

31 Days of Heather's Favorite Healthy Hacks

This list is designed so that you may incorporate one each day for the next month. A few are not intended for everyday use but for when you just need an extra healthy boost in life, but it will not hurt you to try them for one day during this next month. Then going forward try to make many of these a habit. Make them part of your everyday life. Work on mastering one hack at time if you must. Small changes add up over time! But if you do these things for one year, heck even 6 months, you won't recognize yourself!

Note: These are in no priority order below! I love them all!

And Remember It Takes Guts to Live Healthy! Be Intentional! Be Daring! Be Happy!

Set your heart upon it. Fix your mind on it. And do the work! You will be blessed!

1. **Drink Lukewarm Lemon Water** at the start of everyday.

So, we wake-up dehydrated, metabolism slow, and with a toxic build-up in our bodies. 8 ounces of lukewarm water with a half or a whole lemon sliced in it is a great source of vitamin C, protects the body from immune system deficiencies, helps in maintaining the pH balance of the body (more alkaline the less sickness), and can help with weight loss as it promotes digestion and increases your metabolism. Drink up! Before your one cup of coffee! ;)

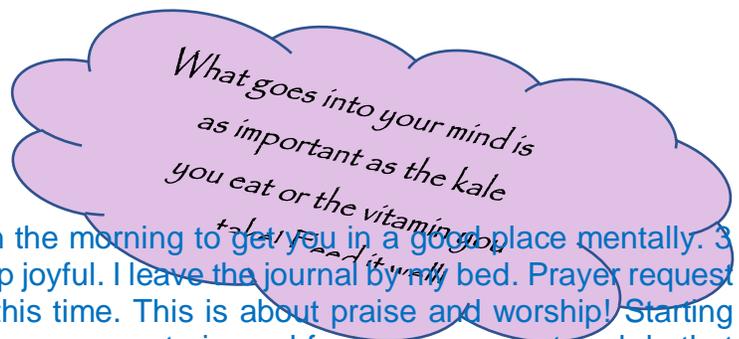
2. **Be in the Word of God. EVERYDAY**

I wake up every day to quick devotional, before I say good morning to anyone, check my phone, my email, or even had my coffee. Stays next to my bed. You can also use the First 5 App or the Bible App on your phones but see #30. I have these on my phone and look at them while my coffee brews usually but not first thing as otherwise I am tempted to look at the news or social media. That is waking up to potential toxic things for my mind and heart. Protect those critical organs! Give me Jesus first thing! Give me truth! Give me hope! Here is a link to my favorite daily devotional of all times but I could give you a list of a dozens!

[Women on The Go Devotional](#)

3. **Keep a Gratitude Journal**

3 Things every day you are thankful for in the morning to get you in a good place mentally. 3 things at night before you go to bed to sleep joyful. I leave the journal by my bed. Prayer request and needs? This is NOT allowed during this time. This is about praise and worship! Starting your day right! Fixed on good things! I keep a separate journal for prayer request and do that during a specified prayer time in the mornings or even driving. It actually goes everywhere with me so if I run into someone that needs prayer, I can make a note or have a few minutes to pray I will. Long commutes are great for praying!



4. **20-30 Mins of Exercise EVERYDAY. In a Hurry? My Favorite 10- Min Workout**

Did I lose you already? Ha! Look at the alternative. We can all do 10 minutes a day at minimum. Motion creates emotion. This will totally increase your joy, motivation, and happiness. Love me some PiYo by Charlene Johnson with Beachbody or Brisk Walk/Run. But, rushed and that is big challenge for you? Here is my favorite strength, get the blood flowing, having great arms, butt, and core 10-Minute Workout right before You Shower!

- 30 second to 1-minute **Plank** (whichever your level is). Basically, a top of a push-up position.
- **Tricep Dips** on the bathtub until fatigue (meaning my arms give out).
- 50 **Air squats**. (like you are sitting back in a chair. Knees never over your toes. Google it for form if you need to)
- 50 **Sit-ups**
- 50 **Jumping Jacks**

*Sometimes I will do these 3 times during the day for one 30-minute workout or to create again good emotion in my day from the motion.

5. **Always Plan Your Dinners**

Ideally you should make a meal plan for the week, do your shopping one day, and prep on the weekend so things are ready to go Mondays! BUT...life happens! If you don't do that each week, at minimum, at breakfast time plan your dinner. Do not wait until 4pm in the afternoon to start thinking about it. Failure to plan is failing to plan. If you wait until your blood sugar is tanking (often a 3-5pm window for people) you will make poor choices. You are also more tired then. Your prefrontal cortex where you make all decisions like this already taxed from your day. Recipe for disaster!

6. **Make it Easy to Hydrate! Hydrate! Hydrate!**

You need to drink half your body weight in ounces in water every day. (Just heard some of you gasp!) Hydration speeds up your metabolism, boost immunity, rids your body of toxins, and creates more energy and focus. If that is a lot of water for you starting out, then just work-up slowly and get a fun bottle with the time and amount you should have drunk by each marking is a great way to keep you on point. I love this one below as it is 30 ounces and has the time marked for you to drink two full bottles in one day. If I drink 8 ounces upon waking and 8 ounces at dinner time, I am at my water goals. Another great hack for a Yeti/Artic type mug is wider straw. You will drink more with each gulp! Trust that hack!

[Time & Goal Marked Water Bottle \(30ounces\)](#)

7. **Scrape Your Tongue**

Your mouth is gross. It is full of bacteria. Brushing your teeth is important (duh!) but so is scraping your tongue to rid your body of reabsorbing the bacteria and toxins. You can buy a tongue scraper or you can use a toothbrush. Just do it a few times a day!

8. **Take a shot of Apple Cider Vinegar. EVERYDAY!**

Unfiltered and organic ACV contains enzymes, proteins, antioxidants & certain good bacteria. Some of the amazing health benefits includes weight loss, reduced cholesterol, lower blood sugar levels, improved symptoms of diabetes, and overall wellness, including lowering your risk for certain cancers and serious illnesses. The list is extensive on the benefits for this one little

tablespoon every day. Because of its strong flavor, I personally like a brand that has cinnamon, honey, and lemon already added. It is like a cocktail of goodness!

[Apple Cider Vinegar Detox Mix](#)

9. Don't eat breakfast? Need a quick fast food breakfast? **Drink a Protein Shake!**

A good clean whey or plant-based protein meal replacement shake with coconut milk (natural thermogenic) or almond milk and some ice is excellent for on the go! Make sure it is packed full of vitamins and minerals, digestive enzymes, and lots of fiber to keep you full.

10. Need a mood lift? **Play Your Favorite Music Playlist**

Easy! Make you a playlist on your phone of upbeat songs that make you happy, happy, happy.... ones that make you feel like dancing. So, motion creates emotion remember! Feeling unmotivated or blah? Turn up the jams! AND DANCE!

11. **Take these 5 Supplements. EVERYDAY**

1. *High Quality Methylated Vitamin (at minimum includes Vit A, D3, K, E, & complex B's)*
2. *Prebiotic (food for the good gut bacteria to grow...think of fertilizer)*
3. *High Quality Probiotic (at minimum includes digestive enzymes and 5 strains of bacteria)*
4. *Magnesium*
5. *Omega 3*

Note: Please talk to me if you'd like on what you are taking I offer a free 20 min vitamin consultation.



12. **Fix a Healthy Veggie Tray for the Kids**

Sounds so cheesy but trust me on this! If you put some washed, cut-up, veggies – broccoli, carrots, cherry tomatoes, cucumbers, cauliflower, snap peas, etc. in a veggie tray and leave it out with everyone's favorite dip on the counter, your family will naturally munch on its goodness. I do this on Sunday or Monday and just keep putting it out each day and refilling it. Feeling rushed? While it is not organic (that should be your goal eventually if not already), a store-bought prepared tray will also work. My kids love this! Here is my favorite as it has a lid on it for easy storage.

[Veggie Tray with Lid](#)

13. Need Energy? **Drink Some Matcha Tea**

Amongst its many health benefits, matcha is packed with antioxidants including EGCG. Boosts metabolism and burns calories. Detoxifies naturally. Calms the mind and relaxes the body. It is rich in fiber, chlorophyll and vitamins. Enhances mood and aids in concentration. Here is my favorite brand! Please note it is an acquired taste so try mixing it with some juice or drink it with a prebiotic & blood sugar balancing drink that taste like kool-aid as it is sweetened with stevia and

also taste fruity hiding the grassy taste of Matcha. A little bit goes a long way... ¼ or ½ tsp! You can also buy tea bags but the powder has more punch!

Organic Matcha Tea

14. Reduce Your Homes Toxin Load - Diffuse Oils!

Environmental toxins are a huge problem for our health. Through everyday products such soaps, toothpaste, deodorants, cleaning products, plastics., and ladies, nail polish, hair sprays, make-up, etc. and this doesn't include environmental toxins outside of our home we are increasing our risk of free radicals which increase our risk to cancers and challenge our hormones, nervous system, and endocrine system big time. Thousands of toxins a day we are exposed to! It's nuts! Take a look around and it's no reason cancers are running rampant. Essential oils are a great thing to diffuse into a room and decrease your toxic load. This is just one of their many benefits actually. However, please note all oils are not the same and many over the counter brands are diluted and are ineffective. Buy high quality oils you and know the sourcing. Great oils for purifying and detoxing a room or a house: **Eucalyptus, Lemon, Lavender, Grapefruit, Peppermint, Oregano, Lemongrass, Wild Orange.**

15. Always Be Ready for that Sweet Tooth Craving! Have on hand (always) Healthy Sweet Snacks!

So, when the sugar craving hits you these are 3 great things to ward off a binge on cookies or ice cream. Sweet Potato Chips. See Recipe Below. Apple slices with some Almond Butter. Little snack size dark chocolate. I love Ghirardelli 83% cocoa! ONE not the whole bag! ☺

Sweet Potato Chips:

1. Cut sweet potato into thin slices.
2. Combine olive oil, sea salt, and chili powder in a bowl.
3. Toss the sweet potato slices in the mixture.
4. Arrange on baking sheet in a single layer.
5. Bake chips in the oven for 10 minutes, flip, & roast another 10 minutes.

16. Shake Off the Toxic Kitchen and Bathroom Counter Cleaners – **Go Natural with Thieves!**

Thieves essential oil is a powerful combination actually sold by Young Living and is a mix of Clove, Lemon, Cinnamon, Eucalyptus Radiata, and Rosemary. It is fantastic for boosting the immune system and I used it as an essential on our feet and diffuse at any hint of the sniffles in our home. You can make it. Or you can buy it already made. Young Living makes a cleaning concentrate in it that is very reasonably priced that I love. Makes the whole house smell very clean and fresh and it is toxic free. Winning!

17. **Chew Gum to Curve Your Cravings**

I will tell you this is a tricky one as most gum is full of sugar and has artificial sweeteners too which are not good for your gut so don't get too crazy but chewing helps with focus and attention and it releases enzymes in the mouth that help with digestion. It also tricks your brain into thinking it is eating so if over eating is an issue for you, I recommend this. I chew gum when I want to snack some days and it completely cures me of my craving.

18. Got Allergies? **Keep Activated Quercetin around!**

Activated quercetin is a bioflavonoid derived from plant sources. It is thought to prevent the release of histamine from certain immune cells. (An inflammatory chemical, histamine is involved in allergic symptoms such as sneezing and itching.) I take this sometimes during my allergy season which is the Fall when the ragweed is blooming here. Good gut health will rid you of allergies actually but sometimes due to toxic load and not so good eating habits (hello holidays) my gut could use some extra help and I can sense that with increased sneezing or some watery eyes. If that happens, I take quercetin. I also use it with clients wanting to come off of over the counter antihistamines as some of those are addictive (bad stuff) and all affect your gut flora. ☹️

[Activated Quercetin \(120 Capsules\)](#)

19. Got A Cold? **Eat a Spoon of Manuka Honey!**

Recently discovered, and I am sold! Local honey to where you live is also good for helping combat allergies regularly but this honey is exceptional for fighting off a cold! Manuka honey is a type of honey native to New Zealand. Its antibacterial properties are what set it apart from traditional honey. Methylglyoxal is its active ingredient and likely responsible for these antibacterial effects. Additionally, it has antiviral, anti-inflammatory and antioxidant benefits. I love a spoonful by itself or in my green tea if I find myself fighting a cold. It has traditionally been used for wound healing, soothing sore throats, preventing tooth decay and improving digestive issues.

[Manuka Honey](#)

20. Immune Booster all Year – **Take Drops of Colloidal Silver!**

Colloidal silver is a traditional remedy that people have used for centuries to treat a variety of ails, including pneumonia, skin rashes, sinus infections, flu, and more. Fans of colloidal silver claim it's effective as an anti-bacterial, anti-viral, anti-tumor, and more. For ease of application, you can find colloidal silver in several forms such as a liquid, ointment, topical spray, or nasal spray. I like the droppers.....dozen drops under the tongue and I am set.

[Colloidal Silver \(4oz dropper\)](#)

21. Immune Booster for the first signs of Sinus Infections – **Wellness Formulas!**

So, you can do all the right things with your gut, eating, rest, etc. and still find yourself exposed to sickness or feeling like you are getting sick at some point, although with good gut health this should be few and far between. Sinus infections are the most common ones. Your body has the ability to heal itself normally of these if you give it a fighting chance. We are often quick to go get an antibiotic though. Did you know an antibiotic can set your gut and immune system off for up to 1 year after you take it? It actually lowers your immune response. So, I avoid them if it all possible, and love these Wellness Formulas for that time you feel like something is coming on and you know if you get ahead of it you can stop it. They address the root causes of winter season challenges with over 30 powerful immunity targeted ingredients, including

antioxidants, herbal extracts, vitamins and minerals. The Echinacea alone in these is priceless for helping you get well! AWESOME STUFF!

Wellness Formulas (120 Count)

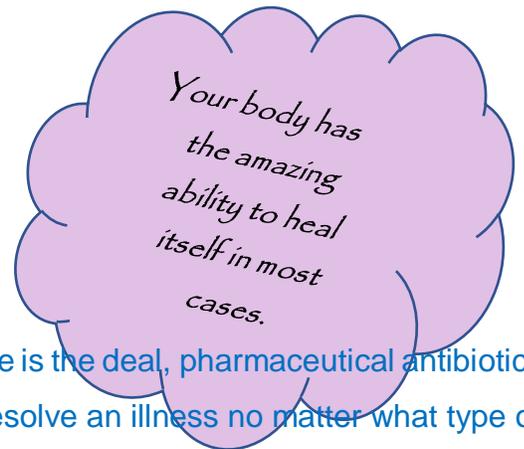
22. Immune Booster for Flu & Cold Season – Elderberry!

Elderberries are particularly rich in flavonoids, especially anthocyanins which are responsible for their deep purple (almost black) coloring. These powerful antioxidants work to keep the immune system strong and resilient. More specifically, Elderberries are thought to prevent or shorten the duration of influenza outbreaks, decrease pain and inflammation and reduce symptoms of upper respiratory infections. Google it! Fascinating! If you live local to me, I can give you information on where to buy it local. I have a dealer! ;) If not, you may purchase it here below or buy the elderberries dried and follow the recipe at

<https://wellnessmama.com/1888/elderberry-syrup/>

[Gaia Elderberry Syrup \(5.4 ounces\)](#)

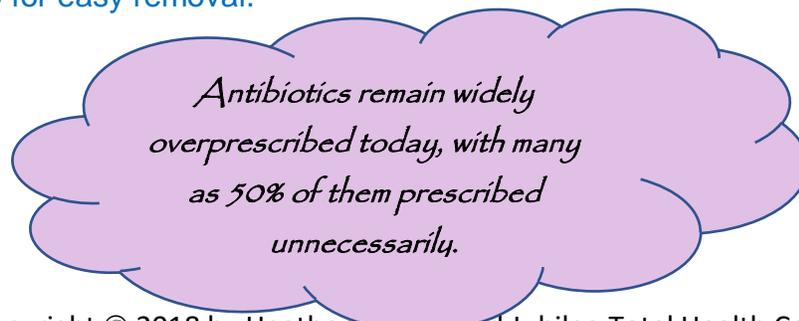
[Dried Organic Elderberries](#)



23. Garlic! Garlic! Garlic! In Your Ears....

The benefits of Garlic are too numerous to list here. But here is the deal, pharmaceutical antibiotics only work for bacterial infections. Garlic, however, helps resolve an illness no matter what type of microbes are causing the problem – bacteria, virus, or fungus! It is super powerful help to all sorts of illness and also acts as an antifungal to Candida, yeast, in the gut, our enemy. It is also a prebiotic feeding the good gut bacteria. But one of the things I love it for the most is an ear infection and it is safe for your children.

- Crush the clove and mix with 1 tablespoon of extra virgin olive oil. Let the crushed garlic sit in the oil for 30 minutes. Strain out the garlic pieces and discard.
- Warm the garlic oil in a cup placed in a small pan of warm water. Take care not to overheat the oil else the beneficial properties of the garlic infused oil will be destroyed!
- Drizzle a few drops of the garlic oil every hour into the ear that is infected. This is an extremely safe remedy for children. It also serves the dual purpose of softening ear wax buildup for easy removal.



24. Never underestimate the power of a great Sinus Wash! Use a NETIPOT 3-5 a week.

Here is a great analogy: the air filter on the car. You must clean it or lest all the pollutants will cause your engine problems. Your sinuses are the same thing. You breathe in allergens every day and if you don't wash the stuff out you are increasing your chances of infection. Add some high-quality salt to that wash, which has healing and purification properties and you are winning. I cannot express how helpful this one thing is for my family. It's a detox of the air passages starting in the nose. You can buy one here!

[NetiPot](#)

25. Take a Detox Bath! 1-2 Times a Week or More!

- ¼ cup sea salt or Himalayan salt.
- ¼ cup Epsom salt.
- ¼ cup baking soda.
- 1/3 cup apple cider vinegar (totally optional if the smell is too much for you)
- favorite essential oils if desired (I use 10 drops of peppermint or lavender)

26. Got Sinus Drainage? Drink Mullein Tea!

One of my favorite teas and sometimes I even put it together with Green Tea or the Matcha. I like it hot and add a tsp of honey or lemon. Early American settlers brought Mullein, a flowering plant, also thought of as a weed, from Europe because it was known for its ability to help treat various ailments such as coughs and diarrhea. The potential benefits of mullein are that it can help alleviate a dry cough, congestion and sore throat. It may help with inflammatory respiratory conditions too, such as asthma and bronchitis as well. It has antiviral and antiseptic properties too. It really helps dry out my sinuses. You can purchase it here:

[Mullein Tea \(18 bags\)](#)

27. Go Meatless on Mondays!

I must admit we don't always do this but it is my goal! (I'm still married to a Texas boy and have a Texas family that think you need meat at every meal!) When we do it feels good! Every year, the average American swallows 200 pounds of meat, 33 pounds of cheese, and nearly 60 pounds of added fats and oils. Within minutes of a fatty meal, the arteries become stiffer. Need I say more? Go lighter! Eat less meat. If you are already Vegan or Vegetarian, good for you! Teach someone else your ways! <3 Just don't over compensate with bread and pastas for having no meat! Common pit-fall of those who don't eat meat. Veggies, veggies, veggies or as my 6-year-old says – Eat the Rainbow! My family's favorite Meatless Monday recipe? Simply Pizze. I buy a Cauliflower Pizza already made and we add all the veggies. Yes, they will whine for a while, but they will eventually embrace it! For the love, It's PIZZA! Watch the sugar in the pizza sauce though!

28. Listen to Positive Affirmations in Your Own Voice.

I love using the FREE Think Up App on my phone. You could put up to 4 messages for FREE to yourself daily, schedule them, and play meditational music or sounds behind them. I listen to them morning and night for helping me flip the script of anything my mind or heart is struggling with – doubts, fears, belief, goals, etc. You can also record you quoting scripture in your own words. You can also put your goals in it that you have trouble believing you can achieve. For example, “I am a runner. I will finish a 10K.” It is a great way to memorize scripture too! Just let it play through about 10 cycles each time. Think of it as reprogramming your brain.

29. Go to BED early! Seriously!

Being honest with you, this is one of my BIG struggle areas as you create habits for years and that are hard to break, and I am naturally a night owl (or so I thought) and have high energy. Do it for a week and see if you don't feel amazingly good! His mercies are new every morning and the world looks better after 7-8 hours of sleep. Trust me! And I can get up before the kids and prepare myself mentally for the insanity that is our mornings. Moms? Word!

30. Plug your Phone in the Other Room! Old School Alarm Clock.

So many studies are out about the blue light of your phones and how horribly bad it is for you and it lessens the production of melatonin which helps us calm down and sleep and interrupts our sleep cycles. Unplug and read a book right before bed. It is so much healthier. Your sleep will thank me too.

31. Breathe!

You laugh. But just stopping to take in a deep cleansing breath periodically through the day or even stopping to do 3 deep cleansing breaths before you eat will improve your digestion. It is not only help to relax you, but it also makes you mindful of what your body is feeling and what you are doing – e.g. something important to be mindful of is what you are eating and how much. It improves blood flow and helps the nervous system just reset. So simple. So helpful for your emotions, mind, and body.

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