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Seven Steps For Optimum Health

1. Heal your body as a whole

- Do not isolate your symptoms.
- Every system and every organ in your body works together as a whole.
- We must maintain health in all the systems, working together efficiently, in order to experience optimum health.

2. Support the 7 avenues of elimination

- Open up the 7 avenues of elimination - liver, lungs, colon, kidneys, skin, circulatory system and lymphatic system.

3. Practice proper food combining

- Always eat fruits alone.
- Do not mix a high-protein food with a starchy food.
- Eat a salad and/or any vegetable along with a protein meal.
- Eat a starchy meal with a salad and/or any vegetable.
- Avoid drinking large quantity of liquids before and after meals.
- Chew your food thoroughly; digestive process starts from mouth itself.

4. Eat enzyme rich foods

- Enzymes can be found in fresh fruits, vegetables, raw or soaked nuts & seeds and all sprouts.
- Enzymes are vital for fat loss, vitality, longevity and immune system function.

5. Consume essential fats and oils

- The main source for Omega 3 and Omega 6 fatty acids is flax seed oil (use 1-3 teaspoons daily. Do not heat).
- The essential oils support the immune system, raise the metabolism and help balance hormone production - a must for stress reduction.
- Use olive oil or clarified butter (ghee) for cooking.
- Avoid all hydrogenated oils and animal fats.



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6. Exercise regularly

- Do any form of movement 3 to 5 times a week for maximum oxygen uptake, delivery of nutrients to the cells and to enhance detoxification & circulation.
- Walking, trampolining, biking, running, swimming and yoga are all excellent.

7. Don't count calories

- Most diseases and being overweight is a lack of energy (nutrients) at the cellular level.
- Your body needs nutritious food with energy potential to function properly and efficiently.
- A body in balance is a healthy body and has no need to carry excess pounds of fat.