

Budget Friendly Holistic Health

with Karen Geiser

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Healthy for Free:

- Get morning sunshine to set circadian rhythm
- Sun exposure for Vit D
- Go barefoot for grounding
- Home workouts instead of gym membership
- Pray, sing, breathe for vagus nerve regulation
- Sit down to eat, give thanks, chew thoroughly for optimum digestion
- Consider fasting
- Take a 10 minute post meal walk for blood sugar regulation
- Generously give hugs

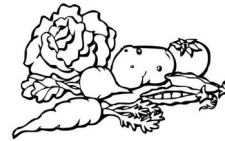


Kitchen Skills and Equipment:

- Purchase quality kitchen basics – knives, sturdy cookware, blender, glassware, specialty items
- Practice good knife skills
- Learn food preservation basics
- Aim for zero waste
- Meal planning
- Buy fun ingredients and enjoy special meals at home rather than eat out

Savvy Food Sourcing:

- Buy in bulk – quarter/half of meat, 50# bags of grains, cases
- Buy in season
- Watch for seconds
- Grow what works best for your property, time & skill set
- Create a reliable food storage plan



Leverage Community:

- Find a barter buddy and figure out what “currency” you can offer
- Organize group projects
- Share equipment
- Utilize the library

Save up for Big Ticket Items:

- Sauna, air/water filters, greenhouse, red light, freeze dryer, courses, grain mill, walk in cooler, etc.
- Do the math on savings potential

Take Small Steps toward Big Goals:

3 actions I want to take after this session:

1. _____
2. _____
3. _____

3 money saving items for my wish list:

1. _____
2. _____
3. _____