

## **SMART Lifestyle Protocol Habit Scrip**



### **I am disease free!**

I am disease free and healthy and committed to this protocol. While eating, exercising, relaxing, and reading this script, I switch my cell phone to airplane mode and put it out of sight.

I practice the words in this script with a positive attitude, until I have perfected it. I replace any doubts I have, with faith and any fear, with confidence.

I do not allow anybody to influence my decision to follow this protocol, to make healthy disease free living my habit and my lifestyle. I beat my disease with determination and deeds. For the time being, I distance myself from anyone who wants to discourage me from following this protocol.

### **I am disease free! I am healthy! I am positive! I am confident! I am determined!**

I destroy my disease and become healthy by reading this script every day for ninety days. Every morning when I wake up, I read this script in silence. I read this script again in silence after I had my lunch. I then read this script again before I go to sleep tonight, but this time I read it aloud so that I can hear what I am reading.

As I read these words daily, it becomes part of my conscious mind, but more importantly, these words are being embedded into my subconscious mind, from where I act without thinking.

Because my life depends on this healthy lifestyle habit, I will not skip one reading of this script, for never can I retrieve the time missed for that reading nor can I substitute it with another reading. In fact, the few minutes it takes to read this script each day, to imprint this new habit into my subconscious mind, is but a small price to pay for my health and my happiness.

### **I am disease free! I am healthy! I am positive! I am confident! I am determined! I am focused!**

I destroy any disease in my body and enjoy healthy living by zealously inspecting everything that affects my soul. I will be thankful for what I have and never will I pity myself. Every morning, when I wake up and become aware that I have been given another day to try my best to make this day a better day than the previous day, I say THANK YOU! As I say THANK YOU, for the blessings I received during the day that has passed, when I go to sleep tonight.

Each morning when I wake up, I test my pH level in my mouth before I do anything else and keep a record of it.

### **I am disease free! I am healthy! I am positive! I am confident! I am determined! I am focused! I am thankful!**

I destroy any disease in my body and enjoy healthy living by zealously inspecting everything that goes into my body. My food is my medicine. Never again will I overindulge my body with anything. I know that processed foods and all animal products cause an acidic environment in my body, which then becomes the perfect condition for any disease to flourish. I continuously make and keep my bodily fluids alkaline, killing all diseases in my body and keeping myself healthy. Never again will I consume any animal product, nor will I support any animal products for human consumption again. Never again will I consume any processed foods such as white sugar, white flour, meats, dairy, or foods that contain any such products. I avoid foods with added chemicals such as stabilisers, flavourings and preservatives.

I only consume plant-based whole-foods that are beneficial to my health and keep my body's pH level alkaline. I constantly learn how to make whole-food plant-based meals and my own delicious whole-food plant-based condiments with healthy ingredients and without preservatives. I enjoy the taste of raw fruit and vegetables to such an extent that I crave it. I also know that fruit and vegetables are not compatible and cannot be eaten together due to my body's digestion processes. I am watchful of which foods I consume together to prevent fermentation and possible acid build-up. I always have my dinner at least 3 hours before I go to sleep.

I destroy any disease in my body and enjoy healthy living by zealously inspecting everything that goes into my body. I am very aware of the fact that even whole-foods, which are the best of all types of foods, do not contain all the nutrients that my body needs on a daily basis to keep itself healthy and operating at its optimal level. I am taking the best natural whole-food supplements that are available right now to supply my body with all the nutrients that my food does not provide. These supplements are essential to my overall well-being.

**I am disease free! I am healthy! I am positive! I am confident! I am determined! I am focused!  
I am thankful! I am persistent!**

I destroy any disease in my body and enjoy healthy living by diligently treating my body and brain with the respect and rest it deserves to support my health and happiness. Every day I tune and relax my body with Tapping exercises and relaxing sounds and techniques. I sleep at least 8 hours every night. I adjust my time schedules in order not to go to sleep later than 9pm in the winter and 10pm in the summer. This allows my body sufficient time to produce and release enough sleeping and recovery hormones to feel fresh, rested and recharged the next day.

**I am disease free! I am healthy! I am positive! I am confident! I am determined! I am focused!  
I am thankful! I am persistent! I am charged!**

I destroy any disease in my body and enjoy healthy living by zealously inspecting everything that goes into my body. I know that my body craves pure, good quality water to keep it hydrated and healthy. Daily I flush out the toxins in my body with pure ionised water and refrain myself from consuming any coffees, sodas, Ceylon teas, bottled fruit juices, carbonated, flavoured or sweetened drinks. I consume at least 8 cups of pure ionised water each day between meals. In order not to dilute stomach acids, I do not drink water 15 minutes before a meal or 45 minutes after a meal.

**I am disease free! I am healthy! I am positive! I am confident! I am determined! I am focused!  
I am thankful! I am persistent! I am charged! I am fresh! I am sober! I am hydrated!**

I destroy any disease in my body and enjoy healthy living by zealously inspecting everything that goes into my body. Every morning, if weather permits, I spend at least 30 minutes outside in direct sunlight, taking a brisk walk, barefoot, if possible, preferably on grass or sand, in order to absorb natural Vitamin D from the sun and to allow my body to ground to the earth, while breathing in fresh air. I follow a daily exercise routine to keep my lymphatic system moving. Every hour throughout the day, I take at least 5 deep breaths, filling my lungs to maximum capacity. I hold my breath for 5 seconds and then exhale completely.

**I am disease free! I am healthy! I am positive! I am confident! I am determined! I am focused!  
I am thankful! I am persistent! I am charged! I am fresh! I am sober! I am hydrated! I am  
invigorated!**

I destroy any disease in my body and enjoy healthy living by zealously inspecting everything that goes into my body. I refrain myself from listening to loud rhythmic music on a regular basis and tune my hearing to soothing therapeutic sounds. I listen to these soothing sounds while relaxing for at least 30 minutes each day, on a comfortable chair or lying down. While relaxing I treat myself to the soothing and healing aromas of essential oils released from a water diffuser.

**I am disease free! I am healthy! I am positive! I am confident! I am determined! I am focused! I am thankful! I am persistent! I am charged! I am fresh! I am sober! I am hydrated! I am invigorated! I am relaxed!**

I destroy any disease in my body and enjoy healthy living by zealously inspecting everything that affects my mind. I forgive everybody and everything that caused me grief in the past, including myself. I forgive \_\_\_\_\_ for what he/she/I/they did to me. It does not mean that I accept that what he/she/I/they did was right, it means that I do not allow what he/she/I/they did to control my life anymore. \_\_\_\_\_ I forgive you!

**I am disease free! I am healthy! I am positive! I am confident! I am determined! I am focused! I am thankful! I am persistent! I am charged! I am fresh! I am sober! I am hydrated! I am invigorated! I am relaxed! I am forgiving!**

I destroy any disease in my body and enjoy healthy living by zealously inspecting everything that affects my spirit. I do unto others as I want them to do unto me. Every day I inspire at least one person to smile. Once a week, I find somebody new in my area with the same disease that I had, and I make time to pay them a visit to encourage them to fight their disease and become healthy, as I did. I share my experience with them and give them hope. Although I will visit somebody new next week, I do not neglect those who I already visited. I make more time and keep on supporting them until they make a full recovery. Doing good for others is an excellent remedy for any disease.

**I am disease free! I am healthy! I am positive! I am confident! I am determined! I am focused! I am thankful! I am persistent! I am charged! I am fresh! I am sober! I am hydrated! I am invigorated! I am relaxed! I am forgiving! I am generous!**

I beat my disease, and never will I allow it to come back, because it is my habit to live a healthy disease-free lifestyle. This is who I am, and I will not allow anybody or anything to take it away from me.

**I am disease free! I am healthy! I am positive! I am confident! I am determined! I am focused! I am thankful! I am persistent! I am charged! I am fresh! I am sober! I am hydrated! I am invigorated! I am relaxed! I am forgiving! I am generous! I am happy and I smile all day long!**

**I AM HEALTHY!**

Remember to switch your cell phone on again.