

Daily Awareness Journal

Did you exercise and stretch? Did you loosen up the tightness in your body, especially in the neck and shoulders area? Are you aware that any tightness or knots in neck and shoulder affect your sleep?

On the scale of 1 to 10, how was your stress level today? Did you overeat or stress-eat?

Did you spend too much are glue to the screen? time on the computer or other electronic devices? Are you aware of your postures when you Are you aware that staring at the electronic screen for a long duration cause eye strain which in turn affect your liver?

Did you eat late (If you go to bed around 10:00 pm, your last meal should be at least before 7:00 pm)?

How much coffee did you drink today? Did you add milk, cream, sugar whipped cream, chocolate or any flavored syrup? How about Chai tea or any other drinks with stimulating spices?

Did you drink any alcohol? Did you drink soda pop, energy drink or any sweetened drink? How much?

Did you eat too much bread, pastries, candies or anything that is too sweet?

How about salty snacks like chips? Are they 100% natural with no artificial flavors? Are they spicy?

Did you eat nuts of any kind including health bars? How much?

Did you eat protein bars or protein shakes of any kind?

How much dietary supplements did you take? Think about the possibility that you might be overloading your body with the supplements causing inflammation?

Did you drink cold drinks including fruit smoothies or vegetable juice? Are you aware they are too cooling (damaging) to the weak body?

Did you eat warm (steamed, stir-fried, cooked in soup) vegetables than just cold salad?

What kind of meat did you eat? Did you stay away from beef, duck, lamb, or any game meat?

Did you stay away from shell fish – clams, shrimps, lobsters, crabs and so on?

Did you eat out today? Or did you eat processed food? Were there any MSG or similar, artificial flavor, preservative, food coloring, mold inhibitor, monoglyceride, diglyceride, or anything unnatural or artificial in the food? Are you aware there is usually more than ideal amount of salt, sugar and seasonings and spices in the food you eat in the restaurant or processed food?

Did you cook at home using only natural fresh ingredients with as little seasoning as possible?

Did you drink enough water?

Did you have a bowel movement today?