

**LOVE** FOCUS ON WHAT YOU CAN HAVE, NOT ON WHAT YOU CAN'T. **EAT FOR ENERGY, NOT FOR EMOTIONS.**  
**YOUR BODY, YOU DEFINE IT.** IF YOU DON'T DRINK WATER, DRINK IT. IF YOU FILL YOURSELF WITH RAW, THEN LESS IS MORE, AND RAW FOOD IS POWER-FUEL. CHEW CONSCIOUSLY AND A LOT, **ENJOY EVERY MOUTHFUL.** WHAT YOU READ, WHAT YOU WATCH, WHAT YOU LISTEN TO, WHAT GOES INTO YOUR MOUTH AND NOSE, AND WHO YOU'RE AROUND COUNTS AS FOOD: DUMP THE EMPTY CALORIES SO YOU **MAKE EVERY CALORIE COUNT.** GREED IS A BAD NEED, TOXINS TAKE **THE CONTENT YOU CONSUME IS FROM YOU, NUTRIENTS GIVE TO YOU.** **WHO YOU ARE.** **IN WITH THE GOOD,** OUT WITH THE **BAD - SO BETTER OUT THAN IN. CREATE HEALTHY OPTIONS: HEALTHY OPTIONS MEAN HEALTHY CHOICES; HEALTHY CHOICES MEAN SUSTAINED ENERGY; SUSTAINED ENERGY MEANS LIVING YOUR DREAM - SUSTAINABLE ENERGY IS GREEN. EVERYTHING CHANGES IN THE MOMENT OF YOUR DECISION, SO MAKE THIS MOMENT A MILESTONE.** GET TO THE ROOT TO CHANGE YOUR FRUIT. **KNOW YOURSELF;** **KNOW WHAT WORKS FOR YOU AND WHAT WORKS YOU UP.** FOR EVERY YES THERE HAVE TO BE NO'S, SO KNOW YOUR NO'S. IF YOU FAIL TO PLAN, YOU PLAN TO FAIL SO BUILD INTEGRITY AND **IMPLEMENT YOUR PLAN.** INVEST IN YOUR HEALTH. STYLE A DETOXED LIFE AND A HAPPY LIFESTYLE WILL EMERGE. **BE TRANSFORMED FOR LIFE** SO YOU CAN TRANSFORM THE LIVES OF OTHERS.