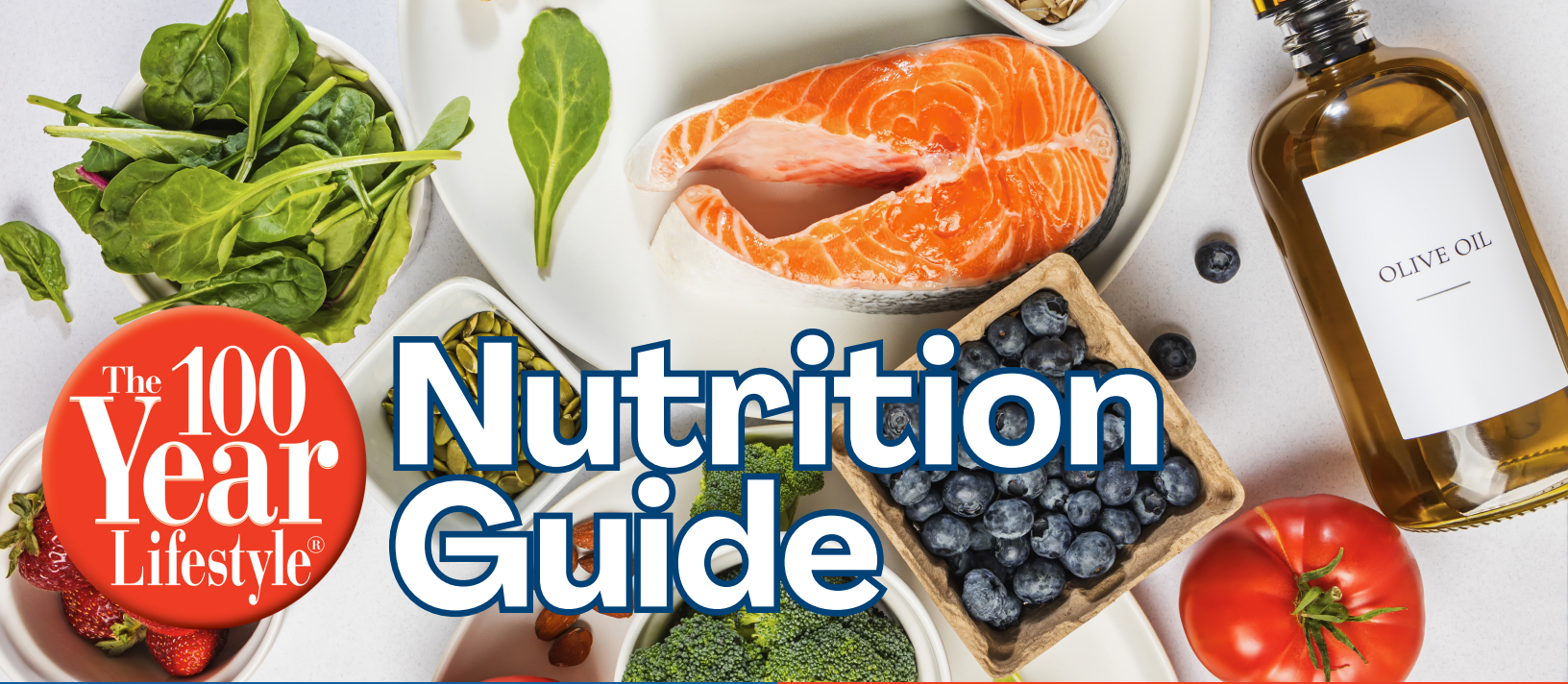




The 100
Year
Lifestyle®

Nutrition Guide

We also know that good nutrition is vital. It will help you nourish your body for optimal function. It'll help counter the balances or the impact and the effects of stress. Straight forward nutrition from a general perspective, you want:

- ✓ Organic
- ✓ Non-toxic food
- ✓ Live foods
- ✓ Chickpeas
- ✓ Beans
- ✓ Edamame
- ✓ Quinoa
- ✓ Spirulina
- ✓ Nuts
- ✓ Brown rice
- ✓ Plant based as much as possible
- ✓ Dark & colorful vegetables
- ✓ Buckwheat
- ✓ Soba noodles
- ✓ Lentils
- ✓ Tofu
- ✓ Seeds
- ✓ Nut butter
- ✓ Oats & whole grains
- ✓ Lean meats

These are all straightforward concepts and are all really good as it relates to nutrition. In a nutshell, you want to remember this: choose QC's, *quality calories*, over EC's, which are *empty calories*. Always choose quality over empty. You want to avoid the empty, which are:

- ✓ Processed foods
- ✓ Canned foods
- ✓ White sugar
- ✓ White rice
- ✓ White flour
- ✓ White pasta
- ✓ Soda

Supplement Schedule:

Glucosamine Synergy - 1 Capsule 3x/day

Turmeric Forte - 2 capsules 2x/day for 4 weeks & then 1 capsule 2x/day for 4 weeks - w/ food

Magnesium Oil - apply 2 spritz and rub in affected area 2x/day