

100 Easy Strategies to Improve Your Life Without Added Time or Expense

TRIED AND TESTED METHODS
THAT DELIVER RESULTS!

Common Sense

The Superpower You Didn't Know You Had



Lina Cook
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INTRODUCTION

Hello, I'm your coach Lina Cook.

I'm a passionate nutrition and holistic coach. Over the years, I've worked with many people, helping them to achieve a healthier and more meaningful life. Through my experience, I've learned that living in a more practical and easier way can bring immense benefits to our mental and emotional well-being, and I'm excited to share my knowledge and expertise with others who are seeking a better, more fulfilling lifestyle.

I'm a happy mum of two delightful children who bring so much joy to my life. In my 40s, busy with work, life and commitments, I've been trying to figure the best way to balance life and still maintain a good and fairly healthy routine, craving to continue enjoying a glass of wine but keeping a similar body weight and fitness level along with stress-free days. That's when I realized that many will resonate with this resource, being in desperate need of quick, practical and easy-to-implement changes on a daily basis to balance life and parenthood.



If you recognise yourself in my avatar, then surely "100 Easy Strategies to Improve Your Life Without Added Time or Expense" is for you. Give it a chance.

- *Lina Cook*

100 Easy Strategies to Improve Your Life Without Added Time or Expense - Tried and Tested Methods That Deliver Results!

Why you need this guide?

Are you tired of feeling overwhelmed by the daily grind, constantly striving for balance without success?

Welcome to the life of parenthood, working stress and daily havoc.

Introducing "100 Easy Strategies to Improve Your Life Without Added Time or Expense" – your comprehensive guide to reclaiming control and finding peace in the chaos.

As a holistic health coach, I understand the struggle of trying to juggle responsibilities while maintaining well-being.

This guide offers tried and tested methods to enhance your life, from simple self-care practices to efficient productivity hacks, all without requiring extra time or money.

Say goodbye to stress and hello to a happier, healthier you!

How to use the guide?

This guide is a product of a synergy of needs, exasperations and 'silent cries' for help.

It's a product of experience, expertise and real situations as, true to myself, I believe in practical, actionable advice, backed up by scientific facts and day-to-day examples.

Remember, we are human beings and live dynamically, not by the book. Therefore, let's not forget to take time to acknowledge mistakes or setbacks and learn from the same.

This guide is organized in real-life categories: shopping, cooking, food and health options. Its purpose is to guide you, as if sharing to a hundred other people who have already experienced the problems that you are, like being surrounded by a helpful circle of friends.

Savour it, enjoy it, use it!

5 INGREDIENTS TO AVOID WHEN FOOD SHOPPING



1. High-Fructose Corn Syrup (HFCS)

- **What It Is:** HFCS is a highly processed sweetener made from corn starch, commonly found in sodas, sweets, and processed foods.
- **Why Avoid It:** HFCS is linked to increased risk of obesity, type 2 diabetes, and heart disease. It also causes spikes in blood sugar and can contribute to insulin resistance. Unlike natural sugars, it can overstimulate your appetite, leading to overeating.

2. Partially Hydrogenated Oils (Trans Fats)

- **What It Is:** These are artificial fats created through a chemical process that makes liquid vegetable oils solid at room temperature. They are found in margarine, baked goods, and fried foods.
- **Why Avoid It:** Trans fats raise bad cholesterol (LDL) and lower good cholesterol (HDL), significantly increasing the risk of heart disease and stroke. They also promote inflammation and contribute to insulin resistance, making them one of the worst ingredients for long-term health.

3. Monosodium Glutamate (MSG)

- **What It Is:** MSG is a flavour enhancer used in processed foods, canned soups, snacks, and fast food to improve taste.
- **Why Avoid It:** MSG can cause headaches, dizziness, and nausea in sensitive individuals, a reaction often referred to as "Chinese Restaurant Syndrome." Long-term consumption has been linked to weight gain, metabolic syndrome, and neurotoxicity, though the effects vary among individuals.

4. Artificial Sweeteners (Aspartame, Saccharin, Sucralose)

- **What They Are:** These are synthetic sugar substitutes commonly found in diet sodas, sugar-free snacks, and processed foods marketed as "low-calorie."
- **Why Avoid It:** Studies suggest that artificial sweeteners can disrupt gut bacteria, potentially leading to digestive issues, weight gain, and an increased risk of metabolic disorders. They may also trick the brain into craving more sweet foods, contributing to unhealthy eating habits.

5. Sodium Nitrite/Nitrate

- **What They Are:** These preservatives are commonly used in processed meats such as bacon, ham, sausages, and deli meats to prevent spoilage and enhance colour.
- **Why Avoid It:** When exposed to high heat during cooking, nitrites and nitrates can form harmful compounds called nitrosamines, which have been linked to an increased risk of cancer, especially colorectal cancer. Regular consumption of these compounds also contributes to high blood pressure and cardiovascular issues.

SHOPPING



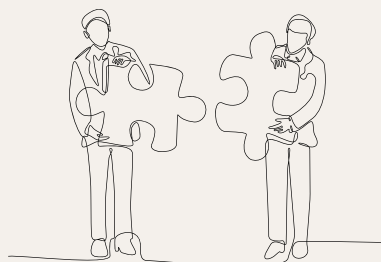
Problem (1): I make frequent unplanned trips to the grocery store to pick up forgotten essentials, resulting in unnecessary purchases of items not on my shopping list.



My Solution 1: I implement a strategic shopping approach by creating a comprehensive shopping list before heading to the store, organizing items by category to ensure nothing is forgotten, and sticking strictly to the list to avoid impulse buys. This doesn't need to be extensive and could easily take 10–15 minutes of your time but, I guarantee, it will save you lots of cash and calories. Additionally, consider utilizing grocery delivery services or curb side pickup options to minimize the need for frequent trips to the store.



Problem 3: Engaging in shopping trips only because you are feeling sad, lonely or needy and, therefore, spending mindlessly at the grocery store, buying things you don't actually need.



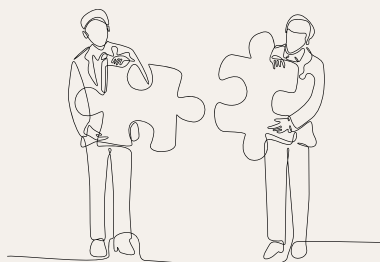
Problem 2: I often make shopping decisions while feeling hungry, increasing the likelihood of impulsive purchases and unhealthy food choices. I bet you've also felt peckish on chocolate and crisps whilst shopping a few too many times.



My Solution 2: Planning meals and snacks in advance to avoid shopping on an empty stomach, eating a balanced meal or snack before heading to the store, and creating a detailed shopping list to stay focused on purchasing only essential items. Additionally, practicing mindful shopping techniques such as pausing to evaluate the necessity of each item before adding it to the cart can help curb impulse buys.

My Solution 3: Minimalism is being intentional on how you spend your time, money and energy and being mindful about wasting and, essentially, why you need so much. Start making notes of what you buy and add up every time you get a receipt. Try this method for a few days and see how much of the stuff you've bought you've actually used and how much you have thrown away. Try to understand why you got it in the first place – was it because you needed a bag of chips or you felt peckish and a bit sad?

SHOPPING



Problem 4: I fail to plan meals in advance, resulting in haphazard grocery purchases and impulsive food choices.



My Solution 4: Implementing a structured meal planning strategy by scheduling weekly menus, identifying required ingredients, and preparing a detailed shopping list accordingly will just do the trick. This proactive approach enables efficient grocery shopping, reduces food waste, and promotes healthier eating habits. And it doesn't take more than 30 min a week, I promise.



Problem 5: I neglect to explore the perimeter of the store, where fresh produce and whole foods are usually found, leading to missed opportunities for healthier choices.



My Solution 5: Prioritize shopping from the natural product sections first, including fresh fruits and vegetables, seeds, legumes, nuts, grains, and fish, to ensure a nutritious and balanced shopping experience.



Problem 6: I am often being deceived by marketing tactics and misleading labels such as "natural" or "low-fat," resulting in uninformed food choices.



My Solution 6: Avoid falling for marketing gimmicks by scrutinizing labels carefully, focusing on ingredients rather than claims, and prioritizing whole, unprocessed foods to make informed and healthier choices. I usually avoid packaging with Big Bright Letters and Bold statements such as 100% of this and that! Quite often, it's exactly the opposite.

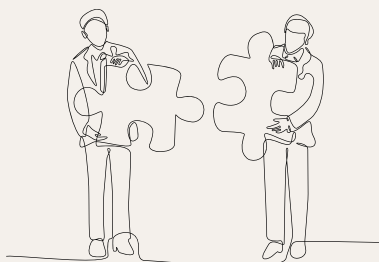


Problem 7: I disregard nutrition labels and ingredient lists, leading to uninformed food choices and potential health consequences.



My Solution 7: Pay close attention to nutrition labels and ingredient lists when grocery shopping, allowing for informed decisions about food purchases. This practice promotes healthier eating habits and better overall well-being. It might take a while at the beginning but soon, it will only take a glance to figure out which foods are a complete 'no'. Plus, you would already have a great list of go-to foods.

SHOPPING



Problem 8: I neglect to compare prices and seek out sales or discounts while shopping, resulting in overspending and missed opportunities for savings and value of products.



My Solution 8: Take the time to compare prices and seek out sales or discounts when shopping for groceries, ensuring that you get the best value for your money. This proactive approach helps you save money and stick to your budget more effectively. Remember, lower price does not always mean better bargain. It could be less amount/portion and compromise on quality.



Problem 9: I purchase processed and packaged foods containing excessive added sugars and unhealthy fats, contributing to poor dietary choices and potential health issues.



My Solution 9: Opt for whole, unprocessed foods that are naturally low in added sugars and unhealthy fats. By focusing on fresh fruits, vegetables, lean proteins, and whole grains, you can improve your diet and overall health, avoiding the pitfalls of processed foods.



Problem 10: I fail to explore the bulk section, missing out on budget-friendly staples such as grains, nuts, and dried fruits.



My Solution 10: Make it a habit to browse the bulk section during your shopping trips to discover cost-effective options for pantry essentials like grains, nuts, and dried fruits. By taking advantage of this section, you can save money while stocking up on nutritious ingredients for your meals.

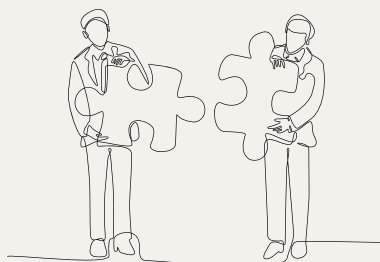


Problem 11: Opting for single-serving or convenience items, which come at a higher cost.



My Solution 11: Choose larger or bulk-sized packages instead of single-serving options to save money on groceries. By purchasing in bulk, you can often get more product for your money, reducing the overall cost of your grocery bill. Additionally, consider preparing your own single-serving portions at home using reusable containers, which can be both cost-effective and environmentally friendly.

SHOPPING



Problem 12: I purchase items in bulk excessively leading to potential wastage.



My Solution 12: Implementing a more efficient inventory management system to accurately gauge needs and reduce unnecessary purchases. Start by taking stock of what you already have in your pantry, fridge, and other storage areas. Discard any expired or unusable items. Organize your storage areas so that items are easily visible and accessible. Consider using clear containers or shelves to help you see what you have. Set limits and rotate stocks.



Problem 13: I depend on pre-packaged meals and snacks way too much, without considering their natural origins or the processing techniques involved.



My Solution 13: Prioritize natural, whole foods by questioning the origin and processing methods of the foods you consume, aiming to understand and opt for minimally processed options whenever possible.



Problem 14: I allow and often have excessive consumption of harmful substances like refined sugar, fructose, corn syrup, preservatives, food additives, flavour enhancers, and artificial sweeteners.



My Solution 14: Reduce the intake of toxic substances by consciously moderating consumption of refined sugars and artificial additives, opting instead for natural and minimally processed alternatives to enhance overall health and well-being.



Problem 15: It's difficult for me to make informed purchasing decisions due to complex ingredient lists and the presence of unhealthy additives like sugar, salt, and unfamiliar, unpronounceable ingredients.



My Solution 15: Prioritize product scrutiny by checking ingredient lists, dedicating a mere 20 seconds per item. If a product exceeds five ingredients or includes sugar, salt, or unfamiliar and complicated components, refrain from purchasing it to promote healthier consumption habits.

5 MAIN DIFFERENCES BETWEEN REFINED GRAIN AND WHOLE GRAIN



1. Nutrient Content

- **Whole Grains:** Contain all three parts of the grain kernel (bran, germ, endosperm), which provide a rich source of fibre, vitamins (like B vitamins and vitamin E), minerals (like iron and magnesium), and healthy fats.
- **Refined Grains:** The bran and germ are removed during processing, stripping away most of the fibre, vitamins, and minerals. What remains is mostly the starchy endosperm, which offers fewer nutrients.

2. Fibre Content

- **Whole Grains:** High in dietary fiber due to the presence of the bran, promoting healthy digestion, stabilizing blood sugar, and helping with cholesterol control.
- **Refined Grains:** Much lower in fiber because the bran is removed. This leads to quicker digestion and can cause rapid spikes in blood sugar.

3. Impact on Blood Sugar

- **Whole Grains:** Digest more slowly, leading to a gradual release of sugar into the bloodstream. This helps prevent blood sugar spikes and provides sustained energy.
- **Refined Grains:** Digest quickly, causing a rapid increase in blood sugar levels, which can contribute to insulin resistance, weight gain, and increased hunger.

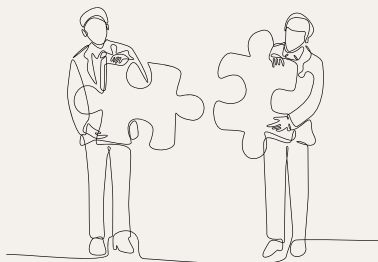
4. Processing

- **Whole Grains:** Minimally processed to retain all parts of the grain kernel, including the nutrient-dense bran and germ.
- **Refined Grains:** Heavily processed, removing the bran and germ to improve shelf life and texture, but resulting in a loss of important nutrients and fibre.

5. Health Benefits

- **Whole Grains:** Associated with numerous health benefits, including reduced risk of heart disease, stroke, type 2 diabetes, and certain cancers. They also promote better digestive health.
- **Refined Grains:** Lack the protective health benefits of whole grains. In fact, diets high in refined grains are linked to weight gain, poor blood sugar control, and increased risk of chronic diseases.

SHOPPING



Problem 16: I find it difficult to discern accurate product information due to the use of capital letters and misleading labelling such as "WHOLE GRAIN," which may not truly indicate product quality.



My Solution 16: Refrain from relying solely on packaging written in capital letters and be cautious of labels claiming "WHOLE GRAIN," as they may not accurately represent the product's composition. Recognize that advertisers can utilize this marketing tactic even if the product contains as little as 20% whole grain flour, with the remainder being refined flour and sugar. Therefore, it's essential to thoroughly scrutinize ingredient lists and seek reliable sources of information to make informed dietary choices.



Problem 17: I find it difficult to identify and select food items free from toxins, pesticides, antibiotics, and lacking essential nutrients.



My Solution 17: Prioritize seeking products labeled as "ORGANIC" whenever feasible to minimise exposure to harmful substances and ensure higher nutrient content in food choices.



Problem 18: I often experience 'decision fatigue', leading to difficulty making healthy choices, especially towards the end of shopping trips, often resulting in the selection of sweets and processed foods.



My Solution 18: Combat decision fatigue by adhering to a prepared shopping list and refraining from impulse purchases, particularly sugary and processed items, especially when nearing the checkout counter.

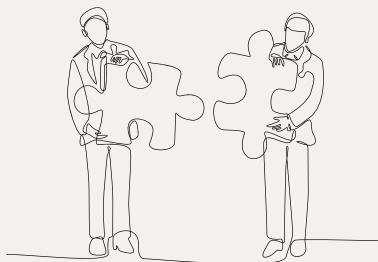


Problem 19: I neglect or forget to bring reusable bags, resulting in lost time and increased waste.



My Solution 19: Remember to bring reusable bags when shopping to save time and minimize waste.

SHOPPING



Problem 20: I often fail to remember items needed for the household or grocery shopping.



My Solution 20: Maintain a list on the refrigerator and promptly jot down items as they come to mind, ensuring nothing is forgotten when it's time to shop.



Problem 21: Facing crowds and long wait times at the supermarket during peak hours are my worst nightmare. Not only is it a frustrating experience, but also, you tend to rush and buy a lot of unnecessary stuff or simply forget about a lot of things that you need to go shopping for again.



My Solution 21: Opt to shop during off-peak hours when the store is less crowded to minimize waiting and have a more relaxed shopping experience. One of my favourite times to shop is early in the morning or late at night. But during working hours or other non-peak times is good too. Avoid right after 5 p.m., on paydays and near major holidays.



Problem 22: Argh... Shopping with kids! This can lead to constant pestering for junk food purchases, creating stress and discomfort when repeatedly saying no.



My Solution 22: Opt to shop while kids are in school to avoid the temptation and stress of resisting junk food requests. Shopping without kids not only saves money but also provides a more peaceful and efficient shopping experience.

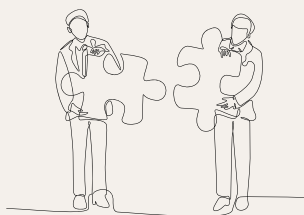


Problem 23: I forget or ignore to clean out the fridge, leading to the accumulation of expired and spoiled food items, resembling a science experiment gone wrong.



My Solution 23: Take the time to purge expired and spoiled food items from the fridge to create space for fresh groceries and maintain a clean and organized refrigerator.

EATING HEALTHY



Problem 24: Me and my family struggle with inadequate consumption of green leafy vegetables, leading to nutrient deficiencies. Especially, when it comes to my children.



My Solution 24: Incorporate at least five varieties of green leafy vegetables into your daily shopping list, gradually increasing by one additional type each week. Aim to consume two servings of cooked (2 cups) or raw (1 cup) vegetables twice a day to obtain essential nutrients like iron, magnesium, and calcium.

Problem 25: In our family, we struggle with insufficient fibre intake among children and adults, with diets typically providing only 10–15 grams of fibre per day, falling short of the recommended 30–40 grams for optimal health.



My Solution 25: Increase fibre consumption by incorporating whole fruits and vegetables, legumes, seeds, and whole grains into daily diets, ensuring a sufficient intake of essential nutrients for overall well-being.

Problem 26: We fail to consume adequate consumption of organic fruit, as a family, overlooking the nutritional benefits of wild or seeded fruits.



My Solution 26: Incorporate organic fruit into your diet, prioritizing wild or seeded varieties. Aim to consume one medium-sized piece of fruit or one full cup if sliced, along with half a cup of berries, once a day to reap the nutritional rewards.

Problem 27: I find it very difficult accessing fresh fruit during the off-season or winter months.



My Solution 27: Opt for frozen fruit options, particularly berries, which are typically abundant and retain their antioxidant properties when frozen, allowing you to enjoy nutritious fruit year-round.

HOW TO EAT MORE FIBRE AND MAKE VEGGIES FUN TO EAT



TIPS

Incorporating more fibre and veggies into your diet is key to feeling healthier, more energized, and staying full for longer.

But let's be honest—veggies aren't always everyone's favourite. Whether you're trying to convince kids or even yourself to eat more greens, here are some simple and creative ways to sneak more fibre into your meals while making vegetables delicious and fun!

- **Blend Veggies into Smoothies** – One of the easiest ways to eat more fibre is to blend veggies into your favourite fruit smoothies. You'll barely notice them!

Action Tip: Add spinach, kale, or zucchini to a smoothie with sweet fruits like banana, berries, and a spoonful of almond butter. The sweetness of the fruit hides the taste of the veggies, while the fibre works wonders.

- **Make Veggie Chips**– who doesn't love chips? Turning vegetables into crispy, flavourful chips can make them irresistible.

Action Tip: Slice veggies like sweet potatoes, zucchini, or kale thinly, season with olive oil, sea salt, and your favourite spices, and bake them. They're crunchy, delicious, and packed with fibre.

- **Sneak Veggies into Sauces and Dishes** – Sometimes, the best way to eat more veggies is by disguising them in familiar dishes.

Action Tip: Finely chop or grate veggies like carrots, zucchini, or cauliflower into sauces, casseroles, or pasta dishes. Blending roasted vegetables into tomato sauce can add texture, flavor, and extra fiber without anyone noticing.

- **Try Veggie Noodles or Rice Alternatives** – Swapping regular pasta and rice with vegetable-based versions is a fantastic way to add more fibre without sacrificing comfort foods.

Action Tip: Use a spiralizer to make zucchini or carrot noodles, or try cauliflower rice. These are great replacements for traditional carb-heavy sides and still pack in fibre and nutrients.

HOW TO EAT MORE FIBRE AND MAKE VEGGIES FUN TO EAT



TIPS

- **Add Fun Dips and Dressings** – Sometimes, a tasty dip is all you need to make veggies fun. Kids (and adults!) will be more inclined to eat them if they can dunk them into something delicious.

Action Tip: Pair raw veggies like carrots, cucumbers, or bell peppers with hummus, guacamole, or a yogurt-based ranch dip. It's an easy, fun way to add fiber and make veggies more exciting.

- **Roast for a Flavour Boost**– Roasting vegetables brings out their natural sweetness and makes them crisp and caramelized—much more appealing than boiling or steaming!

Action Tip: Roast veggies like broccoli, Brussels sprouts, or carrots with a drizzle of olive oil and a sprinkle of garlic powder, paprika, or parmesan cheese. The crispy texture and savory flavours are hard to resist.

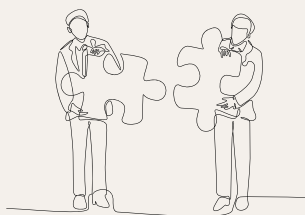
- **Incorporate Fibre-Rich Snacks** – Snacking is a great opportunity to pack in more fibre without even realizing it.

Action Tip: Try snacks like roasted chickpeas, popcorn, or fibre-rich veggie sticks with peanut butter or hummus. These can keep you full longer and are fun for both kids and adults.

- **Get Creative with Presentation** – Sometimes, how food looks can make all the difference, especially for kids. Or shall I say, most of the times.

Action Tip: Arrange veggies into fun shapes or faces on a plate, or make veggie “rainbows” with different coloured peppers, carrots, and cherry tomatoes. A little creativity can make veggies much more appealing.

EATING HEALTHY



Problem 28: It's a quick fix and the kids always eat it so I purchase quick-cooking pasta, white rice, rice cakes, rusks, and white bread but, I've heard that this may result in a lack of essential nutrients and fibre.



My Solution 28: Substitute these items with whole grain products and cook them at low temperatures to preserve their nutrients and fibre content.

Problem 29: I forget or simply don't know how to assess the ripeness or freshness of fruits and vegetables before purchasing or consuming them.



My Solution 29: Ensure to inspect fruits and vegetables for ripeness and freshness to guarantee their quality and maximize their nutritional value.

Problem 30: I often, if not always, fail to consider frozen fruits and vegetables as a viable option, despite their comparable nutritional value and extended shelf life. I am just not used to doing this.



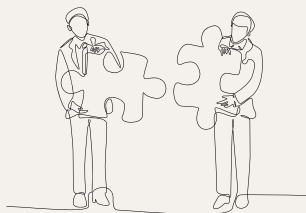
My Solution 30: Recognize the nutritional benefits and longevity of frozen fruits and vegetables, incorporating them into your diet as a convenient and nutritious alternative to fresh produce.

Problem 31: Cans? Is it a no? Disregarding the health benefits of jarred or canned beans, which can be just as nutritious when prepared at home. It's essential to select options with lower sodium content and rinse them before cooking to reduce salt intake significantly.



My Solution 31: Actually, let's acknowledge that jarred or canned beans are a healthy choice when cooked at home. Opt for varieties with reduced salt/sodium levels, and rinse them thoroughly before use to eliminate approximately half of their salt content, promoting a healthier diet.

EATING HEALTHY



Problem 32: I tend to purchase pre-cut fruits and vegetables, which tend to be pricier and less fresh and nutritious than whole counterparts.



My Solution 32: Avoid buying pre-cut fruits and vegetables to save money and ensure fresher, more nutritious options. Instead, invest in whole fruits and vegetables and take the time to prepare them at home for optimal freshness and nutritional value.

Problem 33: Not recognizing the nutritional benefits of legumes and pulses, which are rich in protein, iron, and zinc. We simply don't eat enough chickpeas, lentils and beans at home. Is that a problem?



My Solution 33: Incorporate legumes and pulses like black and red beans, chickpeas, lentils, soy products (miso, tempeh, tofu), and peas into your diet. Aim to consume $\frac{1}{2}$ cup of cooked legumes 2 to 3 times per day or $\frac{1}{4}$ cup as a puree (such as hummus). Legumes are naturally low in saturated fats and sodium, contain no cholesterol, and are considered an excellent source of protein. It's recommended to include them in every meal for their nutritional value.

Problem 34: Meat. Meat. Meat. It's the only food that everyone would eat. So, we tend to consume excessive amounts of animal protein (such as eggs, meat, dairy, and cheese) can lead to health issues.



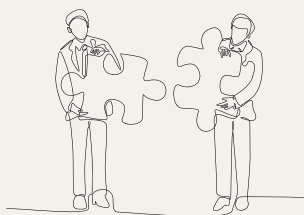
My Solution 34: Limit your intake of animal protein to one serving per day. While meat consumption itself isn't necessarily problematic, it's essential to prioritize quality over quantity and avoid excessive consumption.

Problem 35: Butter or Oil and what oil? I think, at home, we are not incorporating enough olive oil (extra virgin) into your diet, leading to an imbalance in fat intake.



My Solution 35: Increase the use of olive oil (extra virgin) to account for approximately 50% of your total fat intake and utilize it for cooking purposes to ensure a balanced and healthy diet.

EATING HEALTHY



Problem 36: Can we lack a variety in fat intake? I've heard that it can result in insufficient consumption of essential fatty acids such as Omega 3, 6, and 9.



My Solution 36: Blend different oils to create a balance of "good" fats, ensuring adequate intake of Omega 3, 6, and 9 fatty acids for overall health and well-being.

TIPS

Best Oils to use when cooking:

- **Flaxseed Oil:** Rich in Omega-3 fatty acids, flaxseed oil is a great addition to your oil blend for promoting heart health and reducing inflammation.
- **Olive Oil (Extra Virgin):** With a balanced ratio of Omega-3 and Omega-6 fatty acids, extra virgin olive oil provides both health benefits and a delicious flavour to your blend.
- **Hempseed Oil:** Hempseed oil is another excellent source of Omega-3 fatty acids and also contains Omega-6 and Omega-9 fatty acids, contributing to overall health and well-being.
- **Avocado Oil:** High in Omega-9 fatty acids, avocado oil complements the Omega-3 and Omega-6 fatty acids from other oils in your blend, promoting heart health and supporting healthy skin.



Problem 37: I often fail to keep essential pantry items such as beans, whole grains, and canned tomatoes readily available. And I get caught out not able to cook a proper meal.



My Solution 37: Ensure to maintain a stock of pantry staples like beans, whole grains, and canned tomatoes to have them on hand for convenient and nutritious meal preparation.

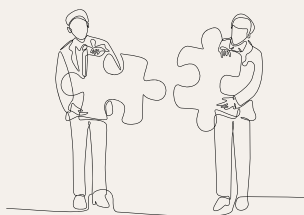


Problem 38: I am a bit of a - know-it-all type of person and quite often don't seek or simply ignore reviews or recommendations when considering trying new products. It's who I am, isn't it?



My Solution 38: Improve the process by actively reading reviews or asking for recommendations before trying new products to make more informed purchasing decisions.

EATING HEALTHY



Problem 39: When have we ever learnt about greens, algae, etc..at school? Why don't I remember the importance of consuming vegetables rich in chlorophyll, a vital pigment essential for photosynthesis in plants and with potential health benefits for humans.



My Solution 39: Enhance your diet by including vegetables rich in chlorophyll, which harnesses energy from the sun and provides essential nutrients like magnesium. Recent studies suggest that chlorophyll may help suppress DNA damage caused by carcinogens, with foods like spinach blocking a significant percentage of these harmful compounds. Additionally, chlorophyll plays a crucial role in the regeneration of Co-enzyme Q10, a powerful antioxidant essential for overall health and well-being.

TIPS

Most popular vegetables that are rich in chlorophyll:

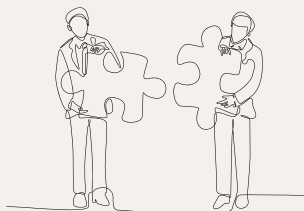
- **Spinach, Kale, Swiss chard, Broccoli, Collard greens, Brussels sprouts, Green peas, Arugula, Green beans, Asparagus**
- **Recommended Daily servings:**
2 to 3 cups of leafy greens such as spinach, kale, or Swiss chard
- **Recommended Weekly servings:**
 - 2 to 3 cups of cruciferous vegetables such as broccoli, Brussels sprouts, or cabbage
 - 1 to 2 cups of green peas or green beans
 - 1 to 2 cups of other chlorophyll-rich vegetables like asparagus, arugula, or collard greens

Problem 40: Oh, I'll just go to get an extra pound of meat or why engage in shopping trips without considering plans for utilizing leftovers, resulting in unnecessary food wastage.



My Solution 40: Implementing a structured approach to shopping that includes meal planning and strategies for utilizing leftovers effectively, thereby minimizing food waste and promoting sustainability.

EATING HEALTHY



Problem 41: Exceeding recommended daily limits for butter, meat, and cheese intake, which may contribute to health issues.



My Solution 41: Adhere to the recommended guidelines of consuming no more than 10-20 grams of butter a day and limiting meat and cheese consumption to no more than once a day to maintain a balanced and healthy diet.

Problem 42: Not consuming enough fatty fish and oil-rich nuts, leading to insufficient levels of Omega-3 fatty acids. This has always been an issue.



Solution 42: Try incorporating fatty fish into your diet at least twice a week and increase consumption of oil-rich nuts such as hazelnuts, almonds, and walnuts to boost Omega-3 levels and promote overall health.

TIPS

Four types of fatty fish and the recommended daily and weekly servings for a healthy diet:

- **Salmon:** Rich in Omega-3 fatty acids, salmon is a popular choice for its delicious flavour and health benefits.

Daily serving: 3 to 4 ounces (approximately 85 to 113 grams)

Weekly servings: 2 to 3 servings per week

- **Mackerel:** Mackerel is another oily fish packed with Omega-3 fatty acids and is commonly enjoyed grilled or smoked.

Daily serving: 3 to 4 ounces (approximately 85 to 113 grams)

Weekly servings: 2 to 3 servings per week

- **Sardines:** Sardines are small, oily fish that are rich in Omega-3s and also provide calcium and vitamin D.

Daily serving: 2 to 3 sardines (approximately 3 to 4 ounces or 85 to 113 grams)

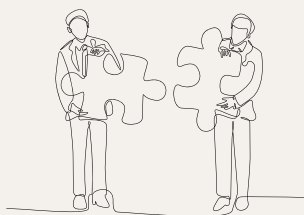
Weekly servings: 2 to 3 servings per week

- **Trout:** Trout is a freshwater fish that offers Omega-3 fatty acids along with protein and other nutrients.

Daily serving: 3 to 4 ounces (approximately 85 to 113 grams)

Weekly servings: 2 to 3 servings per week

EATING HEALTHY



Problem 43: Consuming processed foods lacking in nutrients and essential components for a balanced diet.



My Solution 43: Opt for unprocessed, whole, plant-based foods at every meal, including a variety of vegetables (such as green and leafy greens), fruits, berries, legumes, whole grains, nuts, seeds, spices, herbs, seaweed, and mushrooms to ensure a nutrient-rich diet that supports overall health and well-being.

TIPS

Recommended Weekly Servings for a Healthy Diet:

- **Leafy Greens:** Aim for 3 to 4 servings per week. This can include options like spinach, kale, Swiss chard, arugula, and romaine lettuce.
- **Legumes:** Aim for 3 to 4 servings per week. This can include options like beans, lentils, chickpeas, and peas.
- **Nuts and Seeds:** Aim for 3 to 4 servings per week. This can include options like almonds, walnuts, chia seeds, flaxseeds, and pumpkin seeds.
- **Seaweed:** Aim for 2 to 3 servings per week. This can include options like nori, kelp, dulse, and wakame.
- **Mushrooms:** Aim for 2 to 3 servings per week. This can include options like button mushrooms, shiitake mushrooms, portobello mushrooms, and oyster mushrooms.



Problem 44: Not dedicating time to prepare homemade meals, missing out on the rewarding experience of creating delicious and nutritious dishes at home.



My Solution 44: Prioritize allocating time to prepare homemade meals, as it can be surprisingly easy and quick. You'll discover the joy of crafting tasty and healthy dishes in your own kitchen, leading to a more fulfilling and satisfying eating experience. And you'll be surprised how easy and quick it is.

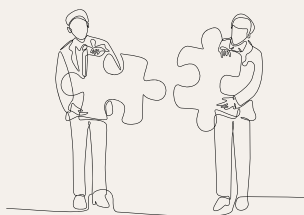


Problem 45: Failing to consume a sufficient amount of raw foods such as salads, nuts, and fruits throughout the day.



My Solution 45: Incorporate at least 50% raw foods into your daily diet by including items like salads, nuts, fruits, and other raw vegetables. This ensures a higher intake of essential nutrients and promotes overall health and vitality.

EATING HEALTHY



Problem 46: Consuming refined grains instead of whole grains, which may lead to a lack of essential nutrients and contribute to health issues.



My Solution 46: Replace refined grains with whole grains in your diet. Opt for brown rice instead of white rice and choose whole grain pasta over regular pasta. You'll discover that whole grains are just as delicious and offer additional nutritional benefits, promoting overall health and well-being.

TIPS

Change refined grains with whole grains. Here's how:

- **White rice** ➔ **Brown rice**
- **White bread** ➔ **Whole wheat bread**
- **Regular pasta** ➔ **Whole grain pasta**
- **Corn flakes** ➔ **Whole grain cereal**
- **White flour tortillas** ➔ **Whole grain tortillas**
- **White sandwich buns** ➔ **Whole grain sandwich buns**
- **White flour** ➔ **Whole wheat flour**
- **Plain bagels** ➔ **Whole grain bagels**
- **White crackers** ➔ **Whole grain crackers**
- **Instant oatmeal** ➔ **Steel-cut or rolled oats**



Problem 47: Excessive reliance on animal products in the diet.

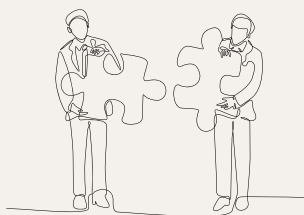


My Solution 47: How many times a week do you eat meat?

Reduce your consumption of animal products both for your health and the environmental. Protein can be obtained from a plant-based diet and without completely eliminating animal protein, you can reduce it significantly.

- **Lentils:** One cup of cooked lentils provides about 18 grams of protein.
- **Chickpeas (Garbanzo Beans):** One cup of cooked chickpeas contains approximately 15 grams of protein.
- **Quinoa:** One cup of cooked quinoa offers around 8 grams of protein.
- **Edamame:** One cup of cooked edamame beans offers about 17 grams of protein.
- **Black Beans:** One cup of cooked black beans contains approximately 15 grams of protein.
- **Tempeh:** A 3-ounce serving of tempeh provides around 16 grams of protein.
- **Hemp Seeds:** Three tablespoons of hemp seeds offer about 10 grams of protein.
- **Almonds:** One ounce of almonds provides about 6 grams of protein

EATING HEALTHY



Problem 48: Insufficient consumption of mushrooms, despite their low-calorie content and nutritional benefits.



My Solution 48: Increase mushroom intake to 3–4 times per week as part of your vegetable servings. Mushrooms are virtually calorie-free and can easily be incorporated into meals. They are rich in essential nutrients like vitamins (such as vitamin D, B vitamins, and vitamin C), minerals (such as potassium, selenium, and copper), antioxidants, and fibre, which support gut health and overall well-being.

Problem 49: Inadequate intake of diverse fruits and vegetables, resulting in a lack of essential antioxidants.



My Solution 49: This is a must! Ensure consumption of at least 5 different types of fruits and vegetables daily. Each colour variation signifies distinct antioxidants linked to specific health benefits, promoting overall well-being.

Problem 50: Banning certain 'unhealthy' foods, subsequently leading to feelings of deprivation and potential unhealthy relationships with food.



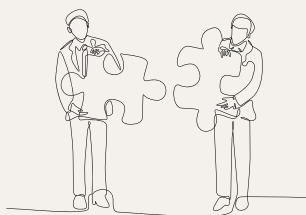
My Solution 50: Instead, embrace a balanced approach by treating "empty calorie" foods as occasional indulgences, enjoying them only when desired and minimizing their consumption frequency.

Problem 51: Forgetting to bring a nutritious snack can result in unhealthy food choices when hunger strikes between meals.



My Solution 51: Ensure you always have a healthy snack on hand to enjoy when hunger strikes between meals, promoting better food choices and sustained energy levels.

COOKING HEALTHY



Problem 52: Cooking food at high temperatures, simply trying to 'murder' it. This can lead to the loss of nutrients and the formation of harmful molecules, which can strain the immune system and compromise its ability to function effectively throughout the body.



My Solution 52: Opt for cooking methods that involve lower temperatures, preferably below 100°C, and shorter cooking times to preserve nutrients and minimize the production of toxic molecules, thus supporting the immune system's optimal functioning.

Problem 53: Reheating food often, particularly in a microwave. Did you know that this can compromise foods' nutritional value and taste, leading to potential health concerns.



My Solution 53: Instead, opt for steaming food whenever possible and minimize reheating, especially in a microwave, to maintain nutritional integrity and flavour. It's best to quickly fry or steam food, when cooked; avoid baking or boiling for too long at high temperatures.

Problem 54: Consuming unfiltered water or beverages with additives can introduce potentially harmful substances into the body. Or simply put, plastic water bottles.



My Solution 54: Choose pure, filtered water or herbal teas like green tea. Opt for filtered tap water stored in glass bottles for a safer and more eco-friendly hydration option.

TIPS

Why plastic bottled water is not your 'friend'?

Tap water in itself contains endocrine disruptors such as arsenic, aluminium, fluorine, drug residues.

Bottled water often contains the same + 36 other harmful pollutants. In addition, plastic bottles contain a chemical called BPA (Bisphenol A) which causes the following health issues: learning and behavioural problems, altered immune system function, prostate and breast cancer, risk of obesity, early puberty

COOKING HEALTHY



Problem 55: Consuming sugary beverages, including sodas, zero-calorie drinks, and industrially produced fruit juices, can contribute to health issues.



My Solution 55: Here's how to opt out of these and promote better health:

TIPS

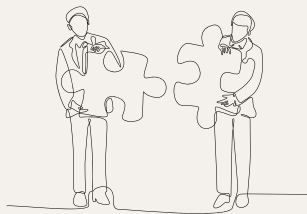
- Educate Yourself. Understand the negative impacts of sugary drinks on your health, such as weight gain, dental issues, and increased risk of chronic diseases.
- Start by gradually reducing your intake of sugary drinks. You don't have to cut them out completely all at once.
- Drink water as your primary beverage. It's essential for hydration and has zero calories. Keep a reusable water bottle with you to encourage regular water consumption.
- Enjoy herbal teas as a flavourful and healthy alternative. They come in various flavours and can be consumed hot or cold.
- Add natural flavour to your water by infusing it with fruits like lemon, lime, berries, or cucumber. This adds a refreshing twist without the added sugars.
- If you enjoy the fizziness of sodas, opt for sparkling water instead. You can find flavoured sparkling water options without added sugars.
- Make your own fruit juices at home using fresh fruits and a blender or juicer. This way, you can control the ingredients and avoid added sugars.
- Coconut water is a natural and hydrating beverage option. It's low in calories and contains electrolytes, making it a great choice for replenishing fluids after exercise.
- If you're craving something creamy, opt for low-fat milk or plant-based milk alternatives like almond milk or oat milk. Just be mindful of added sugars in flavoured varieties.
- Alcoholic beverages can also be sources of hidden sugars. Limit your intake of alcoholic drinks and opt for lower-sugar options like dry wines or spirits mixed with soda water and fresh lime.

Problem 56: Eating based solely on cravings rather than hunger can lead to overeating and unhealthy habits. Additionally, using large plates can encourage larger portion sizes, contributing to excess calorie intake.



My Solution 56: Adopt mindful eating practices by listening to your body's hunger cues and using smaller plates to control portion sizes, promoting healthier eating habits and better portion control.

COOKING HEALTHY



Problem 57: Consuming large evening meals which can lead to discomfort, disrupted sleep, and potential weight gain.



My Solution 57: Opt for smaller portion sizes for evening meals to promote better digestion, improve sleep quality, and support overall health and weight management. If you are still hungry, have a healthy snack instead.



Problem 58: Not chewing food long enough and trying to 'devour' everything too quickly, being too hungry or in a rush. Inadequate chewing of food can hinder proper digestion and nutrient absorption, potentially leading to digestive discomfort and nutrient deficiencies.



My Solution 58: Make a conscious effort to chew your food thoroughly, aiming for around 20–30 chews per bite before swallowing. This promotes better digestion and allows saliva to effectively break down sugars, optimizing nutrient absorption and overall digestive health. No excuse!



Problem 59: Legumes are often overlooked due to their lengthy cooking process and potential digestive issues. Wrong!

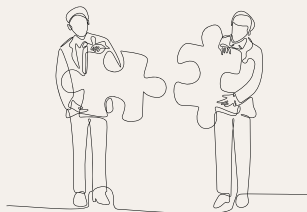


My Solution 59: Soak legumes in water overnight to enhance alkalinity, improve digestibility, and shorten cooking time. Cook them in larger quantities and store them in the refrigerator for 2–3 days to save time. To reduce bloating and further improve digestibility, add a pinch of baking soda, which alkalizes and can decrease cooking time by 15 minutes per hour.

Why legumes?

- **Legumes** are an excellent source of plant-based protein, making them an essential component of vegetarian and vegan diets.
- **Legumes** are packed with dietary fiber, which aids in digestion, promotes satiety, and helps regulate blood sugar levels.
- **Legumes** have a low glycemic index, meaning they cause a gradual rise in blood sugar levels, making them suitable for individuals with diabetes or those seeking to manage their blood sugar levels.
- **Legumes** are rich in essential vitamins and minerals, including iron, magnesium, potassium, and folate, which are vital for overall health and well-being.
- Consuming **legumes** regularly has been linked to a reduced risk of heart disease due to their ability to lower cholesterol levels and improve cardiovascular health.

COOKING HEALTHY



Problem 60: Under consuming fibre which helps maintain digestive health and helps control blood sugar and lowers cholesterol levels.



My Solution 60: See my suggested daily menu below. If you cannot follow the whole plan, try to implement at least one of these tips per day and slowly increase to two or more until you get there.

TIPS

Here's a sample daily plan to increase fibre intake:

Breakfast: Start your day with a fibre-rich breakfast such as oatmeal topped with sliced bananas and a tablespoon of chia seeds. Drink a glass of freshly squeezed orange juice for added vitamin C and fibre.

Mid-Morning Snack: Snack on a small handful of almonds or walnuts, which are not only rich in healthy fats but also contain fibre.

Lunch: Enjoy a colourful salad with mixed greens, cherry tomatoes, cucumber, bell peppers, and sliced carrots. Add a serving of grilled chicken breast or tofu for protein, and sprinkle with a tablespoon of flaxseeds or pumpkin seeds for extra fibre.

Afternoon Snack: Have a piece of fruit such as an apple or pear, both of which are excellent sources of dietary fibre.

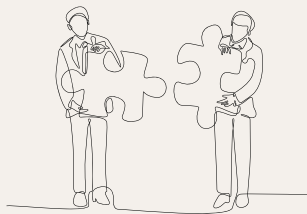
Dinner: Prepare a quinoa and black bean stir-fry with plenty of mixed vegetables like broccoli, bell peppers, and spinach. Serve with a side of steamed broccoli or roasted Brussels sprouts for additional fibre.

Evening Snack: Enjoy a small bowl of Greek yogurt topped with a handful of raspberries and a sprinkle of ground cinnamon for a satisfying and fibre-rich dessert option.

Remember to drink plenty of water throughout the day to help fibre move through your digestive system smoothly. Adjust portion sizes and food choices according to individual dietary needs and preferences.

Alarming: Most Americans get less than half the suggested amounts of daily fibre. Health conditions linked to a low fibre diet include constipation, irritable bowel syndrome (IBS), diverticulitis, heart disease and some cancers (including bowel).

COOKING HEALTHY



Problem 61: Consuming too much sodium which can raise your risk of high blood pressure, heart attack, and stroke. While sodium has many forms, 90% of the sodium we consume is from salt.



My Solution 61:

- Instead of using salt, add flavour to your meals with a squeeze of lemon juice, a dash of no-salt spice blends, or fresh herbs.
- Eat less high-sodium processed and prepackaged food (breads, pizza, and deli meats)
- Use unprocessed food, such as fresh or frozen vegetables, to prepare at home without salt.



Problem 62: Not consuming enough potassium which can lead to various health problems, including muscle weakness, fatigue, cramps, irregular heartbeat, high blood pressure, and an increased risk of stroke.



My Solution 62:

- Experiment with new dishes including greens, lima beans, or Swiss chard.
- Put some variety in your beverages with one cup of 100% prune juice or 100% pomegranate juice.
- Have a banana as a snack.
- Enjoy 100% orange juice or a recommended dairy product with your meals.

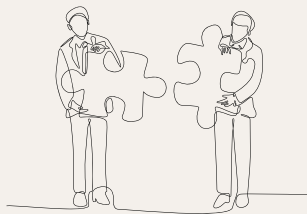


Problem 63: Failing to prep meals in advance, resulting in snacking and quick unhealthy mixes. Overthinking weekly meal plans and over shopping. Boredom of eating the same dish all over again.



My Solution 63: It might be easier to meal prep for about 3 days ahead to avoid same meal exhaustion. Making a meal plan for the week makes it clear when you'll use each of your meals, and makes the food shopping easier as well as the cooking. You might meal prep to stock the freezer, or you might meal prep just to use in the same week after a busy day. Instead, focus on one base component that can be spun a few different ways or served with different sides, and alternate the following week.

COOKING HEALTHY



Problem 64: Using too much salt to spice up meals instead of actually, spicing up with a variety of spices you might be missing on your kitchen top.



My Solution 64: Did you know that some diets considered to be the healthiest in the world are those that contain unique ingredients and aromatic spices. You can add flavour to your food without using salt by seasoning it with spices and herbs like basil and curry powder. In addition, dishes such as Thai curries and Greek salads are not only beneficial to your health but also extremely tasty. Plus, they aren't all that difficult to recreate at home. These are must haves: Turmeric, Cinnamon, Ginger, Garlic, Cayenne Pepper, Cumin, Paprika, Oregano, Rosemary, Black Pepper.



Problem 65: Getting stuck on recipes we know and are comfortable with, and mostly thinking that our children will only eat this and that.



My Solution 65: Simply find and start implementing new recipes today. Look up "healthy recipes" and find a bunch that looks appealing to you. Recipes that don't require a lot of prep, use a minimal amount of ingredients, and don't take long to cook, will reduce your time in the kitchen. These recipes will be fun to make, and once you realize how easy they are, you will be ready and willing to make them again and again. And your kids will love them, even if you have to tweak a bit here and there guaranteed.

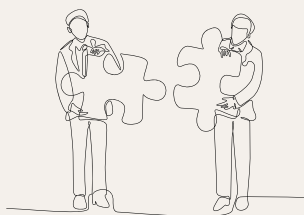


Problem 66: Failing to test your food whilst you are cooking. Then, that look of disappointment or disapproval. Yes, I know, this might be trivial but it is just as important as cooking a delicious meal and spending an hour prepping and mixing.



Solution 66: To guarantee your dishes are flavorful, make it a habit to sample your food while cooking. This allows you to experience the evolving flavours and become acquainted with what combinations work best, even if you're following a recipe. Don't just randomly sprinkle salt and pepper or this and that just on a hinch.

POSITIVE LIFESTYLE



Problem 67:

Overemphasizing future goals and neglecting to acknowledge current accomplishments and successes.



My Solution 67: Focus on right now. Strike a balance between future aspirations and present achievements, cultivating gratitude for the victories and outcomes of today. We live in the 'NOW'. Own it.



Problem 68: Setting

unrealistic and unattainable goals which usually lead to negative results and disappointment.



My Solution 68: Establishing goals that are grounded and feasible. Do a list of daily and weekly tasks, break them in

achievable tasks. Formulate objectives that are practical and achievable. I will concentrate on including 2 smoothies in my weekly diet, not, I have to substitute my entire breakfast with a smoothie every day of this week.



Problem 69: Failing to

challenge negative thoughts when they surface after a failed attempt or a bad day.



My Solution 69: Confront pessimistic thinking patterns. Engage in activities like meditation or deep breathing to increase awareness of negative thoughts as they arise. Question the validity of negative beliefs and replace them with more realistic and positive alternatives. Focus on things you are thankful for each day to shift your mindset towards positivity and optimism.



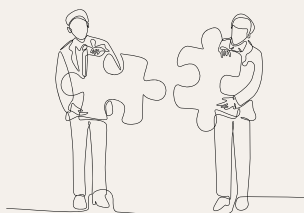
Problem 70: Feeling stuck

but unable to identify what's holding you back. Feeling immobilized by unidentified obstacles and doing nothing like a deer caught in headlights.



My Solution 70: Recognize and address barriers hindering progress. Take time to introspect and identify the specific factors holding you back. Reach out to friends, mentors, or professionals for guidance and assistance in overcoming obstacles. Break larger challenges into smaller, manageable tasks to facilitate progress and prevent feeling overwhelmed.

POSITIVE LIFESTYLE



Problem 71: Unable to juggle stress levels effectively.



My Solution 71: Managing stress can be challenging, but it's important to find what works best for you. Try incorporating small changes like deep breathing exercises, regular physical activity, or setting aside time for hobbies you enjoy.

TIPS

My four 10-minute daily practices to decrease stress:

- **Mindful Breathing:** Dedicate 10 minutes to deep breathing exercises, inhaling deeply through your nose, holding for a few seconds, and then exhaling slowly through your mouth. This simple practice can help calm your nervous system and reduce stress.
- **Stretching Break:** Take a 10-minute break to stretch your body. Focus on areas where you hold tension, like your neck, shoulders, and back. Stretching increases blood flow and releases muscle tension, promoting relaxation.
- **Nature Walk:** Spend 10 minutes outdoors in nature. Whether it's a stroll in the park or a walk around your neighborhood, connecting with nature can help clear your mind, reduce stress, and boost your mood.
- **Journaling:** Set aside 10 minutes each day to write in a journal. Write about your thoughts, feelings, and experiences. Journaling can help you process emotions, gain perspective, and relieve stress by expressing yourself freely.



Problem 72: Failing to communicate, share and open up about things that are dragging you down, negative thoughts or facing a specific problem.



My Solution 72: If you're struggling with communication and opening up, start by practicing active listening and observing how others communicate effectively. Additionally, consider seeking support from a therapist or counsellor who can provide guidance and techniques to help you feel more comfortable expressing yourself. Journaling or participating in group discussions can also gradually improve your ability to engage in dialogue and express your thoughts and feelings. Remember, progress takes time, so be patient and kind to yourself throughout the process.

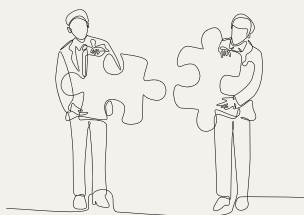


Problem 73: Excessive consumption of news content.



My Solution 73: Manage news intake by setting specific time limits and diversifying your sources for a balanced perspective.

POSITIVE LIFESTYLE



? **Problem 74:** Inadequate and insufficient sleep.



My Solution 74: Every adult should strive to have between 7–9 hours of good sleep a day in order to function properly, promote optimal health and improve quality of life. My tips and tricks below.



My tips & tricks for better sleep

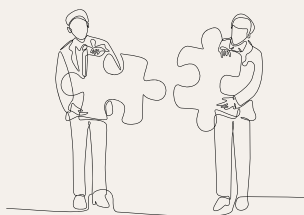
- **Consistent Schedule:** Set a regular sleep schedule, whenever possible, going to bed and waking up at similar times, even if you can on weekends. This helps regulate your body's internal clock, making it easier to fall asleep and wake up naturally.
- **Screen-Free Wind-Down:** About an hour before bedtime, start winding down by reducing exposure to screens, such as phones, tablets, computers, TV. The blue light emitted by screens can interfere with the production of melatonin, a hormone that regulates sleep. Instead, engage in calming activities such as reading a physical book, practicing gentle stretching or listening to soothing music or a podcast.
- **Create a relaxing ritual:** This might include activities that promote relaxation such as taking a warm bath, practicing deep breathing or meditation or sipping on a caffeine-free herbal tea like chamomile or lavender.
- **Evening meals and snacks:** Avoid eating large meals or heavy, rich foods within two to three hours of bedtime to allow for proper digestion and prevent discomfort. Instead, opt for light, easily digestible snacks like a small serving of yogurt, a banana, or a handful of almonds if you need a pre-bedtime snack. These options provide a balance of nutrients without causing digestive discomfort, helping you achieve a more restful night's sleep.

? **Problem 75:** Overthinking past day's errands and next day's demands, inevitably increasing stress and anxiety.



My Solution 75: Practice mindfulness techniques to stay present and focus on the tasks at hand. Make a to-do list for the next day before bedtime to clear your mind and prioritize tasks effectively. Think about step-by-step process, starting from the morning and ticking off tasks so that you know in your mind that you are making constant progress.

POSITIVE LIFESTYLE



? Problem 76: Feeling a lack of fulfillment or purpose in daily activities can lead to dissatisfaction and a sense of stagnation. Literally, ticking off boxes or simply 'wasting time' without achieving anything meaningful.



My Solution 76: Do something meaningful every day, no matter how small it is. Engage in meaningful activities each day that align with your values and goals, whether it's volunteering, pursuing a hobby, or spending quality time with loved ones. This can bring a sense of purpose and satisfaction to your daily life.

- Reach out to family members or friends whom you haven't spoken to in a while.
- Extend a helping hand to someone in need, whether it's offering a listening ear, sending a thoughtful message, or performing a random act of kindness. The joy that comes from making someone else's day brighter is immeasurable.
- Take a few moments to reflect on the things you're grateful for in your life, whether it's a supportive friend, a beautiful sunset, or a warm cup of coffee.
- Set aside time to engage in activities that bring you joy and fulfillment, whether it's painting, gardening, playing an instrument, or exploring nature.

? Problem 77: This is something over 50% of us experience. Difficulty waking up early. I fall in that group as well.



My Solution 77: I have days and days, just like everyone else. I have started to gradually adjust my bedtime by 15 minutes earlier each night, whenever possible, as consistently as possible. Create a consistent morning routine, use an alarm clock with a pleasant sound, and avoid screens 30 minutes before bed.

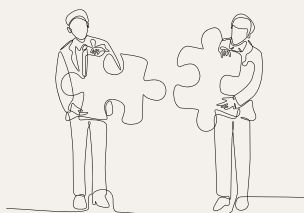
? Problem 78: Constantly Feeling Tired, drained and lacking energy and motivation.



My Solution 78: Prioritize sleep hygiene by establishing a regular sleep schedule, limit caffeine intake after noon, stay hydrated, and incorporate short exercise sessions to boost energy levels. You can do these at home, a 10/15min. HIIT routine, a 10-min yoga stretch. Your body will thank you for that.

5 HABITS TO SAY GOOD BYE TO

FRESH START



Problem 79: GOOD-BYE

Procrastination: Putting off tasks leads to increased stress, decreased productivity, and missed opportunities.



My Solution 79: Embracing a proactive approach fosters efficiency and accomplishment. Break tasks into smaller, manageable steps. Use a timer to work in short, focused intervals (e.g., 25 minutes of work, 5 minutes of rest), and prioritize tasks by urgency and importance.



Problem 80: Over-cluttering – 1 word!



My Solution 80: This does not need to be a chore but is one of the best ways to declutter your mind – literally. Set aside 10 minutes daily to declutter one small area. Use the "one in, one out" rule for new items and donate or discard things you haven't used in the past year.



Problem 81: Struggling to Eat Healthy



My Solution 81: Plan meals ahead, keep healthy snacks readily available, and start with small changes, like adding one fruit or vegetable to each meal. Prep ingredients on weekends for easy access during the week.



Problem 82: Spending Too Much Time on Social Media



My Solution 82: Set time limits for app usage using your phone's settings, designate social media-free times (like during meals), and replace screen time with other activities, such as reading or hobbies. Just find this one or more things that you enjoy and cannot have enough of and embrace it.



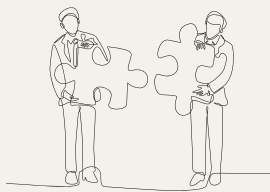
Problem 83: Communication Issues with Loved Ones



My Solution 83: Practice active listening by giving full attention when someone is speaking. Set aside time for regular, honest conversations and use "I" statements to express feelings without blame. I am still making progress in this respect, every single day.

5 HABITS TO SAY HELLO TO

FRESH START



Practice Gratitude Daily

Taking time each day to acknowledge what you're thankful for can boost your mood and overall well-being. Gratitude shifts your focus from what's lacking to appreciating what you have.



How to (84):

- Action Step 1: Start a gratitude journal and write down three things you're grateful for every morning or night.
- Action Step 2: Share your gratitude with others, like thanking someone personally or sending a message to express your appreciation.

Prioritize Self-Care

Regular self-care is crucial for maintaining mental, emotional, and physical health. It helps you recharge and cope better with stress.



How to (85):

- Action Step 1: Schedule at least 30 minutes of "me time" each day for activities you enjoy, such as reading, walking, or meditating.
- Action Step 2: Create a list of simple self-care activities (like taking a bath, listening to music, or stretching) and choose one each day.

Develop a Morning Routine

A consistent morning routine sets a positive tone for the rest of the day, helping you start with intention and focus.



How to (86):

- Action Step 1: Wake up at the same time every day and begin with a calming activity, like deep breathing, stretching, or journaling.
- Action Step 2: Plan your day by listing your top three priorities and reviewing your schedule before starting work or other tasks.

Stay Hydrated

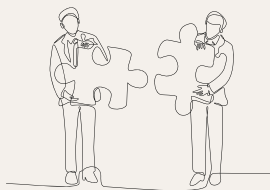
Drinking enough water is essential for physical health, energy levels, and mental clarity. Proper hydration can improve mood and cognitive function.



How to (87):

- Action Step 1: Keep a water bottle with you at all times and set reminders to drink a glass of water at the start of each hour.
- Action Step 2: Start each meal with a glass of water, which helps with hydration and can support healthy digestion.

4 'SILENT' FOODS THAT KILL YOU



Processed Meats (Bacon, Sausages, Hot Dogs)

Processed meats are high in preservatives, nitrates, and unhealthy fats, which have been linked to an increased risk of heart disease, cancer, and other chronic conditions.



Why to Eliminate (88):

Studies show that regular consumption of processed meats raises the risk of colorectal cancer and heart problems due to high levels of sodium, nitrates, and trans fats.

Sugary Drinks (Soda, Energy Drinks)

Sugary beverages are packed with empty calories and high levels of added sugars, contributing to obesity, type 2 diabetes, and metabolic syndrome.



Why to Eliminate (89):

Excessive sugar intake spikes insulin levels, leads to insulin resistance, and increases the risk of chronic diseases like diabetes and heart disease.

Refined Carbohydrates (White Bread, Pastries, Pasta)

Refined carbs have been stripped of fibre and nutrients, causing rapid blood sugar spikes and crashes. Long-term, they contribute to weight gain, type 2 diabetes, and cardiovascular disease.



Why to Eliminate (90):

These foods cause quick digestion and lead to insulin resistance, inflammation, and weight gain over time.

Artificial Trans Fats (Margarine, Fried Foods, Packaged Snacks)

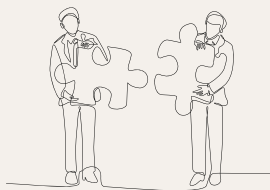
Trans fats are artificially created and are known to increase bad cholesterol (LDL) while lowering good cholesterol (HDL). They are associated with a higher risk of heart disease, stroke, and type 2 diabetes.



Why to Eliminate (91):

Trans fats are linked to chronic inflammation, which accelerates the development of heart disease and other life-threatening conditions.

4 'SILENT' FOODS THAT CAN HELP YOU LIVE LONGER



Moringa

Moringa is a nutrient-packed plant that is rich in vitamins A, C, and E, calcium, and iron. It's also a powerful anti-inflammatory and antioxidant, making it great for overall health and immunity.

Origin: Moringa oleifera (M. oleifera), the "miracle tree", thrives globally in almost all tropical and subtropical regions, but it is believed to be native to Afghanistan, Bangladesh, India, and Pakistan



Why to Welcome in your diet (92):

Moringa helps reduce inflammation, supports healthy blood sugar levels, and boosts your immune system. It's also an excellent plant-based protein source.

Where to find it: Both moringa capsules and powder deliver a boost of antioxidants, anti-inflammatories, and nutrients. Overall, powder form is better than capsule form. Usually found in most major health and bio stores.

Hemp Seeds

Hemp seeds are a rich source of plant-based protein and contain all nine essential amino acids. They are also loaded with omega-3 and omega-6 fatty acids, which support heart health.

Origin: Hemp seeds are the seeds of the hemp plant, Cannabis sativa. Although hemp is from the same species as cannabis (marijuana), the seeds themselves do not naturally contain tetrahydrocannabinol (THC), the main psychoactive ingredient in cannabis.



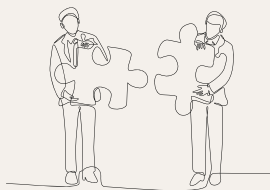
Why to Welcome in your diet (93):

Hemp seeds improve heart health, reduce inflammation, and provide a complete source of protein for muscle repair and energy.

How to consume them:

- sprinkling whole or ground seeds on cereal or yogurt.
- adding the seeds to smoothies.
- baking with hemp seeds and others rich in omega-3s.
- making hemp milk at home using whole seeds.
- sprinkling hemp seeds, along with other seeds or nuts, on a salad.

4 'SILENT' FOODS THAT CAN HELP YOU LIVE LONGER



Spirulina

Spirulina is a blue-green algae that is incredibly high in protein and a wide range of vitamins, including B vitamins, iron, and beta-carotene. It's a great energy booster and detoxifier.



Why to Welcome in your diet (94):

Spirulina supports detoxification, boosts energy levels, and improves immune function, thanks to its high nutrient density and antioxidant properties.

Where to find it: Spirulina is available in powder, capsule, and tablet forms.

How to consume them:

- add it to smoothies, which gives the drink a green color.
- sprinkle spirulina powder on salads or in soups.
- mix it into energy balls with other healthy ingredients.
- stir a tablespoon into fruit or vegetable juices.

Origin: It is over three billion years old and is one of the oldest foods in the world. It originally grew in America and Africa, more specifically in Lake Texcoco in Mexico and Lake Chad in north-central Africa.



Camu Camu

Camu Camu is a berry that has one of the highest concentrations of vitamin C in any natural source, along with antioxidants and flavonoids that support the immune system.

Origin: Camu camu (*Myrciaria dubia*) is an evergreen shrub that grows in swampy or flooded areas of the Amazon rain forest.

Why to Welcome in your diet (95):

The high vitamin C content in camu camu boosts immune health, reduces inflammation, and supports collagen production for healthy skin.

How to consume them:

Camu camu powder can be easily added to smoothies, oats, muesli, yogurts, and salad dressings. Combining it with other flavors masks the sour taste and makes it more palatable. A good tip is to always add camu camu to food after cooking to prevent the loss of nutrients from the heat, especially vitamin C (21)

5 Proven ways to Manage Work-Life Balance



Set Clear Boundaries Between Work and Personal Time (96)

Many of us find it hard to "switch off" from work, especially with remote work becoming more common. Setting boundaries helps prevent burnout and ensures you give time to personal relationships and self-care.

How to: Establish set working hours, and stick to them. Once your workday ends, disconnect from emails and work-related tasks to focus on family, hobbies, or relaxation.



Learn to Say No (97)

Taking on too many commitments, both at work and in personal life, can lead to overwhelm. Learning to say no allows you to focus on what's truly important without feeling stretched too thin.

How to: Evaluate each request or opportunity based on your priorities. If it doesn't align with your goals or values, politely decline to avoid unnecessary stress.



Prioritize Self-Care (98)

Many people neglect their mental and physical well-being while juggling work and personal life. Prioritizing self-care can significantly improve your energy, focus, and happiness.

How to: Schedule time for self-care daily, whether it's a short walk, meditation, or reading a book. Treat self-care as an essential, non-negotiable part of your routine.

5 Proven ways to Manage Work-Life Balance

4

Delegate and Ask for Help (99)

Trying to do everything on your own can lead to stress and exhaustion. Delegating tasks at work or asking for help at home can relieve pressure and allow you to focus on high-priority items.

How to: Identify tasks that can be delegated to others, whether at work or home, and communicate your needs clearly. Sharing responsibilities fosters a sense of teamwork and reduces your personal workload.

5

Embrace Flexibility and Let Go of Perfectionism (100)

Trying to maintain a perfect work-life balance at all times is unrealistic. Life can be unpredictable, and some weeks may require more work focus, while others may need more personal time.

How to: Accept that balance is about flexibility, not perfection. Adjust your schedule as needed without guilt, knowing that some days will lean more toward work or personal life, and that's okay.

CONCLUSION

This is the beginning of something good.

In conclusion, dear friends, I'm thrilled to share these tried and tested tips, strategies and so much more with you in "100 Easy Strategies to Improve Your Life Without Added Time or Expense."

As a nutrition and health coach, a woman, a mom, and a friend, I've witnessed firsthand the transformative power of small changes.

Remember, each step you take towards a healthier, happier life matters.

Embrace these strategies with an open heart and mind, knowing that every positive choice you make adds up to a brighter future. Here's to thriving together, one simple yet impactful change at a time.

You've got this!

