



TAKE HOME MESSAGES

1. Changing our schedule to be harmonize with the universal rhythm and body circadian rhythm
2. Waking up early (4-5AM) and go to bed early (9-10PM)
3. Having positive thinking when waking up and throughout the day
4. Taking a glass of warm water with lime juice or apple cider vinegar after waking up & at bedtime
5. Exercise like touching the earth and Ki-Gong in the morning before sitting meditation
6. Should meditate twice daily, especially in the morning before going to work
7. Practicing abdominal breathing and exhale should always be longer than inhale
8. Pay attention to your breathing as much as possible even while working
9. Having bowel movement before 7AM
10. Preparing the food in a simple way and as fresh as possible
11. Having breakfast before 8AM and having main meal at noon time
12. Being fully mindful when eating or drinking
13. Chew slowly and carefully
14. Drink more warm water in the morning than in the evening
15. Having supper or dinner before 6PM
16. Try not to use microwave to cook or warm the food or drink
17. Try not to use mobile phone or electronic devices when cooking, drinking, or eating
18. Select a day and let your body rest and detox by just drinking fresh vegetable juice