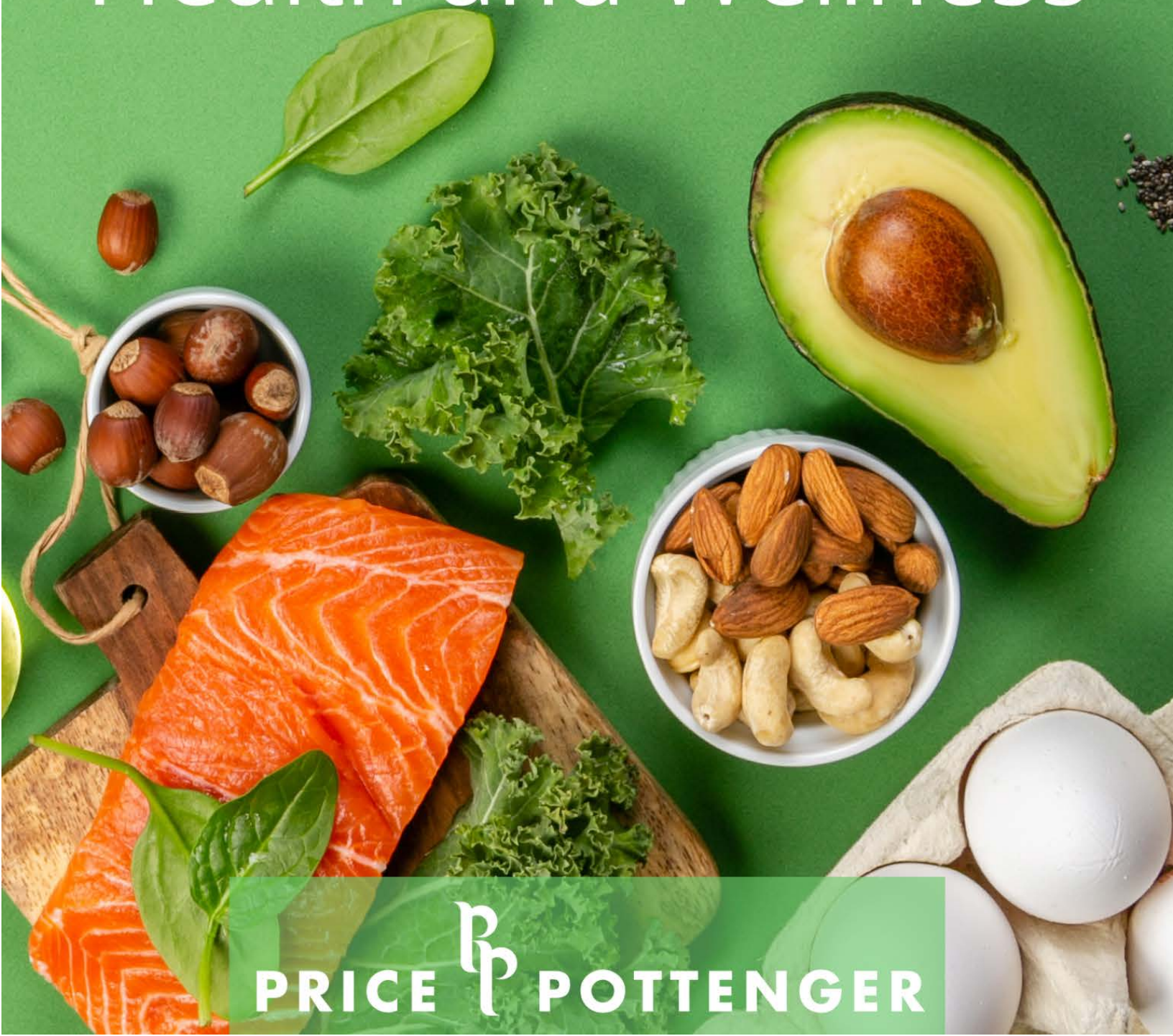


Summer Living:

7 Steps to Vibrant Health and Wellness



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Welcome to your best summer ever!

To help you achieve a new level of health this summer, we've created this exclusive Summer Living ebook, full of expert resources from our popular Thrive in 65 collection and the Price-Pottenger Journal of Health and Healing.

Inside, you'll find valuable information to improve your health and increase your vitality this summer, like...

1. How Physical Activity Supports Digestion
2. How Much Water Do You Really Need?
3. What is an Ancestral Diet?
4. The Benefits of Seasonal Eating
5. How to Find Time to Cook When You're Busy
6. Making Fitness Fun with Primal Play
7. Which Diet is Right for You?

And we've included delicious ancestral-inspired diet recipes to get you started!

Are you new to the Price-Pottenger Nutrition Foundation? Welcome! Our mission is to bring foundational nutrition and effective lifestyle strategies to the forefront of healing, leverage science and ancestral wisdom, and forge strong community networks to restore health and maximize vitality. We are a leading resource for practical and current information on nutrition, food preparation, disease prevention, natural medicine, and environmental influences on health. You can read more about our vision, mission, and history [here](#).



How Physical Activity Supports Digestion

STEP 1

What can you do to feel good right now? Get moving!

Physical activity releases feel-good endorphins and dopamine, burns calories, helps to regulate the body, and promotes healthy digestion.

Our bodies are designed to keep moving throughout the day. Being active consistently can also improve moods, decrease anxiety, and maintain healthy joints.

The best physical activity is the one you'll do consistently. In this resource—straight from our Thrive in 65 collection—you'll find a list of activities that are fun and easy to begin. You'll also learn more about all the wonderful benefits of physical activity.

Enjoy Reading [How Physical Activity Supports Digestion](#)

Next, you might like to jump ahead and check out the “[Primal Play](#)” section on [page #7](#) to learn how to make fitness even more **FUN!**



How Much Water Do You Really Need?

STEP 2

Are you drinking enough water everyday to stay fully hydrated? How about consuming enough electrolytes?

The answer depends on you—how active you are, whether or not you're pregnant or breastfeeding, and how many other hydrating fluids you drink

throughout the day (herbal teas, green tea, and bone broth all count).

A good rule of thumb is to drink between 25 and 50 percent of your bodyweight in fluid ounces each day—and more if you're pregnant, breastfeeding, or very active. To support healthy hydration, you also need to have the right electrolyte balance.

Find out more about how much you need to drink, what to drink, and how to ensure you get the electrolytes you need for optimal hydration in this resource from our Thrive in 65 collection [How Much Water Do You Need?](#)



What is an Ancestral Diet?

STEP 3

By eating the right foods as part of an “ancestral diet,” you can enjoy robust health and more than enough energy for all your fun summer activities.

People use the term “ancestral diet,” and variations like “ancestral eating,” to mean many different things.

Ancestral eating is a principle that encompasses a variety of different types of diets, all of which can be called “ancestral diets.” They include whole and unprocessed foods, healthy animal protein and fat, fresh and local ingredients, sustainably grown and raised crops and animal products, and non-GMO and pesticide-free foods.

Ancestral eating gives you abundant options for delicious, nourishing, and wellness-inspired foods to eat! If your great-grandparents could eat it, odds are it falls under these traditional patterns.

Read [What Is An Ancestral Diet](#) in our Thrive in 65 collection to find out how to cultivate an ancestral eating protocol that includes foods available to you locally, that meets your health needs, and that's aligned with your heritage, lineage, or culture.



The Benefits of Seasonal Eating

STEP 4

What's better than biting into a ripe, juicy peach on a beautiful summer afternoon?

"Seasonal eating" has become trendy but in years past it was just called "eating." Before the invention of modern food preservation and the ability to transport food around the world, people always ate a seasonal diet.

And it wasn't only about food availability. There were important health benefits to eating foods that were in-season and harvested at their peak. Traditional preservation methods, like fermentation, also offered additional health benefits that many people are missing in their diets today.

Your summer's about to get a whole lot tastier...and healthier!

Read [The Benefits of Seasonal Eating](#), from our Thrive in 65 collection, to find out how you can take full advantage of this traditional way of eating.



How to Find Time to Cook When You're Busy

STEP 5

Did you skip straight to this section? You're busy—we understand. If you're going to make the most of this summer, you'll need time to prepare your meals!

Don't worry, we'll help you do that, even if you're busy with work, parenting, managing health conditions, or all of those and more.

This resource from our Thrive in 65 collection will show you simple tips for preparing healthy meals quickly this summer (like the upcoming recipes in this ebook).

Convenience foods might be faster but you'll get far greater nourishment from ancestral-inspired meals. Trust us, the little extra time involved is well worth it!

The more time and attention you're able to invest in home-cooked meals, the better your health will be. Read [How to Find Time to Cook When You're Busy](#).

Follow these tips and you'll still have plenty of time left for fun!



Making Fitness Fun with Primal Play

STEP 6

You love to be healthy. You love to have fun.

How much more would you exercise this summer...if it felt like play?

You know exercise is good for your physical and mental health, but maybe the way you've been exercising is boring or hard to fit into a hectic schedule in the first place.

There's great news...

Moving your body—which can bring so much joy and wellness—doesn't have to be all about repetitive movements or exercise routines that feel miserable.

In fact, we think movement should be fun!

In this [inspiring interview](#) from the Price-Pottenger Journal of Health and Healing, Darryl Edwards, creator of the Primal Play Method, tells how to incorporate fun movement into your life and enjoy its therapeutic effects. Dive in!



Which Diet is Right for You?

STEP 7

You've learned a lot about ancestral eating and lifestyle choices since step one in this ebook. And about specific steps you can take to turn this summer into the best one of your life (so far...).

Now, you might be wondering which specific diet will be most beneficial for you.

With so many options out there, and new diet fads coming along every year, how can you know?

No diet is a perfect fit for everyone all the time. You're genetically unique and that includes your

nutrition needs. Which diet is best for you this summer? That will be determined by your age, activity level, health conditions, access to food, and many other factors. And the dietary framework that fits for you this summer might not be best for you next summer.

In [this Thrive in 65 resource](#), you'll start to determine which diet will help you live your best summer ever. Remember, no one knows your body better than you do.

After you've explored your diet options, keep moving because we're excited to share two of our favorite ancestral recipes to share with you next...



Ancestral-Inspired Recipe

Paleo Wrap Quesadilla

It's hard to beat a quesadilla for a quick, delicious (and in this case super healthy) light meal or snack during your active summer. This [gluten-free quesadilla](#) is a scrumptious meal that you can prepare with grain-free wraps and raw dairy products (if you can tolerate them) in just a few minutes.



PALEO WRAP QUESADILLA

/ By Lisa Dewey

INGREDIENTS

2 Paleo Wraps™ from Julian Bakery
 1-2 tablespoons organic, cold-pressed virgin coconut oil (we like Tropical Traditions)
 5-6 ¼" thick slices organic, raw cheddar cheese from grassfed cows
 1-2 tablespoons organic sundried tomatoes
 1 chopped organic jalapeno
 1 tablespoon organic, fresh, chopped cilantro
 Organic, cultured sour cream,
 Organic, raw sour cream or organic yogurt (goat's milk or cow's milk yogurt, from pasture-raised animals)

DIRECTIONS

Over very low heat, in a glass, stainless steel, or other toxin-free frying pan, melt the coconut oil. Assemble the quesadilla by placing the slices of cheddar on one wrap. Sprinkle with the tomatoes and jalapenos and top with the second wrap. Place the assembled quesadilla in the frying pan and heat over the very low heat. The wrap will turn golden brown fairly quickly. Flip quesadilla once with the spatula. Only heat the quesadilla until the cheese has melted slightly, about three to five minutes. If cheese starts to melt out of the sides of the quesadilla and into the frying pan, you have overcooked it.

Ancestral-Inspired Recipe

Baked Salmon with Cream Sauce

This baked [salmon recipe](#) combines healthy omega-3 fats with mouthwatering flavor!

Omega-3 fats are anti-inflammatory and support healthy immunity, joints, and neurological health. It's the perfect light, yet filling, meal for any day of the week this summer



BAKED SALMON WITH CREAM SAUCE

/ By Annie Dru

INGREDIENTS

1 large wild-caught salmon fillet
 1 large shallot, finely minced
 several sprigs of fresh thyme, stems removed
 juice of one lemon
 4 tablespoons grassfed butter
 ½ cup grassfed cream
 unrefined salt

DIRECTIONS

Heat oven to 325°F. Top salmon fillet with half the lemon juice, salt, thyme leaves, and half the butter. Bake until firm and light pink but not overdone.

In a heavy skillet, melt remaining butter and add the other half of the lemon juice. Stirring constantly, add cream, and continue stirring until sauce has thickened a bit. Season to taste, pour over the salmon fillet, and serve.

Thanks for coming on this journey with us! We hope you'll take advantage of these helpful ideas to make this your most amazing summer ever—from turning exercise into play to fueling your body and mind with high-quality, local foods.

Did you try the delicious paleo wrap quesadilla and baked salmon with cream sauce recipes? Now that you know how to save time cooking, we encourage you to try those and other exciting ancestral recipes from our website.

Want to know more about how to optimize your health and nutrition through ancestral eating and lifestyle choices, consider becoming a Price-Pottenger member or professional member. Find out more about membership options [here](#).

*To Your Health,
Price-Pottenger Nutrition Foundation*

**THANK
YOU!**

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800-366-3748

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