

5 PILLARS OF WELLNESS

www.drgeorgej.com

1 WATER

Our bodies are 70% water, avoid chloride, fluorine and heavy metals in our tap water (toxins). Drink 3 QTS of water daily. Brita filter is a great investment.



2 FOOD

Food is medicine. Fruits and vegetables should be the mainstay of our diets. Add one fruit and one vegetable per day and increase slowly.



3 EXERCISE

Exercise at least 20-30 minutes daily. Be open to Yoga: calm the mind, relax the body and renew the spirit.



4 SLEEP

Sleep 7-9 hours nightly. If we are living all the pillars, sleep should become natural and we should not need medication.



5 LOVE

Many of us carry wounds of the soul. It is important to work on being loving and forgiving to self and others.

