

VITA Concept: 3 HEALTH PILLARS

By Olga Vita NC
www.olgavita.com

EAT FOOD! (Local, Seasonal, Organic, Rainbow, Prepared with Love)

3 Health Challenges

1. **TOXICITY** (*TOO MUCH* of anything: food, thoughts, emotions, beliefs...)
2. **DEFICIENCY** (*LACK* of nutrients, oxygen, water, knowledge, love...)
3. **STAGNATION** (*STUCK* gut, blood, energy, emotions, obsolete habits...)

3 Health Pillars

1. **DETOX** (*LET GO*)

Minimize Re-tox (Junk, Household/Beauty Toxins, Tech Pollution, and Toxic Emotions) Healing crisis means you go too fast - slow down and support (enemas, sauna, water, rest, move, herbs, absorbents (clay, charcoal, zeolite and fiber)

2. **NOURISHMENT** (*BRING IN*)

Body - When hungry drink first. Eat clean traditional diet mindfully, slowly. Chew even liquids. Rainbow SuperFoods (berries, sprouts, juices, raw cacao, bee pollen, seaweed)

Mind – Stay curious. Questions attract answers, resources and teachers.

Spirit – Love, Acceptance, Gratitude. “I am” is a Human Being, not Human Doing.

3. **FLOW** (*MOVE* the body to support circulation of nutrients, blood, thoughts, emotions) Restore the flow with Chiropractic care, Acupressure, Qi Gong and Grounding.

Let emotions flow. Breathe with the belly.

3 Magic Tricks to Turn Food into Super Food

1. Juice (fresh, mostly greens and veg, warm, “chew”)
2. Ferment (raw, wild, start slow, eat and drink daily)
3. Sprout (at least soak to detox and awake seeds (grains and beans are seeds too)

3 Health Tips

1. Surround yourself with inspiring people. Your circle is a predictor of longevity.
2. Unplug regularly. Use Airplane mode as much as possible. No screens in the bedroom.
3. Be aware of the “Story” you tell yourself. It is what you invite into your life.

Love is the best medicine! If it does not work... increase the dose! Love yourself enough to lead a healthy lifestyle!