

The First Step – Eliminate bad stuff. Start DECLUTTERING

One of the most important tips I picked up from the ancient practice of Feng Shui is the need to declutter one's life. Decluttering allowed good things, positive things to flow in. Our grocery lists, larders, plates and belly are no different. We need to eliminate the bad stuff before we can sensibly pick and incorporate life saving food practices into our lives.

So, the first step would be to make a list of unhealthy foods that you would like to wean yourself off. Ask yourself,

Do I really need to eat everything that I routinely put in my mouth?

Is it helping me or hurting me?

Honestly, does it make me feel so much better after I've eaten it?

Do I gain weight, feel bloated, lethargic, irritable or sickly after a meal?

Is this stuff making me ill?

There is so much information on the internet about the effects of certain food choices on health and longevity. Read up and make an informed decision on what you would like to put on your elimination list. It is important to **prioritize because you cannot war on all fronts**. The decision to eliminate bad things from your diet must come from absolute conviction and understanding. You cannot go into this battle any other way. A two-pointed needle cannot sew. For example, when my mum started on her journey to eating healthy, she made this list:



ELIMINATE REFINED SUGAR

LIMIT SALT INTAKE TO ONE MEAL A DAY

CUT OUT GLUTEN

ABSTAIN FROM ALCOHOL

NO JUNK FOOD

A short yet all important list. **It took over 5 years to achieve everything on the list.** There were many challenges and slip ups along the way. **But what is important is that you keep at it.** She made this lifestyle completely her own and part of her subconscious. Abstinence was not imposed from outside. **She completely accepted and understood the negative consequences of eating what was on her list and decided it was in her best interest to change.** After a few years of saying NO, the mind no

longer associates certain foods and drinks with a pleasurable or desirable experience. The brain is capable of unlearning or better still overriding certain negative habits. After a while you will no longer need to abstain because your mind will not want it

Cutting out or severely limiting the bad stuff is the most important aspect of a healthy diet. Your body will thank you. There is quantifiable rejuvenation of the body and mind. The results of your medical tests will be encouraging and motivate you to keep going.

Once you have achieved this stage you could continue to add to the list or refine it further.

Adding on the good stuff is a bonus.