa Salad Over Fresh Greens

Health by the Handful

25% Acid Forming Foods

Quinoa Veggie Cakes and Fresh Greens

Health by the Handful

25% Acid Forming Foods

Baked or Grilled Meat over greens with veggies

Health by the Handful

25% Cooked Veggies

Measure your **25% cooked veggies** as if you were holding a hard baseball in your hand with your fingers wrapped around it.

Health by the Handful

25% Cooked Veggies

Grilled Veggies

Health by the Handful

50% Raw Veggies

Measure your **50% Raw Veggies** as if you were holding a soccer ball in your hand.

Health by the Handful

50% Raw Veggies

Measure your **50% Raw Veggies** as if you were holding a soccer ball in your hand.

Health by the Handful

Beneficial Fats

Measure your **Beneficial Fats** as if you were holding a ping pong ball in your hand.

Health by the Handful

Beneficial Fats

Coconut Oil
Almond Butter
Avocado
Nuts & Seeds

Health by the Handful

Alkaline Balanced Plate

Rosemary & Garlic Roasted Chicken and Veggie Salad

Celebration Meals

One meal a week and 6 days a year allow yourself to have celebration food.

If you KNOW a food is harmful to your body avoid it even for celebration food.

As you continue to eat well your choices will change.

Do a 100% raw veggie day after your celebration meals and days.

Continue Drinking Water

- The principle fluid medium of our cells is water, which allows substances to move and flow within the cell
- Production and function of hormones is impaired without adequate water

Continue Moving Your Body

- Lymphatic system is the sewage system of your body the fluid in the lymph can only be moved with up and down movement.
- Every cell in your body is bathed with lymph fluid that gather up intruders and protect from intruders

Quote from Food Inc FB Page

"You are what you eat so DON'T Be...Fast...Cheap...Easy...or Fake!"

Becoming Younger

- Cleansing
- Nourishing
- Self Discipline

"These are the only means found to become younger, stronger and healthier."

Dr. Mary Ruth Swope

Becoming Younger

My Busy Healthy Life accomplishes all three of these goals and teaches you how to maintain them long term.

Essentials for Becoming Younger

- You MUST drink your water
- You MUST move your body
- You MUST eat raw foods and juices
- You MUST eat quality fat and protein

Keep your acid forming foods to 25%

- Animal Proteins
- Beans & Legumes (including soy beans)
- Caffeine
- Dairy Products
- Grains
- Nuts & Seeds (quinoa and almonds are alkaline)
- Refined Sugar

YOU Do Your Part!

You give diligence to the things that are within your control...**Eat Real Food**

- God-Made food, at least 50%-75% raw at each meal
- Do not let other people's addictions determine your future

YOU Do Your Part!

You give diligence to the things that are within your control...**Change Your Thinking**

- Proverbs 4:20-23
- "Keep my words in your heart for they are LIFE to those who find them and HEALTH to a man's whole body."
- "Above all else, guard your heart for it is the wellspring of life."

YOU Do Your Part!

You give diligence to the things that are within your control...**Cultivate Positive Relationships**

"A new study from Gallup researchers shows that if your friends and family engage in unhealthy habits such as drinking, smoking or being inactive, you are more likely to do so as well".

Huffington Post August 2013

Take Responsibility for what you ABSOLUTELY have control over

- The foods you eat
- The thoughts you think
- The relationships you develop

Sustainable Healthy Lifestyle

"My Busy Healthy Life helps you create a nourishing lifestyle where you are healthy using simple systems you will be able to continue for a long time."

- Drinking your juices every morning
- Drinking pure water daily
- Getting movement in daily
- Eating at least 50% raw veggies
- Eating 3 fruits
- Keep your acid forming foods to 25%

