

# Key Steps to Optimum Health

*By Dee Simmons*

[www.deesimmons.com](http://www.deesimmons.com) or [www.ultimateliving.com](http://www.ultimateliving.com)

- Eat 5 – 9 servings of vegetables and fruits daily (organic, if possible)
- Add something “LIVE” to every meal (Green Miracle is Live!)
- Drink plenty of pure water
- Exercise
- Eliminate stress
- Receive proper rest
- Take quality nutritional supplements