

## WEEK FOUR RECAP

<b>New Foods to Eliminate</b>	<b>NEW:</b> All processed foods <b>PREVIOUS:</b> All foods with preservatives and additives, eating out, gluten, white sugar, dairy, red meat, and pork
<b>Ayurvedic Dietary Tip</b>	Avoid all food after 6pm each night.
<b>Daily Routine Practice</b>	Practice 10 minutes of meditation or deep breathing each day (or night).
<b>Herbal Regimen</b>	Spice up your meals! Utilize a digestive spice blend in all or most meals.