

SOME HACKS TO IMPROVE YOUR MIND, BODY AND DAY

Please note: Make sure to get a health professionals advice before trying the ideas below. I do these things most days of the week but not everyday, I like to stick with the 80/20 rule.

WHAT	WHY
Wake up early and at a regular time	The morning is a great time to be more productive and set the tone for the rest of the day. The body is able to run all its functions more efficiently if it awakens and goes to sleep at a regular time.
Large glass or two of water with mineral salts and lime juice	The lime juice stimulates metabolism and the natural detoxing actions of the body. The salt facilitates water uptake into the cells
Do some mobility and deep breathing: Walking Yoga	Parasympathetic system is active in the morning. Cortisol is naturally high Take advantage of this for fat burning Psychologicaly, movement and more oxygen makes you feel positive, energetic and ready for the day
Look at the morning sky without glasses	Resets the circadian rhythm and stops melatonin production. Sets the body to produce melatonin at night
Cold therapy: Either cold bath or shower	Parasympathetic system and vagus nerve activators The vagus nerve is the largest cranial nerve in the body and provides a wealth of health benefits. Brown fat activation. Taking bitter melon before the shower, increases the brown fat activation. Which increases white fat metabolism.
Time restricted eating	Its been discovered that confining caloric consumption to an 8- to 12-hour period—as people did just a century ago— might stave off high cholesterol, diabetes and obesity. It also encourages cell atuphagy, the process of eliminating old and suboptimal cells, thus making way for new strong cell growth.
Weights in the afternoon	Our cortisol is down (or should be). The sympathetic system is more active and this is perfect for all technical kinds of physical work. Will utilise any excess insulin. Balance blood sugar. It will stimulate a little healthy cortisol to boost your metabolism and help you sleep well at night
Bitter melon at all meals with carbs/ sugars in them	This is a no brainer. It makes your blood sugar levels stabilise and not sky rocket, therefore produce less insulin in response even if you are insulin insensitive. A must to help your body fight fat gain
Melatonin at night	I love this supplement. It will ensure have enough melatonin in your system for a quality sleep. Melatonin is a youth hormone and is vital to the rejuvenating processes the body actively does each night.
Dark and cool room with Himalayan salt lamp	The salt lamp eliminates blue light. This has the effect of telling the Pineal Gland to produce melatonin and get ready to activate the repair mechanisms of the body.