

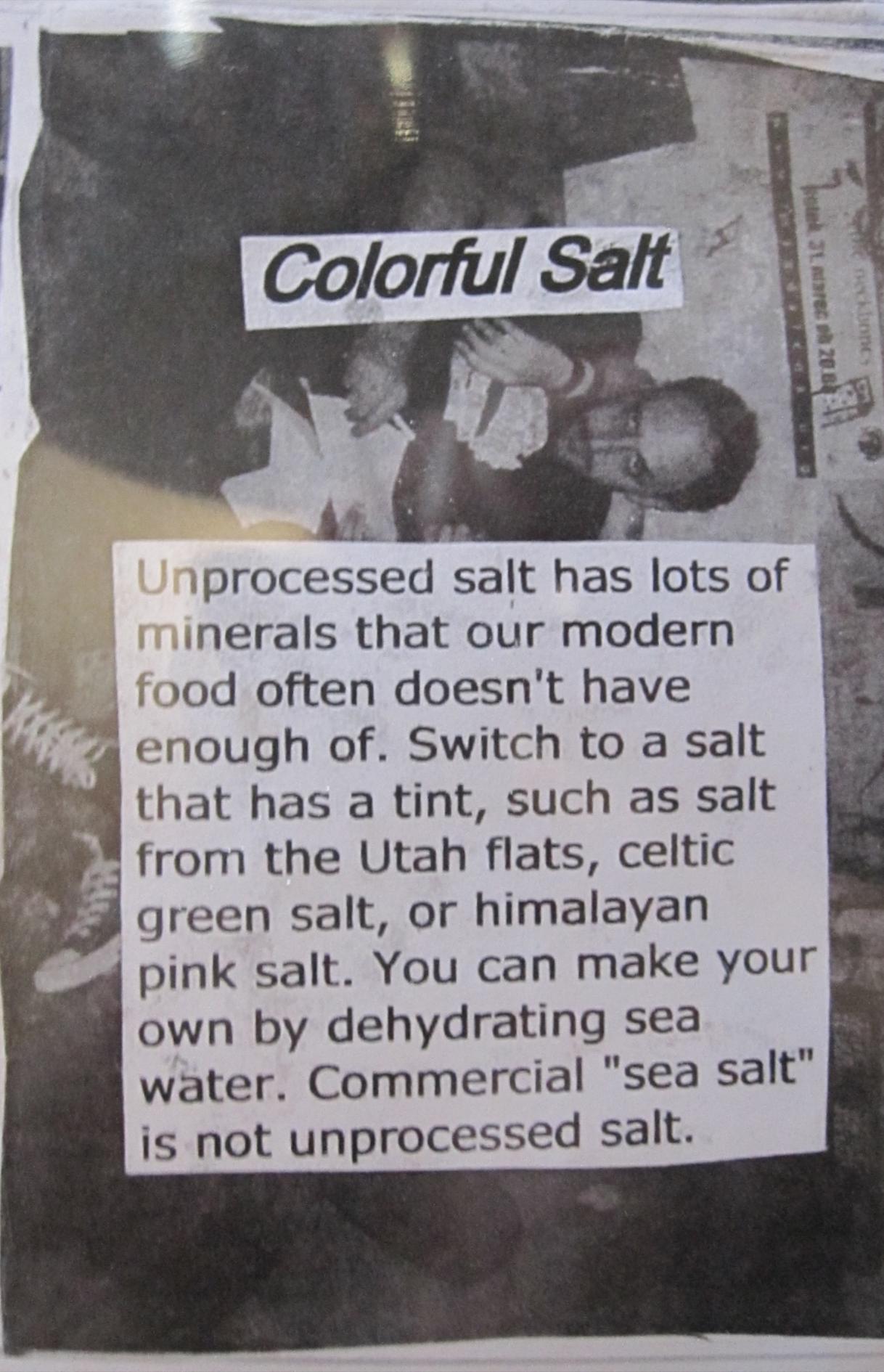
The ^{free} Healthy
Skumfuck

Cheap & Easy Health Practices

4PUNX

A Harm Reduction Guide

Punx aren't the most health conscious crew. I'd be stoked if every punx quit gluten & sugar, stopped smoking, drank little or no alcohol, ate lots of organic veggies, drank kombucha.... but a "healthy lifestyle" is a ton of work and it tends to cost a lot of money. Not everyone can or will change their whole life around for health. Here are a few health practices that you lazy scumfucks can do without spending money, quitting anything, or getting your pitiful act together.



Colorful Salt

Unprocessed salt has lots of minerals that our modern food often doesn't have enough of. Switch to a salt that has a tint, such as salt from the Utah flats, celtic green salt, or himalayan pink salt. You can make your own by dehydrating sea water. Commercial "sea salt" is not unprocessed salt.

Smoke Mullein

If you are a smoker, roll mullein leaf into your cigarettes. It goes well with Cannabis too. It will strengthen your lungs and help get the tar out of there. Mullein is super cheap at any shop that sells herbs, or you can gather it yourself from non-toxic land.

Onions

You need healthy gut flora to digest food properly (and for a host of other reasons).

Onions contain inulin, an indigestible fiber that good bacteria in your colon like to eat. Eat onions a lot! Raw or lightly cooked is best, but don't sweat it. Jerusalem artichokes, chicory root, leeks, garlic, and bananas are other high-inulin food. Inulin and insulin are unrelated, bee tee dubs.

Tryptophan

Your body needs serotonin and melatonin, two neurohormones, to sleep properly. Your body needs tryptophan, an amino acid, to make serotonin and melatonin. Eat high tryptophan foods: spinach, brown rice, soy, peanuts, poultry & fish, eggs, chocolate, and sunflower seeds. Melatonin supplements are also cheap and effective.

Spacebags

Drink shitty wine instead of shitty beer. The less gluten you take in the better. Even if you aren't allergic, gluten coats your digestive tract and keeps you from absorbing nutrients. While yer at it, take liver stimulants while you drink, you'll get fewer hangovers. Some liver stimulants: dandelion root, tobacco, chocolate, coffee.

Lemons

Diets high in bread, grains, beans, meat, eggs, sugar, and alcohol tend to over-acidify the body. Lemons are cheap and very alkali-forming (yes I know they taste acidic). Include the juice of a whole lemon in your food or drinks every day.

Questions? Feedback?

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