



1. FOUNTAIN

Drink one gallon of water every day

Non-negotiable. This is the most important step toward seeing results. By getting enough water, you eliminate the risk of being dehydrated and help move fiber through your gut like a new sponge over a dirty dinner plate. When you are properly hydrated you feel fuller longer, have more energy, flush toxins through your system faster, have brighter skin (UM, YES PLEASE) and generally operate at a higher capacity. If you aren't feeling your best, part of the problem might be that you are dehydrated. So, bottoms up! (** To get the most accurate measurement of how many ounces of water YOUR body needs, multiply your weight by .6)



2. FIBER

Aim for 32-40g of fiber per day

Fiber is like a little sponge that scrubs away the unwanted buildup from your digestive tract. This allows the nutrient-rich, healthy foods loaded with essential fat, fiber and protein to cross the membrane and be received into your blood stream. Fiber also feeds the "employees" of your gut (flora called probiotics) the food that they need to do their important job—digesting the food you eat



3. FAT

Aim for about 80g-150g of healthy fats per day.

We want our body to draw energy from good, nutritious fats. You may have heard in the past that carbs should be your main source for burning and converting to energy. We want to correct this myth. Your brain is 60% fat. Dietary fats are essential to give your body energy and to support cell growth. You will eventually die without fat. Carbohydrates, on the other hand, are basically just chains of sugar (most likely in the form of a grass—wheat, rice, grain, oats, etc.) Fat, however, is more than two times as powerful AND more efficient than carbs in providing you with energy. If you are trying to lose weight, restrict your net carbs to 60g per day or less.



4. FAST

Fast for 16 hours and eat in 8 hours.

Give yourself an 8-hour window to eat for the day, and fast for the other 16 hours. When you're outside of the allotted 8 hours, let your digestive tract rest COMPLETELY. No snacking and only drink water, coffee or tea. We also recommend choosing one day per week for a full 24-hour fast. This will supercharge your system, boost your metabolism and fight inflammation. Try your best, but don't be too hard on yourself. Even if it's a partial fast, 12 or 16 hours without eating is hugely beneficial to your system.



5. FUNGUS

Avoid all fungus!

Fungus has one purpose: to overwhelm and break down tissue in order to release elements like hydrogen and oxygen back into circulation. Fungus such as yeast and mushrooms, are eukaryotic organisms just like human beings. Which means that if you ingest them, they feel right at home in your body. When yeast gets inside your body, it will steal and destroy anything in its path in order to grow and take space. Kick fungus to the curb!



6. FLOSS

Floss your teeth every single day.

This might seem a little random, but trust us—it fits. Flossing gets all the hidden food that brushing can't quite reach. If you are brushing without flossing you are leaving behind residue from the food that you've eaten, which then becomes nutrients for fungus and bacteria to thrive on. You are basically leaving an 'all you can eat buffet' for disease. Protecting your gums keeps dangerous trespassers from sneaking in. Time your floss where it's the last thing you do before jumping into your 16 hour fasting stage.



7. FITNESS

Move with purpose.

After 15 years as a professional trainer, Daniel believes moving with purpose is the most important aspect of a fitness routine. There are only eight basic forms of movement: crawling, walking, holding/lifting, running, climbing, swimming, throwing & self-defense. If you practice some variety of the above forms of movement with perfect posture, you will build an efficient highway system connecting your thoughts to your body. Let's move, baby!

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