

7 Steps to Wellness & Weight-Loss

You've heard too the hype, gimmicks and mystical tricks of the stars to get healthy and skinny...If only it were that easy!

Juanita Ketcham from Back to Basics Organics has been helping people for over 26 years to upgrade their decisions.

1 - Get Some Sleep!

Learn what sabotages our ability to rest well. Too little sleep and your body doesn't heal itself properly and you'll gain and retain weight. Is it coincidence that 68% of people get fewer than 8 hours of sleep and almost the same number are overweight? Sleep, and your body will de-stress, de-tox, and retain less cortisol! NO electrical phones, computers, or clocks within a 5 foot radius to disturb your body's electrical system!

2 - Portion Sizes and FREE Foods!

Did you know the average plate of food is two to three times larger in size and calories than just 30 years ago? Little tricks can help you keep portions under control, and help you digest better and lose weight.

3 - Exercise!

Learn what simple things you can do to prevent your muscles from atrophy while watching TV, and how easy it is for all sizes and problems to start toning and feeling more energetic. Some Favorite sources of exercise include DDP yoga & Walking. The Relax FIR Sauna will burn 600 calories per session ~ consider adding this to your regimen three times a week.

4 - Drink Plenty of Water!

74% of adults are dehydrated causing a myriad of healthy symptoms and slower metabolism. Learn what is in water, how it irrigates the body of toxins, and improves brain and bowel function. Take your body weight % by 2 = ounces of pure water needed.

5 - Eat Protein!

It is the key to helping keep blood sugars level, promoting healthy muscles and reducing muscle pain, feeding the brain and quieting hyperness. Learn which types of protein are best for your blood type.

6 - Eat Fruits and Vegetables!

Learn about the Dirty Dozen and toxins that prevent your body from getting the nutrients from fruits and vegetables. Did you know that 83% of adults don't eat enough fruits every day, and 72% don't get enough vegetables? And did you know the vegetable percentage is lower is because French fries from fast food restaurants is counted? Learn how fermented foods can activate your digestion, provide healthy antioxidants, fiber, and which are better for your blood type. For every 25 pounds of body weight you need a fistful of veggies to properly detox & nurture your cells.

7 - Avoid the Color Beige!

These foods are usually high in carbohydrates and calories, but low in nutrition. Learn upgrades for bread, rice, and pasta that taste great. Let's add color to your plate!!



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