

Lisa van Roode

Wholistic Wellness

The best 4 tips to implement in your daily life
for a healthy lifestyle:



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1

Reduce stress:

Did you know that stress nowadays is killer number 1? At the time of the stone age we were lucky to have our stress alert. When animals were after us, we got the message to flee and so stress was our body-guard.

But nowadays we are so accustomed to daily stresses that we don't feel it when we have a high level of stress.

This can be really dangerous and it's also a major contributor to heart attacks and strokes amongst other health concerns. Cortizol is the bad stuff that triggers your fear center.

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2

Increase your immunity:

Keeping your immune system strong is very important. Your immune system protects you from all kind of attacks.

When we abuse our health with poor lifestyle choices, such as eating unhealthy foods, too much prolonged stress, not enough quality sleep, our immunity goes down and does not protect us as well as what we need it to.

It's vital to ensure your gut is healthy, one way you can do this is by using a quality probiotic and digestive enzymes.

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Boost your energy:

Most people these days are over stress and over worked. Having a calendar and time blocking your to do list can actually free you up a lot. You will be amazing with time blockign how much white space you have on your calendar.

Eating healthy: avoid sugar and eat less carb foods, like pasta, breads and rice
Exercise regularly: preferably outside, daily 30 minutes is enough.

Drink plenty of water, hydrate, hydrate, hydrate. Use caffeine wisely: boost your alertness in the morning with a cup of coffee and try to cut down from 2 pm

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4

Improve your sleep:

Implement the 3 – 2 – 1 routine:

3. hours before going to bed: stop eating
2. hours before going to bed: Stop watching any screens (the blue light of the monitors make your brains awake)
1. hour before sleeping: Minimize light and sound, get comfortable before going to sleep, take a footbath and use something calming in your diffuser

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