



AC NUTRITION AND WELLNESS

12 Laws for Lifelong Health

1. **Eat Plants and Animals**
 - Focus on nutrient-dense foods
 - Vegetables in abundance
 - Meat, fish, fowl, eggs
 - Nuts and seeds
 - Berries and other fruit
2. **Avoid Poisonous Things**
 - Grains (wheat, corn, rice, etc)
 - Sugary food and drink
 - Refined vegetable oils (corn, canola, soybean, etc)
3. **Move Frequently at a Slow Pace**
 - Leisurely walks
 - Light stretching
 - Mellow yoga/Pilates
4. **Lift Heavy Things**
 - Full body movements
 - 15-30 minutes to improve: strength, bone density, fat metabolism, and organ function
5. **Sprint Once in a While**
 - Brief, all-out efforts every 7-10 days for acute hormetic response
 - Low-impact: uphill, stationary bike, or rower
6. **Get Adequate Sleep**
 - 7-9 hours
 - Unplug to unwind
 - Sleep sanctuary: cool, dark, quiet
7. **Play**
 - Reduce stress
 - Improve creativity
 - Enhance social bonding
8. **Get Adequate Sunlight**
 - Vitamin D!
 - 15-30 minutes daily
9. **Avoid Stupid Mistakes**
 - Don't multitask
 - No texting and driving!
 - Slow down and stay present
10. **Use your Brain**
 - Develop new skills to increase neuroplasticity:
 - Learn a new language
 - Create: art, music, poetry...
11. **Spend Time in Nature**
 - Negative ions
 - Earthing to reduce inflammation
 - Disconnect and destress
12. **Gratitude and Mindfulness**
 - Gratitude journaling
 - Deep breathing / meditation