

## MODULE 1 – ADDITIONAL HANDOUT

### The "Cheat Sheet"

OK, let's be honest. Nobody is perfect and we all have an occasional episode when we "violate" the Anti-Aging-Anti-Inflammatory Diet rules... you know, those times when we just cannot "do without" XYZ ?

What about when you DO get a cold and want to make it go away sooner????

In this Handout we will show you how you can compensate for the occasional "slip," and how you can give your immune system a temporary boost.

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### "The Fix Tricks"

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#### **SINCE WE'RE ALL HUMAN, WE WILL NEED TO USE SOME "FIX TRICKS"!**

- If you "accidentally" eat an inflammatory meal, take 4 curcumin and 2 fish oils caps following the meal and EAT CLEAN for the next 48 hours!
- If you "over-drink", take 2 fish oils caps.
- If you are someone who, no matter what, cannot "live without ice cream" for instance, please limit your portions and use the Splenda-sweetened version. This is by no mean an endorsement , this is just being "realistic." If you DO this, you MUST use the Module 6 detox sprays at full strength, OK? Splenda is toxic and must be eliminated. This applies to all artificially sweetened deserts.

- If you get a cold: Double up on DHEA, Vitamin D, Curcumin and the all-important AWS Superfood™ drinks (to load-up your system with anti-oxidant). You'll be better in no time! Oh, and hydrate like crazy!
- If you love MEAT and cannot give it up more than recommended: you need the detox sprays and the fish oils on a daily basis.
- If you love the occasional fast food meal: let me say: "YUK", but drink a lot of water and use the curcumin and fish oils as described above (4 curcumin + 2 Fish oil caps). Meanwhile, this stuff is truly toxic so try to get off of it! Remember, taste buds can be "taught" to like some foods and dislike others. It takes 6-8 weeks to un-train or re-train your taste buds. Take advantage of this physiological capability of our body. You CAN do it...
- If you love, say, PIZZA ... see the curcumin and fish oil recommendations at the beginning of this Handout. MEANWHILE please DO explore gluten free crusts with veggie and dairy-free cheese (I know this sounds awful, but it's actually tasty if done RIGHT).

Lastly, let me say that I have a HUGE list of what you can eat/substitute for XYZ, so just ask!

Life, food, and how we all feel SHOULD be fun.

I will do my best to make sure that eating is still FUN for you, no matter what the changes are, and remember:

***You truly "are what you eat."***

***To your health!***

***Dr. Kim Crawford and the entire AgeWellSolutions Team.***