



## Healthier Habits for a Healthier You! At-Home Tips from Rae Clay

### Healthy Foods to Eat:

- Lots of fruits, vegetables, whole grains, and legumes, plus some nuts and seeds.
- Cut out the highly processed foods, especially refined flours, sugars, and oils.
- When you eat animal foods, keep them to less than 10% of your calories.



### How Food Effects the Brain:

- Simplify your life to reduce stress.
- Talk nicely to yourself with positive affirmations
- It's cool to cry.
- Yoga Nidra (a form of meditation known as “yogic sleep” or “effortless relaxation”)
- Get physical.
- Nourish your nerves with a healthy whole-food diet.
- Get a good night's sleep.
- Detox from all necessary drugs and harmful substances
- Do a media fast.
- Practice meditation.
- Get outdoors.
- Debug yourself and your loving space.

### High Calories vs. High Nutrients:

Nutrient dense foods - Vegetables, fruits, seafood, whole grains, eggs, beans, and peas, unsalted nuts and seeds, fat-free and low-fat dairy products, and lean meats and poultry.

### Mindful Eating:

- Look at your diet.
- Sit down to eat.
- Offer thanks.
- Get on a diet of self-acceptance and love.
- Find out if you have food intolerances.
- Reduce stress as much as possible in your life.
- Don't drink as you eat



## Healthier Habits for a Healthier You! Contact Information

### Rae Clay

Presenter and Certified Holistic Health Coach

Email: [healthnamasterae@gmail.com](mailto:healthnamasterae@gmail.com)

Facebook: Health & Namaste With Rae

Instagram: @rae.holisticgyogi



### CAYA Alliance

President: Tre Geoghegan

Website: <https://cayaalliance.org/>

Email: [info@CAYAalliance.org](mailto:info@CAYAalliance.org)

Facebook: @CAYAalliance

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