



Ancient Judean Health & Vitality

WELCOME MESSAGE

From
Ari Abramowitz



“Shalom! I’m thrilled you’re here. The Judean Diet isn’t just about what you eat—it’s about transforming your body, mind, and spirit. This guide will help you get started and give you a taste of the full program. I can’t wait to see how the Judean Way changes your life!”

OVERVIEW OF THE JUDEAN DIET

The Judean Diet connects mind, body, and soul. It’s about:

- Whole, natural foods & mindful eating
- Fasting & movement aligned with Torah wisdom
- Growth mindset, resilience, and long-term health
- Daily rituals for consistency, accountability, and spiritual alignment

The full program guides you step-by-step, with videos, assignments, and community support.



What You'll Learn

Module Overview

Modules 1-2

Foundations

- ✓ Ari's journey & discovery
- ✓ Understanding your "why"
- ✓ Shabbat, mindful eating, fasting windows, and practical tools

Modules 3-5

Health & Torah

- ✓ Torah insights on health as a mitzvah
- ✓ Soul-body connection & journaling exercises
- ✓ Resilience & bouncing back from setbacks

Modules 6-7

Eating & Fasting

- ✓ Science of fasting, autophagy & spiritual alignment
- ✓ Recipes like Ari's Green Smoothie
- ✓ Personalized movement routines

Modules 8-13

Lifestyle & Mastery

- ✓ Daily rituals for consistency & accountability
- ✓ Rambam's teachings on sleep, health, & holistic well-being
- ✓ Mindset mastery, long-term strategies & living the Judean Way

Sneak Peek

The full program includes video lessons, handouts, checklists, and community support to make these modules actionable.



JUDEAN DIET DAILY TRACKER



Date	Meals	Water (oz)	Fasting Window	Movement	Mood / Reflection

Tips for Using Your Tracker

- ✓ **Meals:** Note what you ate and practice mindful eating.
- ✓ **Water:** Aim to stay hydrated throughout the day.
- ✓ **Fasting Window:** Track start and end times; notice how your energy changes.
- ✓ **Movement:** Include walks, stretching, or workouts.
- ✓ **Mood / Reflection:** Briefly note how you feel physically, emotionally, and spiritually.

Reminder: Small daily actions lead to lasting transformation. Combine this tracker with the full Judean Diet Program for step-by-step guidance.