



e B O O K

Boost Your Health Without Breaking the Bank

WAIVER OF LIABILITY

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Exercise!

Walking, hiking, and stretching don't require special equipment – just some space in your home or neighborhood to get started.

Grounding

outside in the grass can help increase negative ions and discharge extra electricity from your body. If it's cold, wearing socks or leather-bottomed shoes is okay – just do the best you can wherever you are.

Sunlight on your face,

especially first thing in the morning and again at the end of the day, helps reset your sleep/wake cycle.

Tip: Midday sun can help increase Vitamin D levels.

Open Your Windows.

Fresh air is good for your body and your home.

Breathwork.

Everyone breathes, but not everyone does it correctly. The site offers free videos for members and more on YouTube. Find a method you enjoy practicing.

Laughter is the best medicine!

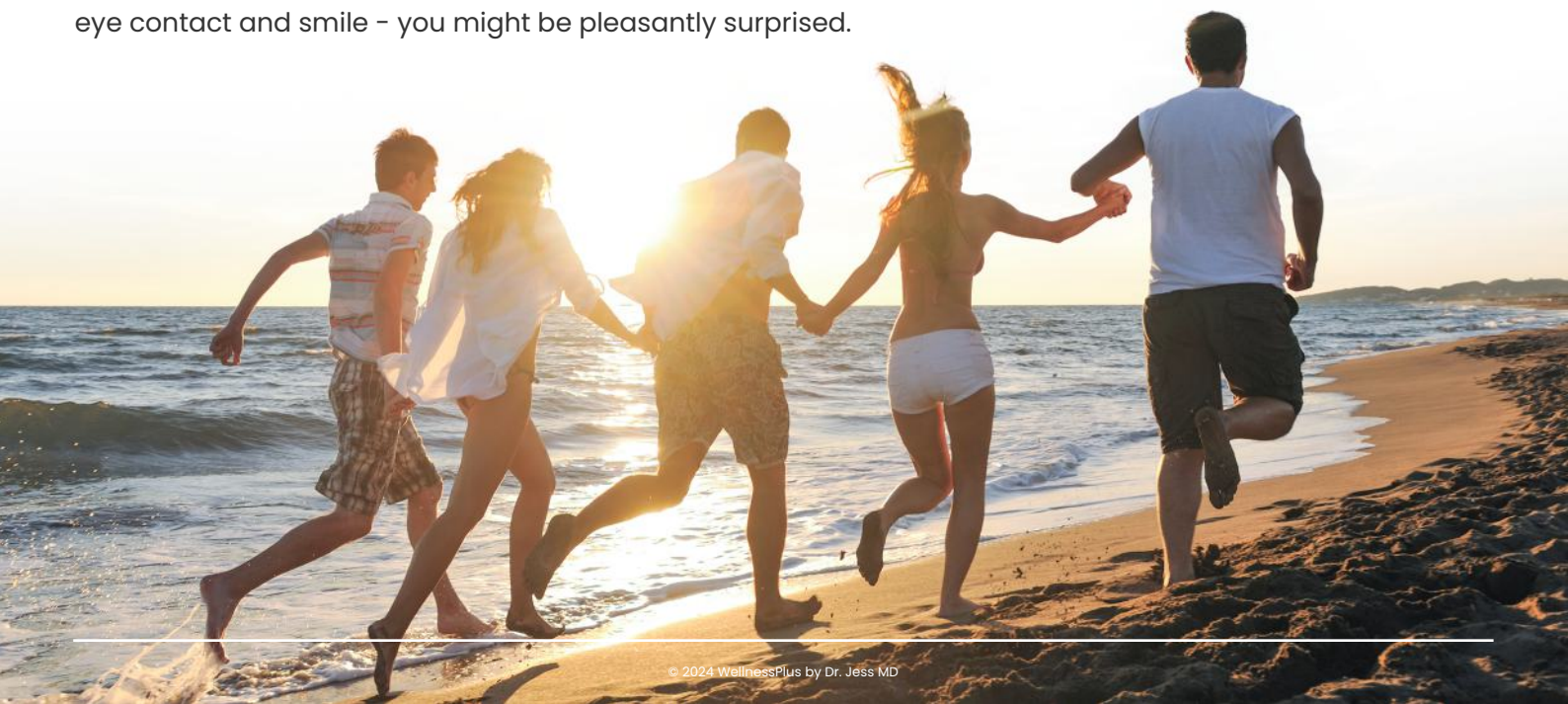
Find what gets your giggle going, whether cat videos on YouTube or joking with friends.

Spend Time with Others.

Talking to family, friends, and neighbors boosts your sense of community and safety. It's also good for your nervous system—and theirs, too.

Connection is key!

If you're feeling isolated, visit a park or walk through a store without the intention of buying anything. Make eye contact and smile – you might be pleasantly surprised.



Drink plenty of water daily.

Dehydration places significant stress on the body. Purified water is best, but any water is better than sugary drinks, which should be avoided.

Hot baths

are great for relaxation and can enhance detoxification. You sweat in the bath – it's just not noticeable.

Tip: Boost detoxification by drinking hot ginger tea before your bath. Ginger is a warming herb that can help with inflammation and poor digestion.

Positive self-talk and meditation

can train your mind to focus on the good things in life and keep you present. Prayer is also helpful for those who believe in a higher power.

Journaling

on your phone or with a pen and notebook –can help you manage worries and remember what you're grateful for.

Music!

Get your groove on – the possibilities are endless.

Tip: Dancing is excellent exercise, and it's freeing when no one is watching. Singing along can also help open your lungs.

Turn off your devices and WiFi,

especially at night. Reducing EMFs in your home while you sleep can lower stress.

Explore binaural beats

on YouTube if you have trouble calming your mind or sleeping.

Food is medicine!

While organic is ideal, the most significant change you can make is to eat unprocessed foods. Packaged foods often contain preservatives, flavor enhancers, artificial colors, and other harmful chemicals. Shopping the grocery store's perimeter will improve your health and save you money.



Fasting

can support blood sugar regulation and autophagy – the body's cellular recycling process. Always check with your doctor before starting.

Bring your coffee from home

and skip the drive-thru! You might be shocked if you calculate how much a coffee habit costs. Use some of your savings to treat yourself to a fun insulated cup. You'll also enjoy your coffee more knowing it's certified mold-free, like Purity brand coffee.

Keep your brain active

with puzzles and board games! Solving problems releases healthy neurotransmitters and boosts your sense of well-being.

Swap alcoholic beverages

for mocktails. The best part of social drinking is often the connection – enjoy it while giving your liver a break.

Volunteer or help others.

Kindness improves emotional health, provides a sense of purpose, and strengthens social bonds. Create a daily routine. A routine helps you stay organized, reduce stress, and make time for essential habits like exercise, meal prep, and self-care.

Try strength training.

In addition to cardiovascular exercise, incorporate strength training using free weights, resistance bands, or bodyweight exercises. It helps build muscle, boost metabolism, and improve bone density.

Prioritize sleep.

Aim for 7–9 hours per night. Maintain a consistent sleep schedule, limit screen time before bed, and create a relaxing sleep environment. Quality sleep is crucial for physical and mental recovery.

Quit smoking.

It's one of the best decisions you can make for your health.

