

WEEK THREE RECAP

New Foods to Eliminate	New: All foods with preservatives and additives, eating out Previous: Gluten, white sugar, dairy, red meat and pork
Ayurvedic Dietary Tip	Avoid snacking between meals.
Daily Routine Practice	Take a short walk after the lunch or dinner meal.
Herbal Regimen	Take 1/2 tsp of Triphala Churna each night before bed.