

Personal Health Habits

How Often Do You Take?	Never	Rarely	Occasionally	At Least Weekly	Daily	Several Times Daily
Ice water						
Sodas						
Coffee						
Black, White or Green Tea						
Beverages containing alcohol						
Chocolate						
Cold milk (alone or on or cereal)						
Cook with honey or add it to hot beverages						
Ice cream, frozen yogurt or other frozen treat						
Store-bought yogurt						
Bananas or strawberries with ice cream, milk or yogurt						
Cheese, yogurt or sour cream in the evening						
Left-over food						
Untoasted, yeasted bread or bagels						
Vinegar or vinegar-based condiments like ketchup or salad dressing						
Raw vegetables or salads						
Combine milk with eggs to make an omelet, scrambled eggs, French toast, cakes/brownies/cookies/muffins, etc.						
Frozen or canned food						
Microwaved food						
Dinner or snacks after 8 PM						
Pesticide-laden food such as conventionally-grown apples, strawberries, green beans and kale						
Tomatoes, white potatoes, bell peppers or mature eggplant (nightshade family vegetables)						
Red meats such as beef, pork, hamburger, sausage, salami, etc.						
While otherwise engaged in activity such as driving, working, watching TV or reading						
While standing up						
When you aren't really hungry						
When you are emotionally upset						
Within a few hours of a main meal						
Overeat						

Pause for at least 5 minutes after a meal to let your food settle before returning to activity						
Take a nap during the day						
Forcibly suppress a natural urge (e.g., to urinate, defecate, pass wind, yawn, belch, etc.)						
Spend time in the company of people who argue, complain, criticize, threaten or otherwise stress or depress you						
Wear clothing made from synthetic fibers						
Eat lunch after 2 PM						
Skip lunch altogether						
Stay up past 10 PM						
Sleep in past sunrise						
Get physical exercise						
Exercise vigorously in the evening or within 1 hour of a meal						