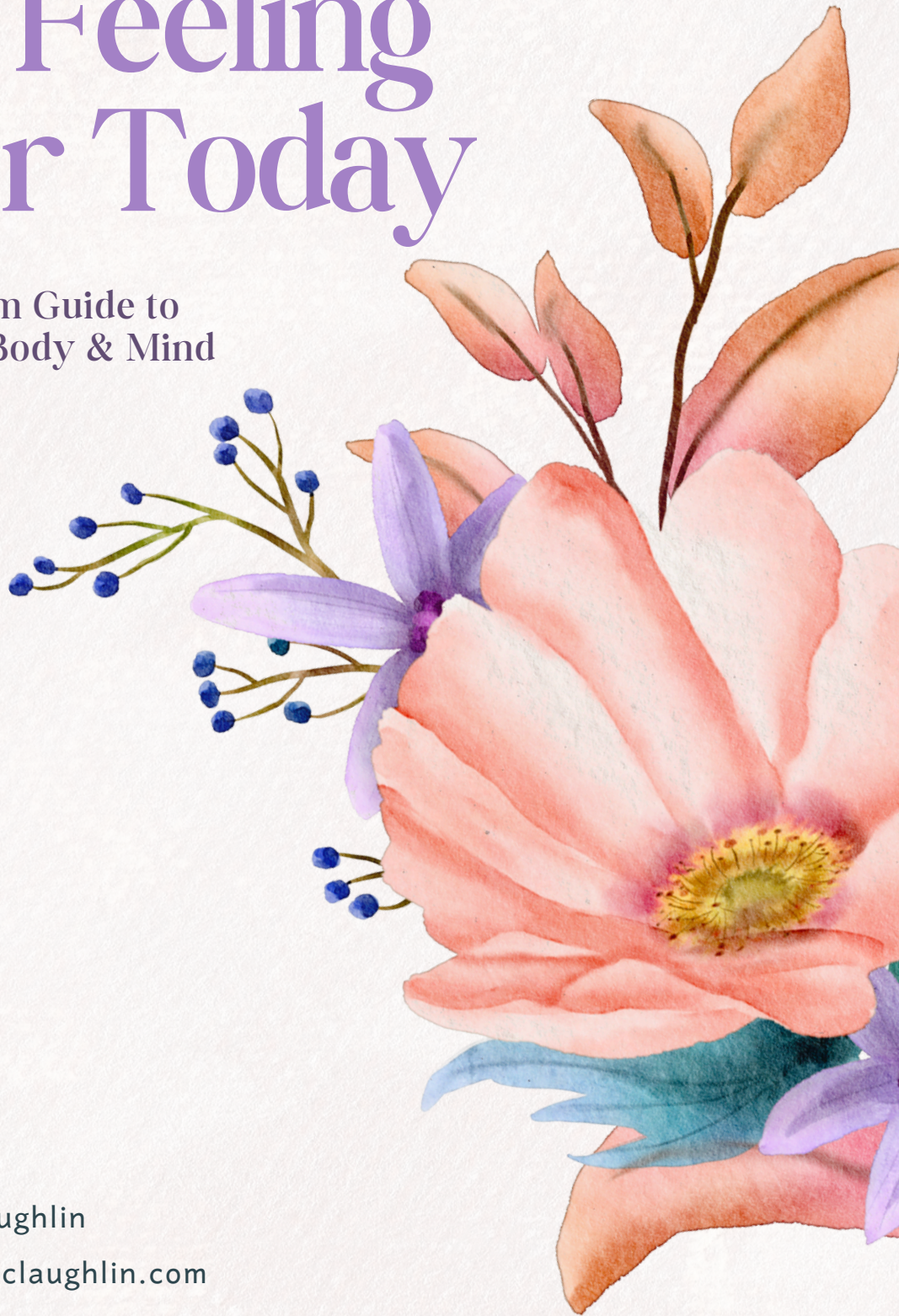


5 Ways to Start Feeling Better Today

A No-Overwhelm Guide to
Recharge Your Body & Mind
Naturally



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1. Hydrate Like You Mean It

Even mild dehydration can drain your energy, affect your mood, and impair your focus. Aim for half your body weight in ounces of water each day (e.g., 140 lbs = 70 oz). Add a pinch of sea salt or a splash of lemon for better absorption.

Bonus tip: Try adding a drop of citrus essential oil (labeled for internal use) to a glass water bottle for a refreshing twist.



2. Swap Out Fragrance for Fresh Air

Artificial fragrances in candles, air fresheners, and personal care products can disrupt your hormones and add to your toxic load. Ditch the synthetics and opt for genuine essential oils like peppermint, lemon, or rosemary for an uplifting, toxin-free boost.

Quick win: Diffuse peppermint in your workspace to improve focus and mental clarity.



3. Reset Your Internal Clock

Expose your eyes to natural light within 30 minutes of waking.

This simple habit helps regulate cortisol and melatonin production—your energy and sleep hormones.

Try this: Step outside for 5-10 minutes each morning without sunglasses (but never stare directly at the sun).



4. Move Every 90-120 Minutes

Sitting too long affects circulation, mood, and metabolism.

Set a gentle reminder to stretch, take a short walk, or do a few squats to get your lymph moving and your energy flowing.

Support tip: Apply an invigorating essential oil blend to your neck or shoulders before your break.



5. Ditch the Guilt & Prioritize Rest

Midlife women are often caregivers and overachievers. But your body can't restore energy without adequate rest—physical, mental, and emotional.

Try this tonight: Turn off screens an hour before bed, dim the lights, and use calming oils like lavender or cedarwood to ease into deeper sleep.



♥ Remember:

You're not tired
because you're
aging. You're tired
because your body
is asking for
something different
—and you're wise
enough to listen.





Jacque McLaughlin

<https://jacquemclaughlin.com>

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