

Your Summer Self Care Revamp : 11 Tips from Dr. Sunshine

If the list feels daunting, start implementing 1 or 2 at a time, then work your way up!

1. **Set your intention for the day.** Before you get out of bed, do 10 deep belly breaths. Breathing in and out of your nose, allow your belly to rise and fall. This will promote calm and clear thinking to start your day.
2. **Reduce your coffee in-take.** In the mornings, try green tea (with honey). Cutting back the coffee to one cup a day will help with acid reflux and stress tendencies. Plus green tea is full of rich cancer fighting antioxidants.
3. **Drink 60oz of water every day.** Get a 32 oz water bottle (metal or glass is best) to help you stay on track. Staying hydrated helps fight disease and flush out toxins.
4. **Eat more vegetables with every meal.** Local and organic is best! More vegetables means more vitamins and minerals which supports healthy digestion and metabolism.
5. **Cut back the meat and dairy.** Eat vegetarian 4 days out of the week. Alternate days. Toxins love to store themselves in fat. Reducing the meat and dairy intake will allow your body's detoxification process to stay on track.
6. **Avoid processed and pre-made food.** Industrial food is filled with cancer causing additives. Check the ingredients! If you cannot pronounce a word, this is a good indicator to opt for something else. When in doubt, stick to whole foods.
7. **Lower your alcohol & soft drink consumption.** Alcohol and soda create inflammation in the body. Treat yourself to 1 drink, 3 days out of the week! On the other days, go for sparkling water with fresh squeezed lemon juice.
8. **Move your body at least 20 minutes a day.** Avoiding stagnation will allow you to maintain healthy joints and a healthy metabolism. Try a yoga practice, walking on your lunch breaks or going on after dinner strolls.
9. **Avoid late night dinners & snacking.** Leave at least 3 hours between eating and going to bed. This helps regulate your metabolism and allows your body to rest instead of digest.
10. **Get off the screens at least 2 hours before going to bed.** Blue light from screens lengthens the amount of time it takes to fall asleep, depresses our melatonin, and causes us to have less REM sleep.
11. **Support your immune system** with [Dr. Sunshine's Disease Symptoms & Prevention Protocol](#). Enjoy 10% OFF through our Fullscript Dispensary.