



**UNDERGROUND  
WELLNESS.COM**

## **MT PROGRAM ENHANCERS CHECKLIST**

Instructions: Lifestyle modifications not only involve removing stressors, but also adding enhancers. Please place a checkmark next to an item that you **already using**. We'll check off the rest as they are added to your life!

**DIGESTION - If you have any digestive disturbances such as belching, indigestion, gas, bloating, or in any way to feel like you are not digesting your food well, make liberal use of the digestive aids at meals:**

- HCL (hydrochloric acid)
- Digestive Enzymes

### **CIRCULATION**

- use cayenne, garlic, and ginger with your food
- do some aerobic exercise daily
- use a rebound trampoline
- cycle very hot and very cold water at the end of shower
- 5 minutes of deep breathing exercise

### **CLOTHING**

- cotton clothing
- cotton bed linens

### **ELIMINATION**

- have at least 2-3 bowel movements daily

### **FOOD**

- eat organic food as much as possible
- always select from whole, unnatural sources
- obtain seasonal, fresh, unprocessed
- use frozen foods if fresh not available

### **FRESH AIR**

- try to get outside each day and breathe fresh air
- make work and home environment well-ventilated
- sleep in a room where you can have some fresh air coming in over night ( i.e. a cracked window)

## **HAIR/SKIN - only natural ingredients**

- after shaves
- antiperspirants
- body lotions
- colognes
- deodorants
- hair coloring
- lip balm
- lipstick
- makeup
- perfumes
- permanents
- shampoo
- soap

## **HOUSEHOLD CLEANING AGENTS**

- use only natural, biodegradable cleaning products

## **HYGIENE**

- always wash your hands before handling your food
- make sure to rinse for at least 20 seconds

## **IMMUNITY**

- keep fingers out of nose, mouth, and ears

## **INDOOR AIR**

- air filter units
- ionizers
- ozonaters
- strategic use of houseplants

## **LIGHTING**

- use only full-spectrum light bulbs at home/work

## **PAIN**

- acupuncture
- chiropractor
- deep tissue massage therapist

## **PLASTIC STORAGE CONTAINER**

- use only plastic containers with the following designations: #5PP, #2HDPE, or 4LDPE

## **REST/SLEEP**

- 8 hours of sleep per night
- sleep in a pitch dark room
- allow fresh air in overnight
- retire before 10:30 PM
- sleep at regular times each night

## **ROUTINE - Establish regular times each day for...**

- exercise
- meals
- snacks
- sleeping

## **STRESS REDUCTION**

- balancing work with recreation
- meditation
- practicing forgiveness
- prayer
- psychological counseling
- stress management techniques
- sufficient and regular rest
- tai chi
- yoga

## **SUNLIGHT**

- try to spend at least 1 hour a day outside in natural sunlight (best between 11 a.m. and 1p.m.)

## **TEETH/DENTAL WORK**

- use only porcelain or a non-metal, non-degradable synthetic for dental work

## **TOOTHPASTE**

- use a natural toothpaste available from health food stores that does not contain fluoride

## **WATER**

- use only well water, spring water, or water purified with reverse osmosis

## **MENTAL/EMOTIONAL**

- Emotional Freedom Technique (EFT)
- Counseling