

7 RULES TO LIVE FULLY ALIVE!

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Ambassador for Christ



- 1 CUT OUT EXTRA SUGAR – ESPECIALLY SODA!**
- 2 DRINK WATER! (HALF YOUR BODY WEIGHT IN OUNCES)**
- 3 DON'T EAT AFTER 8 PM OR 3 HOURS BEFORE BEDTIME**
- 4 MOVE DAILY – START WITH 10 MINUTES A DAY**
- 5 NO SNACKS BIGGER THAN YOUR FIST**
- 6 MEDITATION OR PRAYER TIME**
- 7 KEEP A FOOD JOURNAL**



ENERGY-SUSTAINING SNACKS TO FEEL FULLY ALIVE

- Any mix of nuts (1/2 ounce) and dried fruit (1/2 ounce)
- Beef Jerky and an apple
- ½ an Avocado with a large glass of water
- 1 serving of fresh fruit and 2 Tbsp of almond butter or peanut butter
- 3 cups air-popped popcorn tossed with butter
- Carrots, cucumbers, and peppers cut up with ¼ cup hummus
- ½ cup berries and 1-ounce walnuts or pecans
- Smoothie made with frozen fruit, spinach, coconut oil and milk (almond or coconut)
- 1-ounce natural chips with ¼ cup tomato salsa
- 8-10 black bean chips with ¼ cup guacamole

