

# THE KITCHEN SHIFT 8 PILLARS OF HEALTH

01 THE FOOD WE EAT

02 EXERCISE & BODY  
MOVEMENT

03 MINDFULNESS,  
MEDITATION &  
BREATHWORK

04 SUPPLEMENTATION

05 SLEEP, REST &  
RESTORATION

06 ENVIRONMENTAL  
HEALTH & DETOX

07 EMOTIONAL EATING

08 GUT HEALTH →  
THE BRAIN &  
OTHER ORGANS