

### Action Steps Checklist

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- Drink a green juice, Gabriel Greens, or your favorite super green drink upon rising or in late afternoon.
- GM friendly breakfast with Big 3 and digestive enzymes, ideally within 1.5 hours of rising.
- Take 2 digestive enzyme capsules up to 2x's per day with meals when possible.
- Listen to this week's morning visualization: Digestion
- Explore mindful eating. Be calm, centered and present when you eat. Chew your food well and keep the food in your mouth as long as possible. With food in your mouth, say to yourself, "This food is nourishing my body. There's no need to rush."
- Try fermented foods. Buy them in the store (kimchee, kefir, sauerkraut and more), or follow the videos from this week's expert, Donna Gates, to make them at home.

### Ongoing Healthy Habits

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- Do evening visualization each night before bed
- Do morning visualization
- Take daily probiotic supplement
- Continue frequent water consumption
- Eat a great Gabriel friendly Breakfast
- Eat frequent Gabriel friendly meals and snacks during the day to stabilize blood sugar.

### Journal

Keep a journal handy and, whenever you feel inspired, write down any thoughts you have about your health, your life, your dreams, your future or any questions you have about weight loss.

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