
DISCOVER MY

10 PERSONAL HACKS

FOR A RADIANT,
ALIGNED, AND
ENERGIZED LIFE

By Lisa van Roode





Introduction

Welcome to my personal collection of life-shifting hacks.

These aren't random tips. These small hacks can be easily implemented in your daily schedule and will enhance your a feeling of Living Your Best Life. Live Your Best Life in abundance.

All these habits are soul-tested, science-backed, and energetically aligned tools that have helped me (and the women I work with) reset our health, regain clarity, and live in full alignment. Especially during the chaos of midlife, menopause, and high-performance living.

Whether you're a seasoned health expert, a successful businesswoman who's secretly exhausted, or a spiritual seeker looking for the next level of vitality. These hacks are for you.

“True transformation begins the moment you stop fixing symptoms and start listening to your energy”

About Me



Thank you!

I want to praise you for taking the time to work on yourself.

Our daily life is so overwhelming and full of stress and toxid load.

We were never created for that. Find your balance, find the sweet spot that enables you to thrive from your core.

To become your Radiant Self and to Shine from the Inside Out

BE WELL!



Lisa van Roode
Health & Wellbeing Coaching

01 Start the Day in Silence, Not on Screens

Create a 10-minute morning window without stimulation. Tune into your breath, your body, your field. This grounds your nervous system, boosts dopamine naturally, and sets the tone for an intentional day. As soon as you open your eyes, think of 3 things are you mostly grateful for.



02 Sunrise Gratitude



As soon as you open your eyes, think of 3 things you are mostly grateful for. Morning light resets circadian rhythms, supports hormone balance, and lowers leptin resistance. It's one of the most underrated biohacks for women over 40.



03

Oberon Scan Every 6 Weeks

This is non-negotiable. The Oberon detects subtle imbalances in organs, systems, microbes, hormones, emotions and more—before they manifest physically. I treat what I see and shift it in real-time.

04 Quantum Hydration with Minerals

Water alone isn't enough. Add trace minerals or electrolytes to every glass. It supports cellular communication and reduces fatigue and brain fog. Especially in hot climates or perimenopause.



05 Nervous System Reset with Qi Gong

My nervous system is my priority. Daily Qi Gong, even 5–10 minutes, regulates energy flow, clears stagnant emotions, and strengthens your inner field. This is where your power lives.





06

No Food After 7PM

My gut and brain need a calm, clean system. I eat whole foods, Mediterranean style, anti-inflammatory, and intuitive. No sugar. No gluten. No negotiation. I sleep better, think clearer, and feel lighter. I use a window eating of 8/16 to give my body rest and recovery to switch over metabolism of sugar burning to fat burning.

07 Magnesium Foot Soaks + DoTERRA Oils

Nightly ritual = 20 minutes of calm. I use magnesium chloride flakes with DoTERRA's Serenity or Balance blend. This helps with detox, sleep, and restoring minerals lost through stress or hormones. Usually 3 times each week, a Me-Time moment of selfcare.



08

1:1 Time with My Higher Self Daily



Whether it's journaling, a walk, or swimming. I check in with myself.

No external advice replaces your internal compass.

My best business decisions, healing moments, and breakthroughs come from here.

09

Microdosing Movement



Instead of long workouts, I use micro-movements: dancing while I cook, lunges after client calls, Qi Gong between emails.

This boosts lymph, energy, and metabolism—without draining my adrenals.

10 Daily Frequency Check

I ask: “Is my energy contracted or expanded?” If it’s contracted, I pause. I reset. I shift. Everything—health, relationships, money—responds to your frequency. I refuse to move from misalignment.



Want to Go Deeper?

These 10 hacks are just the start.

If you're ready to scan, treat, and heal from the root—emotionally, physically, and energetically.

Book your ****Oberon Session**** or explore my ****Radiant Reset program**** for women in midlife who want real results and stay away from lifestyle disease.



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hello@lisavanroode.com
www.lisavanroode.com