



4 Habits to Uplevel Your Health

Incorporate these 4 simple habits into your daily routine and you'll notice positive changes in just a few weeks!

1

Drink 1/2 your body weight in ounces of filtered water per day.

I know you've heard this before, but SERIOUSLY you MUST drink plenty of water! This is one of the most important steps that you can take to ensure that you are giving your body the hydration it needs to keep your cells and organ systems healthy. So whatever you need to do to make this happen - DO IT! No more excuses!

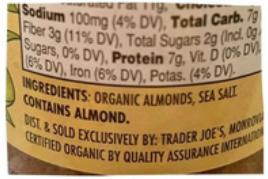
- Set an alarm on your phone or download Hydro Coach app that reminds you to sip throughout the day.
- Carry a reusable water bottle with you wherever you go. Here is a great bottle that lights up when it is time to drink - [Hidrate Spark](#).
- Add a squeeze of fresh lemon, sea salt, cucumber & mint for extra flavor and nutrients!



ALWAYS READ INGREDIENTS LABELS!



Refined sugar and junk oils.



Just almonds and salt.



Junk oils, refined sugar & processed soy.



Clean ingredients!

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In an ideal world, the majority of your nutrition will come from foods found in their natural form - unprocessed meat, vegetables, fruit, nuts, sprouted seeds and legumes. However, in today's world it helps to be able to purchase some pre-packaged products that can make meal prep faster and easier. Whenever you purchase a pre-packaged food product be sure to look at the ingredients. If you see a long list of ingredients that you don't recognize as food, put it back on the shelf!

Steer clear of these ingredients:

- Junk oils - vegetable, canola, soybean, safflower, cottonseed, hydrogenated and partially hydrogenated oils. Instead use: cold pressed & unrefined olive, avocado, coconut oils, grass-fed butter and ghee. Learn more about [quality fats and oils here](#).
- Refined & artificial sweeteners - high fructose corn syrup, agave syrup, cane syrup, beet sugar, dextrose, dextrin, aspartame, saccharin & sucralose, to name a few.
- Chemical additives: food colorings, nitrate and nitrite, artificial flavors, carrageenan, sodium benzoate, sulfites, monosodium glutamate (MSG)
- Soy products: soybean oil, soy protein, soy lecithin, Soya, etc... This is one of the most GMO, pesticide laden crops in the world! *Organic soy tempeh is ok in limited amounts.

Rule of thumb: if it sounds like it's made in a lab, don't eat it!

3

Choose Organic

If you have heard that buying “organic” doesn’t matter, well that is Big Food corporation’s marketing scheme hard at work to make us believe that this is true. However, the reality is that non-organic foods have been grown using toxic chemicals which remain within the plants & animals that we eat. When ingested these toxic chemicals cause inflammation inside your body and have been linked to an array of health problems including: birth defects, cancer, infertility, cognitive issues, leaky gut and autoimmune conditions, just to name a few. These chemicals are terrible for your health as well as for the health of the soil, animals, bugs, water and air that surrounds them.



**Support the health of all species & our planet
by purchasing organic, whenever possible.**

*Tip - Many farmers practice organic farming but have not gone through the expensive process of becoming “organic certified”. If you have access to speak with your local farmer, such as at a farmers market, ask them directly about their growing practices and if they utilize chemical pesticides & fertilizers.

4

Practice Deep Breathing

Living in today’s world means that it is highly likely that your body is cranking out stress hormones as it tries to manage all of your daily chores and tasks. As a result, your nervous system is overworked and could benefit from some chill out time.

A few minutes of deep breathing exercises can be a fast and efficient way to help your body to feel relaxed, focused & more energized while also supporting your ability to manage future stress as it arises.



Try this deep breathing exercise:

Take a deep belly breath in for 7 seconds.

Hold for 4 seconds.

Exhale completely for 7 seconds.

Repeat for 3-5 minutes

Enjoy this Breathwork Workshop with Sachin Patel:



Incorporate these simple health upgrades to your daily routine and you will notice amazing health benefits!

Looking for additional support to heal your digestion, increase energy, balance your hormones, improve your sleep & mood?

Let's work together!

[Schedule a Free Intro Call!](#)



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