

## 5 Simple Health Hacks YOU Need to Feel Better Fast !

*By Mary Howard RN*

There are a few simple things you can do to improve your health no matter what age you are. If you are young, these will help to slow the aging process. If you are over 40, these things will improve your immune system and help you feel better.

### 1. Take a Healthy form of Calcium

Calcium Citrate is much more absorbable to your body than Calcium Carbonate. Magnesium Citrate or Calcium Malate are more absorbable forms of Magnesium than most. These 2 minerals along with a little Potassium and 5,000 IU of Vitamin D will prepare your digestive system to better absorb the vitamins and nutrients from the healthy foods you eat.

### 2. Eat more Greens

Eating green vegetables and fruits with skins and seeds when possible will give you more of the fiber & nutrients your body needs. Eat fresh, local and uncooked as often as possible.

Lightly Steam your vegetables instead of boiling them. Fresh frozen vegetables are always a healthier choice over canned vegetables.

Also, avoid foods that have no nutritional value like sugar & white flour products. Those items spike your insulin, cause fat storage and leave you feeling tired.



### 3. Lemon in your water

Drink more water. Most of us are too acidic, so, contrary to how it sounds - fresh lemon in your water is very healthy for you. It actually helps your system to be slightly more alkaline. Another little hack with lemon is to use Lemon Essential Oil in your water (make sure it is a brand that is Pure and Therapeutic, safe for internal use).

**Use 1 to3 drops a day.** Lemon oil in water is an excellent way to uplift your mood while giving your body a gentle little detox.

Lemon is also good for the heart and helps to curb sweet cravings so in that way it can help with weight loss. (Only use lemon oil in a glass container, due to an undesirable reaction with a plastic drink cup or bottle.)



#### 4. Help your digestion

Eating and drinking fermented foods is a simple, yet great way to help your digestion along. Some examples are Kombucha, fermented vegetables, fresh un-canned sauerkraut, Kefir and yogurt. You can also use **Digestive Enzymes**. These all improve our body's ability to absorb nutrients, thus helping with weight loss. It can also decrease one of our main sources of inflammation with regards to your digestion.



#### 5. Inflammatory Pain can be a real pain

Do you suffer from pain of any type? Do you suffer from pain that you don't know the cause of - pain that is not from an injury? Chances are the cause is inflammation. Inflammation can display in many ways including skin issues, digestive issues & allergies. There are several natural things that can work as anti-inflammatories. Digestive Enzymes on an empty stomach can act as a gentle anti-inflammatory. Omega oils, like flax and fish oils, can act as a gentle anti-inflammatory, as well. Often inflammation around a joint involves the lymphatic system so let me touch on that for you.

#### As a bonus:

Did you know you have more **Lymphatic fluid** in your body than blood? Yes. So - anything you can do to stimulate your lymphatics to move those fluids is going to help detox your body. Some of those things are Dry Skin Brushing, jumping on a small trampoline, walking & running.

If you are interested in learning more about this, our article on this subject goes into more depth: [Rejuvenate Your Lymphatic Glands with an Exfoliating Brush](#)



I'm a big believer that we are made to move more and eat less than most of us do (including myself at times. :)

Making a few changes consistently over time can make a big difference - everything in moderation; I believe in no time at all you will be on your way to a happier, healthier version of YOU :)

You are always welcome to contact me with questions: [Mary@PowerlineHealth.com](mailto:Mary@PowerlineHealth.com)