

The Ripple Effect Diet

... feel how good health looks on you!

Amy's Top 10 Requirements for Basic Health

Before you pop that aspirin for a headache, drink a second cup of coffee for energy or buy that \$200 dollar bottle of anti-wrinkle cream, take a look at this list of some of the key basic necessities required for the health of your body and your mind:

1. Drink pure water
2. Move and exercise
3. Eat a natural, whole-food, organic and varied diet that's right for your metabolic type
4. Ensure adequate rest and sound sleep
5. Know your life's purpose
6. Take deep breaths of fresh, clean air as much as possible
7. Get sufficient sunlight every day
8. Spend time in nature
9. Do something fun, and do it often
10. Have someone or something in your life that you can love fully and loves you back!

How did you do?

Can you check off all 10 on the list? Don't worry, I can't always either!

If you only can check about 2 or 3 items on the list, take heart, at least you now know where to start!

If you can check off all ten items, congratulations! You have managed to organize your life so that you enjoy a high level of **health, happiness and vitality**. In addition, you have DRAMATICALLY reduced the chances that you will need to pop some sort of prescription drug or pill any time soon!

Putting First Things First

As human beings, we are creatures of the earth and **have basic needs that must be met** in order to survive and thrive. That's just the way it is. There's no shortcut around it. Just like a plant has basic needs that must be met like water,

sunlight and carbon dioxide, we too must meet our fundamental needs in order to function properly and feel and look our best.

Although many cool, high-tech gadgets and “break-through” designer drugs currently proliferate our modern culture, it cannot be denied that we are living, breathing, thinking beings and therefore have basic physical and emotional needs that **cannot be substituted for by modern technology or simply ignored.**

Therefore if you find yourself:

1. Tired all the time
2. Unmotivated
3. Have bad skin
4. Overweight
5. Seem to easily get upset
6. Have digestive problems or
7. Taking some sort of prescription drug or pill
- 8 Often have to force yourself to “feel happy”
9. Seem to be aging quickly
10. Have trouble sleeping well

Stop for a moment and take another look at my **10 Basic Requirements for Holistic Health** and think honestly how many of these basic human needs are not being fulfilled in your life.

Where Do I Begin?

If you commit to just add one of the items on the list, I guarantee within 5 to 10 days that you too will start feel better.

You might even start to **feel so good** you get motivated to then add *another* basic need from the list! That, my friend, is **The Ripple Effect!** And now **you are a living example** of why I chose it as the name of my business!

Amy Fournier Constantino is a holistic health and nutrition consultant and lifestyle coach. She is available for speaking engagements, workshops, media opportunities, group exercise classes and private consultation. To learn more about Amy or to contact her, please visit: www.therippleeffectdiet.com, email: therippleeffect@aol.com or call: 978-500-8943.

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