



TOP 5

+ ridiculously simple +

TIPS

===== for =====

AMAZING

HEALTH

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(#5 will surprise you!)

# Hello!



If you've downloaded my top 5 ridiculously simple tips for amazing health, congratulations! You're officially a smart shopper (what's better than FREE tips for your journey to health?) AND you're also a smart subscriber: you're now part of my Email family, which means you'll get free, exclusive, custom-tailored content and alerts that aren't found anywhere else on my site.

It might surprise you that these tips aren't JUST about food! What's up with that? Isn't my website called Real FOOD Liz?

Yes it is – and that's because food, "diets" and what we put down our gullets is the FIRST place we tend to look when we want to change our bodies and our health. Food is the hook.

But, contrary to what Blues Traveler might have to say about it, the hook does NOT bring you back\* - this hook propels you FORWARD.

\*dumb 90's music reference

What I mean is, food is an amazing starting place. But the number one mistake people make when trying to get healthy is to focus obsessively on food alone. It's not just about food!

This DOESN'T mean you have to know everything about everything that could POSSIBLY affect you all at once. All it means is that changing your food – and realizing that most of what we THOUGHT we knew about nutrition is dead wrong – leads to questioning OTHER dogma. Are there other lifestyle factors that conventional wisdom has kept us from exploring?

Hell yes! And these just happen to be amazing, fun, life-altering ways to hit your health journey from all angles. A huge bonus? They're EASY.

Translation: going beyond food to get healthy does NOT add to the burden of what you have to "figure out." It adds fuel to the foodie fire. It moves you forward faster, and allows you to have more fun while you're at it.

So enjoy my top 5 tips – and if we aren't well-acquainted yet, please hop over to my **About Liz page** to learn who I am, what I'm about, and what I can do for YOU. And please, leave a comment to introduce yourself!

Do NOT attempt any of these tips without full clearance from your health practitioner!

Certain individuals may not tolerate some of the tips given in this document. For example, those intolerant to iodine might not benefit from added seafood. Individuals with a prior history of skin cancer might need to avoid the sun. Individuals with compromised detoxification pathways might need to avoid Epsom salts baths due to their ability to stimulate detoxification. USE YOUR JUDGMENT!

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# 1 GET SOME SUN!



## WHAT TO DO:

Go outside with arms and legs exposed to the sun for a few minutes at a time (during the summer/vitamin D months) – build up to your tolerance level. Don't burn!

Keep your face, which is most vulnerable to quick burns, shaded with a wide-brimmed hat. Fair skinned folks will naturally need much less time in the sun!

## WHY TO DO IT:

Why do I place this at #1 in my top 5 tips? Because the sun doesn't just make flowers grow and solar panels go. It makes HUMANS healthier! Exposure to natural light while outdoors boosts mood, helps us get better sleep during the night, AND best of all, the sun hitting our skin tells our bodies to generate vitamin D plus additional substances that are critical to human health and metabolism – and you can't get all that goodness from a vitamin D supplement!

Furthermore, the jury is still out on whether vitamin D SUPPLEMENTATION helps or harms long-term – many people are waaay over-supplementing without even knowing it. The sun, however, has a way to signal us when we've had enough of its vitamin D-generating rays: SUNBURNS! Burning is our body's natural signal that we've OVERDOSED on the sun (and its vitamin D).

If you pay attention and build up your sun exposure gradually (5 minutes at a time, or less if you're fair-skinned) you'll get the right amount of vitamin D, PLUS you'll know when to get some shade long before you burn. That's the key.

And this way, you'll get your vitamin D stores built up during the warm season so you can let 'em ride through the "vitamin D winter" months. You can boost vitamin D over the winter by eating some vitamin D rich food (see tip # 3).

What about sunscreen? This is a super controversial issue, and I've made a video specifically for this topic. Click [here](#) to check it out.

And because I adore you, I've created a subscribers-only link where my email family (that's you!) can read the vitamin D section of my best-selling book *Eat the Yolks* for FREE. I talk the sun, burning, sunscreen, myths and truths, and more.

Click [here](#). (If you enjoy that section, you'll **love the rest of the book!**)

*Don't do this if: it's contrary to the advice of your healthcare practitioner, especially if you have a prior history of skin cancer.*

# 2

# TRADE OUT YOUR FLIP FLOPS!

(for advanced folks: ditch the heels!)



## WHAT TO DO:

If you've been walking around in flip flops, simply switch to sandals with a backstrap. If you've been walking around in "positive heel shoes" – guys, this goes for you too – consider making a SMART plan for weaning off of them!

## WHY TO DO IT:

Many folks who want to get healthy will jump in to a workout plan as soon as possible. This is great, but what about taking some time to look at how the FEET – the parts of the body that first come to mind when it comes to MOVING – are actually supposed to work?

Since everything in the body is connected, when one part is out of whack, the rest of it will be too – and this can manifest as back pain, foot pain, knee pain, pelvic floor dysfunction, and even an inability to exercise, move, or "work" your butt, legs, and core properly.

Most of us have walked around in flip flops or heels most of our adult lives without realizing the affect they can have on our whole body's ability to move!

Flip flops require our feet to "clench" when we walk to keep 'em on, which completely cancels the natural movement pattern of the foot. Simple solution: opt for sandals with a backstrap.

For advanced folks ready to really jump in to this concept, consider this: "Heels" aren't limited to sky-high women's footwear. Standard men's dress shoes and even running shoes generally LIFT the heel higher than the front of the foot (that's what "positive heel" means). As a result, the very structure of your body can change. Using Barbie's lifetime of sky-high heels as a lesson, biomechanist Katy Bowman states that "your calf muscles shorten and your Achilles tendon thickens." Those are some HUGE structural changes!

We often think of "heel support" as a good thing, but is it actually causing changes to our body that make us LESS healthy? Yes!

But remember, YOU DIDN'T GET HERE OVERNIGHT! When it comes to going heel-less, you've got to make a PLAN to reduce your body's dependence on positive-heeled shoes. Check out Bowman's post "[Dear Barbie](#)" for where to start and her post "[Gait 101](#)" for more on how to move.

*Don't do this if: it's contrary to the advice of your healthcare practitioner or fitness coach, or if you're unable or unwilling to transition safely and gradually.*

# 3



## BOOST YOUR NUTRIENT INTAKE!

### WHAT TO DO:

Eat salmon, oysters or sardines twice a week!

### WHY TO DO IT:

If you're anything like me, you've been intimidated by seafood. (For a gal from Kansas, it was all beef, all the time.) Yet while grassfed beef is a great choice, certain types of seafood provide seriously critical nutrients that can benefit your skin, your reproductive health, and your metabolism too!

Salmon is an amazing source of the powerful antioxidant astaxanthin (fantastic for the skin), dense protein, vitamin D, omega 3 fats, taurine (a little-known yet powerful nutrient), iodine, and choline. My favorite way to prepare salmon: just bake for 14 minutes at 350 in the toaster oven.

Oysters provide plenty of zinc (critical for reproductive health), iodine, omega 3 fats, iron, other minerals, and even vitamin C. You don't have to suck 'em down raw – they're fabulous broiled, too, or in oyster stew.

Sardines provide dense protein, iodine, taurine, vitamin D, selenium, calcium, and omega 3 fats. An added benefit: sardines are super affordable. Check out [this video](#) for more on how to eat them and where to find them!

If you can't find great seafood locally, you can order from **Vital Choice**.

*Don't do this if: it's contrary to the advice of your healthcare practitioner, if you have a thyroid disorder that makes you intolerant to iodine, or if you are allergic to shellfish.*

# 4

## RELAX... AND GET YOUR MAGNESIUM



### WHAT TO DO:

This one's simple. A few times a week, take a relaxing Epsom Salts bath. Dissolve 1 cup of Epsom salt in the bathwater and soak; if you can't take a full bath, soak your feet in warm water with ¼ cup Epsom salt.

### WHY TO DO IT:

Magnesium is one of the most deficient minerals in the modern diet. This is a HUGE problem, since every cell in the body requires magnesium to function! Magnesium is also critical for healthy circulation, healthy metabolism, good sleep, and hormonal balance. Getting more magnesium is often billed as helping with "detoxification" because magnesium is so critical to the body's detox pathways.

Magnesium can be absorbed across the skin, and one of the best ways to get more of it is with simple, affordable Epsom salts! Epsom salts are affordable AND provide magnesium in easily-absorbable form. Relaxing in a warm bath provides much-needed stress relief as a bonus.

*Don't do this if: it's contrary to the advice of your healthcare practitioner, if your detoxification pathways are compromised.*

# 5

# SPLURGE!



## WHAT TO DO:

Let yourself off the healthy-living hook now and then! Splurge on high-quality (QUALITY is key) treats that your body can tolerate, like well-made desserts, ice cream without artificial flavors or preservatives, or even quality restaurant food or (gasp!) alcohol.

## WHY TO DO IT:

A glass of wine, a craft beer, or some nachos (yummm, nachos) shouldn't make you feel ashamed or like you've "fallen off the wagon."

You CAN enjoy life and all the amazing, yummy creations out there WITHOUT going to Healthy Living Hell. I promise. Being super-strict 100% of the time does NOT work for everyone. Many folks benefit from inserting some enjoyment into their health habits.

Giving yourself PERMISSION to enjoy these foods often takes the STIGMA and the DRAMA out of enjoying them. When you have the damn chocolate without weighing the choice down with baggage and hand-wringing about "cheating" on your diet, often you'll find that you either don't truly want it, or that you're actually able to enjoy it and MOVE ON.

That said, continue to avoid all the low-grade garbage that doesn't deserve a dance on your taste buds: cheap supermarket crap made of trans fats and unnecessary chemicals, highly processed dairy products, and the like. CHECK THE LABELS! If you can't pronounce it, it's not good enough for your body.

***Don't do this if: it's contrary to the advice of your healthcare practitioner, or if it causes you to feel completely out of control.***