

Easy Life Hacks for Better Health

with Young Living Essential Oil Product Upgrades

Try one of these for 21 days to make it a habit and then move on to another!

Drink More Water



You should ideally be drinking at least half your body weight in ounces of water. You weigh 150 lbs? Drink 75+ ounces of water every day. This allows your body to rid itself of waste. Dehydration = pain, Dehydration can also mimic hunger. Give your body a bath inside! To help your body pH become more alkaline (alkaline = health), squeeze ½ organic lemon into your first glass of water in the morning. Twist the peel and drop it in to get the essential oil from the peel in your water! What a fantastic, sunshiny start to your day!

Young Living Upgrade: Add a drop of Lemon, Grapefruit, or Citrus Fresh oil to your water!

Breathe Deeply

Breathe Deeply: Most of us breathe shallow upper lung breaths which is stress breathing. By breathing deeply into your belly using your diaphragm for just 5 to 10 minutes a day you physically break the stress cycle. Close your eyes, breathe in slowly to a count of 4 and exhale to a count of 6. You know you are doing it right if you put your hands on your upper abdomen and your hands rise when you breathe in. This can lower blood pressure, slow the aging process, and improve mental focus, help lymph circulate, and sleep quality. Watch a baby breathe when they are asleep and you will see diaphragmatic breathing at its best... so Breathe Like a Baby!

Young Living Upgrade: Put a drop of Lavender, Stress Away or Peace & Calming in your palm, cup over nose and inhale!



Get Dirty



There is a natural antidepressant in the soil! It is an ancient bacteria called Mycobacterium vaccae. When you breathe it in and get it on your skin, it can stimulate the production of serotonin, a hormone that makes you feel happier and relaxed. Walking barefoot is also called "grounding" which helps the body absorb the negative ions from the earth. Negative ions increase the flow of blood to the brain and increase mood. Being in the sun while gardening or walking barefoot will also increase your body's production of Vitamin D which can help your mood, and support your immune system. Win-Win all the way around!

Young Living Upgrade: Super Vitamin D supplement

Eat Raw/Organic Produce

In a study done on 4 families, in 6 days of eating organic produce the amount of agricultural pesticides dropped by 60-95% depending on the pesticide! These pesticides affect all systems of the body and can bioaccumulate, meaning they are not always processed out of the body but accumulate over time which can have devastating effects on our health. Eating raw fruits and veggies supplies your bodies with enzymes that are destroyed when produce is heat processed. Enzymes are necessary for every process in your body! You can read this because enzymes are at work in your body. Metabolic enzymes and digestive enzymes are both needed for the body to function at its fullest!

Young Living Upgrade: Essentialzyme digestive enzyme supplement



Coconut Oil to Brush Your Teeth



Not only is coconut oil great to cook with, it can be used to brush your teeth! It contains MCTs (Medium Chain Triglycerides) which help lift bacteria off your teeth, thus reducing the bacteria load in your mouth! Bad mouth bacteria cause gum disease, bad breath, and cavities! Additionally, oil pulling which consists of swishing 1 Tablespoon of coconut oil in your mouth for 15 -20 minutes (spit it out in the garbage, not your sink!) 2-3 times a week helps overall oral health. After oil pulling, swish your mouth out with water and then brush your teeth!

Young Living Upgrade: Orange Vitality Oil (+ coconut oil), Thieves Whitening Toothpaste

Sleep at Least 7 Hours/Night



Poor sleep can cause high blood pressure, mood disorders, anxiety, depression, pain and disability among other things. What can improve your sleep?

- ~The hours before midnight are worth 2 after midnight!
- ~Shut off electronics ½-1 hour before bed.
- ~Sleep in the dark! Cover electronic lights and use black out curtains.
- ~Sleep in a cool room and more blankets if need be to stay warm
- ~Use a weighted blanket for deep pressure stimulation that calms the nervous system
- ~Use a pleasant, relaxing scent for a room or linen spray.
- ~Take an Epsom salt bath before bed.
- ~Drink Chamomile Tea before bed.
- ~Drink Golden Milk before bed (coconut milk, ginger, turmeric, cinnamon and black peppercorns)

Young Living Upgrade: Sleep Essence gel caps, Unwind (for children), Lavender, Peace & Calming, RutaVaLa essential oils

Learn Something New



Want to reduce stress? Learn something new! The brain works differently when learning new things and brings your brain out of the frontal cortex. This allows you to analyze things differently and can even give you a hit of dopamine, the brain's feel-good hormone! Learn a new craft, to paint, to play an instrument, a new language, take a class, the possibilities are endless!!

Young Living Upgrade: Mind Wise supplement, Brain Power, Envision, Magnify Your Purpose, Stress Away oil blend



Liquid Light
ESSENTIALS
THE POWER OF THE SUN IN EVERY DROP