



# 10 EASY WAYS

to Transform Your Health Right Now

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*If you're like me, you probably don't feel as good as you did in your 20s. Maybe you have something going on in your health that has you concerned, or just an underlying lack of energy and foggy thinking.*

Here are 10 simple changes you can make right now, that don't require lab tests, fancy equipment, or spending a lot of money. Try doing one of these consistently for a week, and then add on the next one. Just think of how you could feel 10 weeks from now!

- 1 Eat more plants.** Focus especially on the leafy green ones like spinach, kale and collard greens. Green vegetables contain all the vitamins and minerals we need and are a better way to get them than vitamins. Try picking a lesser-known vegetable at the grocery store and find recipes online for ways to prepare it. You might discover a new favorite food!
- 2 Drink more water.** Dehydration can disguise itself in symptoms like fatigue, brain fog and stomachaches. We often ignore the signals our bodies send telling us to drink because we don't want to have to "run to the bathroom" at an inconvenient time. Drinking just 2 more glasses a day can greatly improve your health. A habit to try: Have a water bottle with you at all times, and any time you look at it, drink.
- 3 Move more.** Did you know your lymph system has no pump? You have to move in order to activate this built-in detox system. If you work at a desk, set a timer to remind yourself to get up and stretch every 30 minutes. Add a 20 minute walk to your morning before getting in the shower, or add a walk at the end of your lunch break before you sit back down.
- 4 Change one bad food.** Take inventory of everything you eat on an average day and find the worst food you regularly consume—then think of a simple swap. Maybe it's that nightly bag of potato chips you'll replace with a hot cup of tea and a bath before bed. Maybe a large soda at lunch becomes soda water with lime. One simple change like this can become a direct path to better health.

- 5 Get outside and breathe.** Fresh air in your lungs can make a world of difference in your energy levels and mood. We aren't aware of how shallow we breathe when we are deep in thought working at a computer or in an office. We also take shallow breaths, or hold our breath when we are stressed. Taking a minute to walk away and be aware of your breath resets your autonomic nervous system.
- 6 Up your vitamin D intake.** If you can't get sun directly on your skin, take a vitamin D supplement or sit under a sunlamp to naturally increase your body's vitamin D production. Adequate levels of vitamin D positively affect your mood and immune system.
- 7 Pause before you eat.** We all get caught eating under stress sometimes, but you can always pause for just a few seconds before you take your first bite. Proper digestion is only possible in the parasympathetic state—the body's natural state of rest. If you're feeling frazzled before a meal, put down your fork, close your eyes and take a breath. Then enjoy with mindfulness.
- 8 Sleep more.** Getting 7-8 hours of sleep every night ensures your body has enough time to rest, recover and rebuild. Establish a regular bedtime and start winding down an hour or so beforehand. Turn off screens, dim the lights and read something mellow to help you fall asleep.
- 9 Assess your toxin exposure.** Cleaning products, beauty products, and even your water may contain harmful chemicals that, with regular exposure, create buildup and undesirable effects in the body. Replace any toxic household items with cleaner ones (try cleaning with baking soda and white vinegar!) and get a water filter.
- 10 Eat more home cooked meals.** If you have food sensitivities or frequent digestive the amount of processed oils you consume. If you suspect a food is causing distress, try upset, try eating at home more. You will be able to control the ingredients better and reduce eliminating that food for a week and see how you feel. If and when you add it back into your diet, note what happens the next time you eat it, and adjust accordingly.

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