

3 HEALTH HACKS FOR HOLISTIC HAPPINESS

BUILD BETTER HABITS TO
IMPROVE YOUR LIFE



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"The greatest wealth is health"

VIRGIL



HI! I'M HAYLEY & I'M EXCITED TO TEACH YOU 3 WAYS TO HACK YOUR HEALTH.

These three health hacks will help you change your daily habits, which will spark a journey towards holistic happiness.

And when you begin focusing on holistic happiness, you'll improve your overall health & wellness.

These tricks are a little unconventional, but they work.

First, we will cover some simple shifts you can make in your daily routines that will bring you more freedom.

Next, we'll talk about how you can hack your mood to work for your own benefit.

Last, we'll cover ways you can detox your mind and body to improve your energy.

I'm excited for you because you're about to open your mind to what's possible.

Ready? Let's go.





THIS IS FOR YOU IF...

Do you identify with any of the following statements?

- You have an interest in natural living and want to learn more on this topic. The problem is you're not really sure what to choose because there's so much information out there.
- You get easily stressed or overwhelmed with your daily life. You're craving simple and easy solutions that will help but don't require a ton of time or energy.
- You have habits you want to change but you're not sure where to start.

- You're in pretty good health right now (you're getting by), but you know there are ways you could improve your health.

These statements have all described me at some point in my life.

In fact, when I began my wellness journey over 25 years ago, it was out of a desire to see what my other options in healthcare really were.

I found it hard to believe there was only one way to feel better.

Let me share my story with you.

MY STORY

My journey to a holistically healed body began at 5 years old when I was diagnosed with IBS. Terrible stomach pain plagued me.

Little did I know, digestive issues were my gateway to sleepless nights, anxiety and mood problems.

My father was a medical doctor. Like any good father, he made sure “normal” medical protocols were strictly followed like getting flu shots and taking antibiotics to try to help me feel better.

But it didn't help me. In fact, it often had adverse side effects like inflammation and spasms in my gut, anxious feelings, mood swings and general unrest.

By the time I was an adult, I realized I had fallen into my family's footsteps and was pumping myself full of meds I couldn't pronounce.

Even though by that point, I was well into my career as an attorney and was fully capable of researching complex subjects, I still couldn't figure out what exactly was in the western medications I was taking. Ingredients were not clearly stated or even fully explained.



Not only were the medications not helping, they were causing so many side effects: insomnia, nervousness, weight loss, headaches, inflammation, gas, bloating, hormonal issues and even more anxiety and depression.

My own journey to find wellness led me to understand our mind/gut connection and then to become a Board Certified Health and Life coach. I wanted to help others free themselves of physical and emotional discomfort as I had done.

I started seeking alternative modalities including yoga and Pilates (yes, before both were a fad), playing around with plant based diets, juicing (when juice only meant Tropicana OJ), supplementation (who knew we weren't able to get all the nutrition we need from simply food?), essential oils and alternative therapies like Reiki and acupuncture.



MY STORY

I found it interesting that, in my world, no one really knew anything about oils. It struck me as so strange because they'd literally been a foundation of Eastern Medicine for centuries.

What do you think? Maybe a scam by Big Pharma to hide an inexpensive and effective way to naturally heal ourselves from dis-ease?

I became SO passionate about finding all of these natural ways to heal my body because they worked! And without side effects!

They were also preventative, not just symptomatic, and inexpensive compared to doctor's visits, co-pays, insurance premiums, and pharmacy bills (not to mention loss of income from not being able to work).

The more I incorporated these things into my life, the healthier I became.

I was able to eat and enjoy food again. My stomach wasn't constantly in knots. My anxious feelings subsided and I was able to focus in a way I never had before in my life.

My passion became my lifeline, and I wanted to share it with everyone. The more I shared my passion, the more lives were changed. Hearing stories of psychological, emotional, and physical healing from my family and friends became the norm.

I firmly believe the message must get out that there are easy and simple ways we can impact our health at every level, that don't involve going to the doctor all the time.

It's about understanding and honoring our needs, and putting things in and on our bodies that support us fully. It means knowing how each system of the body is connected and that they shouldn't be treated separately.



CAN YOU IMAGINE?

It's possible to experience healing in your body at every level.

Imagine these scenarios with me:

- Being able to approach common illnesses with confidence because you have knowledge on natural healing methods.
- Feeling empowered to manage the daily stress and overwhelm of your life through solutions that have no side effects.
- Rebuilding the structure of your own life by incorporating easy, new habits into your routine that result in a more simple and better way of living.

- Working towards being the healthiest, happiest, most positive and energetic YOU that you can be - on your own terms.

How would it feel to see any of these scenarios come to life? How would it feel to transform your life and that of your family's... for good?

I'm here to tell you it is possible, and it feels amazing.

That is exactly what you will learn in this eBook. We'll cover three ways you can begin working toward this reality.

Let's begin.

AUTOMATE THE SMALL STUFF

The concept of "the mental load" has been big lately and for good reason.

Our mental load describes the really small, repetitive tasks, we (as women) hold in our minds at all times. We subconsciously and consciously track them.

They can be as small as remembering an anniversary, a birthday party, or when a school permission slip is due. They can be bigger things like due dates of bills, remembering to buy groceries, or put fuel in our cars.

We're used to carrying these things in our mind, but it wears on our mental health by contributing to our stress levels. It takes up space in our brain and robs us of time we could be spending on other things. What if you had an extra 20 minutes a day to do something you wanted to do instead of checking off something from your mental load list?

You can have that time by automating those small, repetitive tasks. Technology is the way to give yourself this gift.

Taking some time to setup these systems will amount to hours saved. Here are three simple ways you can do this.

Groceries

Automating this task looks like taking advantage of grocery pickup or grocery delivery.

So much time (and money) is wasted spent wandering a grocery store. You can start automating this task today with Siri, Google Assistant or Alexa's help.

Use any of them to start a grocery list for you - say "Google, make me a grocery list", for example, then start adding items. Every time you think of a grocery item throughout the week, add it to your list.

At the end of the week, you've got your list of essentials. Chances are your local store has an app where you can setup a pickup order or a delivery. Take advantage of these services. The nominal fee is more than worth the amount of time you'll save by removing this task from your plate.

AUTOMATE THE SMALL STUFF

Paying the Bills

If you're still writing checks, then you're causing yourself unnecessary stress in the form of having to track due dates, shuffle papers, file those papers, track envelopes + stamps, reorder checks when needed... you get the idea.

Setup automatic bill pay, or automatic drafts, so you can release that repetitive task from your To Do list.

If you worry about the timing of bills versus the timing of when you get paid, then experiment with different bill pay dates until you find what works.

House & Personal Care Items

I have a theory the reason the mental load gets so huge is because of the sheer number of things our houses and the people who live in them need.

Filters (for your furnace, fridge, vacuum, air purifier, etc). Batteries (for your smoke detectors, remotes, toys, etc). Stuff for your pets. Diapers (if you have kids). Paper products. Toothpaste. Supplements. Cleaning products (dish soap, laundry soap, etc). And on and on.

Some of these things have their own services, like air filters for example. But, you can get serious and setup one or two Amazon Subscribe & Save orders.

Add everything you and your family repeatedly uses to this restock order. Choose when to deliver it and then let it go. Only revisit from time to time when your needs change.

This effectively builds out a household maintenance routine that happens at the same time every month. Now you can release the timing of all of these things from your mind.

You can use this same approach to your personal life, too. If there are repeated appointments you keep, book them out in advance 3 months at a time.

When you pre-plan time for yourself, you'll fall into the habit of designing your life around what you need. Plus, you can always reschedule. The point is, you've made time for things like a haircut or dental appointment before everything else has taken up space.



CHANGE YOUR VIBE

A vibe is an emotion. Any emotion you feel puts out a vibration in your body, and then you act upon it.

Feeling scared? You try to run away and hide. Feeling happy? You want to give someone a hug, or dance and sing.

Sometimes our vibes get unbalanced. This happens when our thoughts aren't serving us (meaning we are perceiving a situation in a way that sets our thoughts into a tailspin). This can also happen when we begin to take on "all the things" and get overwhelmed.

When our vibes are unbalanced, it means we do things we don't want to, or don't mean to.

The normal way of dealing with this is to self-medicate with things like caffeine, sugar, alcohol, or shopping. These are temporary "fixes" that don't actually address the underlying issue.

Here are three things that I've found to be effective at shifting your vibe so you can genuinely feel better.

Reiki

Reiki is a form of energy healing.

Practitioners of Reiki undergo training where they learn how to become attuned to their patient's vibe and where the energy is being blocked.

CHANGE YOUR VIBE

Essential Oils

Plants are some of the oldest medicine we have on our planet. Essential oils are the health benefits of plants distilled into a highly potent form.

You can think of them as a way to supplement your health. If you find it challenging to eat all the fruits and vegetables you need, adding an essential oil to your routine can help.

This can be as simple as putting a few drops of oil in your water, your food, a gel cap, or in the palm of your hand and using it aromatically.

Diffusing is another way to get the benefit of oils. A diffuser is a machine that takes the essential oil and lifts it into the air (often with the help of water). That allows the aromatic compounds in the oils to suspend in the air. You'll get the benefit of the oils for sometimes up to 4-6 hours or more after the oil is diffused.

Using an oil like Lavender in a diffuser will calm your mind, soothe your emotions and completely shift your vibe.

Reiki

Through the power of their touch, a Reiki practitioner can break down the emotional blocks. This cleans up your vibes and resets your energy.

I love to use Reiki when I'm feeling my stress levels rise (for example, after a big project or trip). One session puts everything back to alignment.

Sound Therapy

Sound therapy is using sound vibrations to break down bad energy. This can be done through guided meditation, headphones that play a specific set of sounds, or an immersive experience like creating your own playlist and then incorporating creative dance.

Sound therapy decreases stress and improves mood which means it completely shifts your vibe.

DETOX YOUR MIND AND BODY

We absorb toxins all day long, every day. In basic biology, we learned our liver does a lot of the body's detoxing. You can help it out by being aware of what you're putting into your body (or allowing into it) in the first place.

Making some simple choices that help eliminate toxins will give you immediate results: improved mood, more energy, and lifelong vitality.

Ginger Lemon Water

If your morning routine involves having a cup of coffee first, swap it out with ginger lemon water.

Take raw ginger and boil it in water. Let it steep for about 10 minutes, then strain it. Squeeze half a lemon in your glass or add a drop of lemon essential oil.

You can enjoy this warm or cold. You can also make a larger batch to store in the fridge so you aren't rushed in the morning.

Ginger has powerful phytonutrients which is what makes it ideal for this.

Phytonutrients fight inflammation. When something you ingest fight inflammation in your body, that means it's reducing your risk of developing a chronic disease. This is because it's keeping the cells of your DNA in tact.

Lemon is detoxifying and cleansing. When combined with ginger, it means incorporating these two ingredients together you could literally be changing your cells for the better.

Eat Fermented Food

Food is "fermented" when yeast and good bacteria in take starches and sugars (carbs) and turn them into alcohol or acids. The alcohols or acids are a natural preservative, and give the food a zesty or tart taste.

Some examples are yogurt, kefir, sauerkraut, or kombucha.

Fermentation creates a specific bacteria called a probiotic. A probiotic is a bacteria we all need to have present in our gut, because it improves digestion and immunity. Eating fermented foods is a natural way to bring probiotics into your body.



DETOX YOUR MIND AND BODY

Eat Fermented Food

You can easily incorporate fermented foods daily as sides or snacks.

They're especially important to eat when you're feeling under the weather.

They bring balance to the bacteria in your gut. This is important because 70% of your immune system lives inside your digestive system.

Protecting your gut health is super important to your overall health for this reason.

Cut Out Fake Fragrance

Every time you spritz yourself with perfume, light a scented candle, wash your clothes, body or face in a scented soap... you're covering yourself with a fake fragrance.

And while it may smell good, it's also full of toxic chemicals that you're breathing in or absorbing into your skin.

Fake fragrances disrupt our hormones. Hormone disruption can lead to many chronic issues like fatigue, pain, and obesity. Once one hormone is out of balance, it's easy for the rest to get out of balance.

Hormones can't be balanced until you address what initially upset them. One of the quickest, easiest ways to do this is to cut out fake fragrances.

Swap out candles for the diffuser I mentioned earlier. Trade scented soap for unscented. Stop using perfumes you buy at the store and instead choose a natural scent.



CHOOSE YOUR HEALTH

Now, I have a question for you.

After hearing these ways you can hack your daily routine, improve your own habits and find holistic health and happiness, are you ready to make some changes?

I hope so.

I hope you've been inspired to make small shifts.

But if you feel like you could use an added boost in that department, then I invite you to check out monthly membership, Habit Hackers.

Inside Habit Hackers, you get support from me month by month on your holistic journey.

We cover topics around nutrition so you can eat healthier, rest so you can feel more at peace, and stress management so life doesn't feel so overwhelming.

You'll be guided by me and monthly guest experts on these topics as you consciously create your dream life.

Want the info? Head here -

hayleyhobson.com/habithackers



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