

200% BETTER

INSIDER SECRETS TO
LIVING YOUR BEST
LIFE POSSIBLE

ISSUE 9

Wheat

What It's REALLY
Doing To Your Insides

Is Your
House Making
You Sick?

A Sharper
Memory
in 7 Days

Switch Off
Stress
For Good

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Switch Off

Stress for Good

Imagine living a stress free life.

Imagine that you don't have anything hanging over you, you don't experience stomach issues due to stress, and stress doesn't keep you up at night.

Instead of those symptoms, you sleep well, you have a clear head during the day, and you just feel good.

It sounds like winning some kind of magical lottery, doesn't it?

Now imagine that you can choose that stress free life, or the life you're living. Maybe even picture Morpheus from the Matrix standing in front of you with two different pills: one for living

with stress, and one for a stress free life.

Which pill would you take?

Now, I'm not suggesting that you really turn to a pill to get rid of stress.

I want to talk about how to switch off stress for good.

Because in today's world, it's not uncommon to have your stress response stuck in the "on" position.

There's two reasons for that:

1. We're so used to being in control: what we eat, where we go, how we order our latte, and all the social freedoms we enjoy. More than any

time in history, we control as much of our own life as possible. We can google anything we want to know, and fix almost any problem with money or some other solution.

2. In America, we're encouraged to "make it happen" and follow our dream. We should be creating the life we want. We should be in control of everything. So we can't handle it when we're not. We have to worry about everything, because that's what a good parent/friend/partner does. We feel guilty if we allow ourselves to shut off that worry for even a few minutes.

Those two reasons make it so we're always experiencing stress, and when we could enjoy a day, weekend, or week without it, we can't turn it off.





We can't turn it off at bedtime so we can sleep, and we can't turn it off and be present with the people we're with.

Before we talk about how to turn it off, let's talk about what stress really is.

Stress is a Reaction

Things happen in our lives, maybe ongoing things, and we have reactions to them.

If a stranger walks up to you at the park, and slaps you across the face, you will have several emotional reactions: shock, anger, and maybe curiosity.

And I don't mean the isn't-that-curious kind of curiosity, but more like, "Why me? Why did that person do that?"

Later you might have more emotions come up, like anxiety that it could happen again, and a sense that you're not safe.

It's pretty hard to choose your reaction in a situation like that, and I sincerely hope nothing like that happens to you!

But it's a good example of something happening, and the victim having strong reactions right away.

Let's look at another type of reaction. Imagine that it's Saturday and you're going to an afternoon get-together BBQ with friends. It's somewhat of a "kick off summer" party.

The thing is, you've been arguing with a coworker all week and it's made you feel down, a little sick, and irritated.

At the party, everyone is talking and laughing. Your friend Jesse tells a funny story that involves you, and everyone laughs. But it irritates the hell out of you, and you throw your plate of food in the trash and walk out of the party.

You had a reaction to the story, but it was set up by what had happened throughout your week.

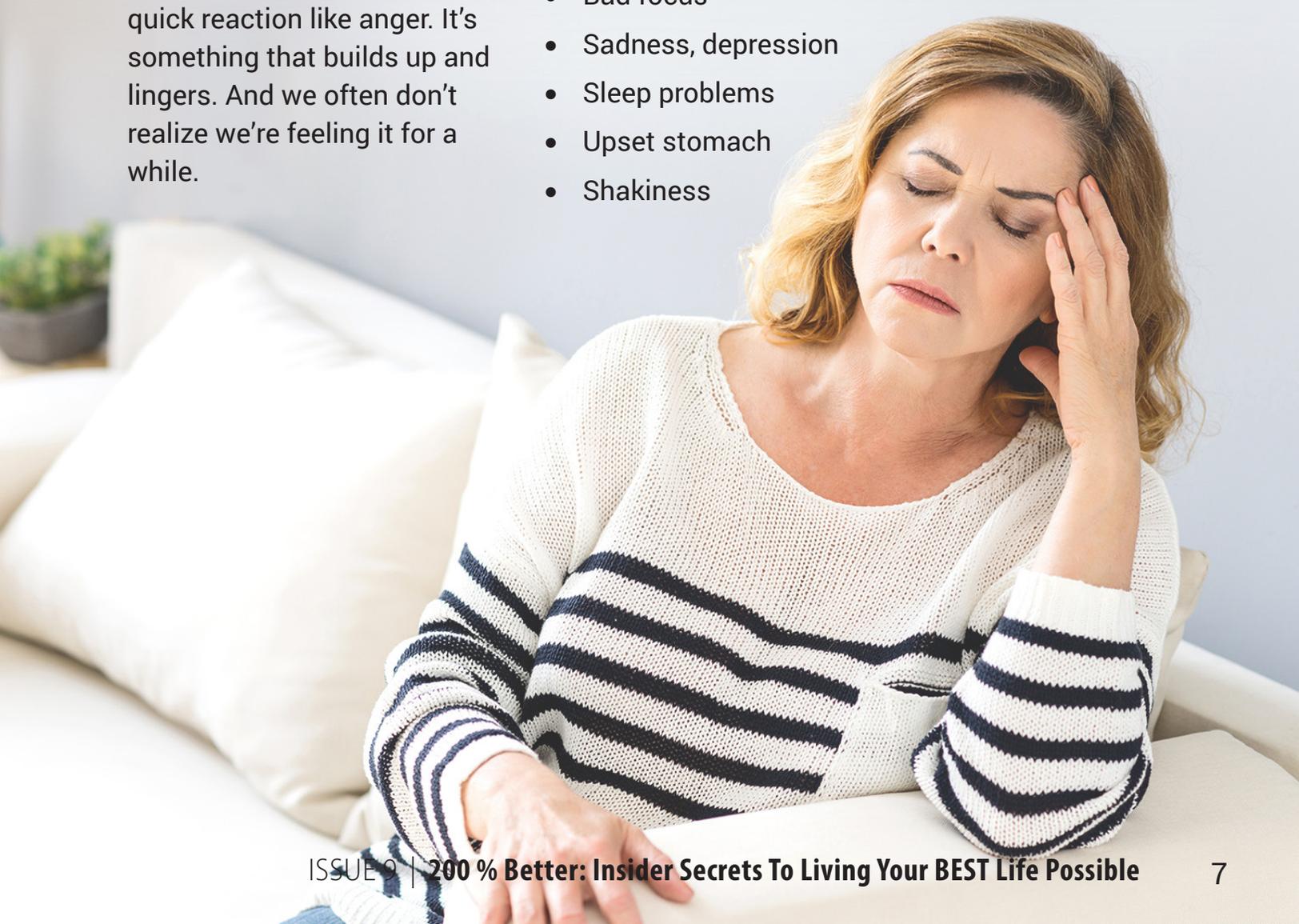
So in this example, it's easier to see how you could have chosen a different reaction. That morning, you could have meditated and put away thoughts from your workweek, and gone to the party in a different mood.

The story might have made you laugh. Or if it really did bother you, you could have calmly said, "Not cool man. We promise to keep that between us."

Now you see that stress is a reaction. But "stress" isn't a quick reaction like anger. It's something that builds up and lingers. And we often don't realize we're feeling it for a while.

Stress symptoms include:

- Constant thoughts about the issue
- Simmering anger, frustration, or other emotions that can negatively impact your health
- Irritability
- Anxiety
- Restlessness
- Lack of motivation
- Feeling overwhelmed
- Bad focus
- Sadness, depression
- Sleep problems
- Upset stomach
- Shakiness
- Headaches
- Muscle tension (can turn to pain so you don't always realize it's right muscles)
- Random, sharp pain in chest
- Tightness in chest
- Fatigue (always tired)
- Exhaustion (Feel like you could lean over and fall asleep at your desk or work)
- Change in sex drive





That's a long list, and just about all of those symptoms really disrupt life.

So how do you control a subtle, long term kind of reaction?

How do you flip the switch on your stress?

Here's the secret: you're stressed because you can't change or fix the thing you're stressed about.

Logic therefore dictates that you change your reaction, or set your reaction aside.

Here's how I learned how to do that.

I wrote down a list of all the things I wanted to change but couldn't; basically, it was a list of the racing thoughts I couldn't stop.

I had things that I wanted to change but couldn't make a decision about, so I flipped back and forth constantly.

I wrote all those things out. They were things that would need changed at some point, when I could, but I knew I couldn't just then.

I did this because a counselor asked me to, and then she asked me to hold that paper in front of my face.

"What can you see?" she asked.

"Just this paper." She had me stay like that for a few minutes, and asked me how I felt.

I felt overwhelmed by the list, and I couldn't see anything else. It was annoying.

Next she had me hold the paper out as far as I could. How did that feel?

It felt better because I could see the room, but I could still see the



list. And my arm got tired because I was pushing the paper out as far as I could and holding it.

Finally, she had me put the paper down on the seat next to me. How did that feel?

I felt better. I wasn't tired from holding the paper up, I could see all around me, and I wasn't thinking about the items on the list.

"Those things are still real, and they still need action some time, but can you set them over there and let them be?"

I realized I could. They would be fine, and waiting for me later when I could fix them, and I could focus on what I was doing.

I asked, "But what about when those thoughts come back?"

That's when you acknowledge them. "I notice that I'm having those thoughts and feelings, but I'm okay. I can keep doing what I'm doing."

After that day, going through that exercise and learning how to simply notice my thoughts without hooking into them, I didn't have that problem anymore.

What are you worried and stressed about right now? Can you do anything on that? Or should you put that thought on a paper for later, and then focus on the present?

When those thoughts race through your mind, tell yourself, "I notice that I'm worrying about that, when it won't help me to worry right now."

Or, "I notice that I'm thinking about that again. That's okay. It's just a thought."

This is one method to detach from your racing or looping thoughts and stressors. The idea behind it is "psychological detachment" which means you allow yourself to take a mental break.

Your mind needs that! You need that!

It's not selfish or irresponsible. It's survival.

You were not meant to constantly stress and worry about everything, even when you can't take action on it.

Stress is having the fight-or-flight response all the time, even when the event/situation is not actively occurring in front of you.

So you're basically feeling like a lion jumped out in front of you all of the time.

This does not dismiss your worries. They're still real. But it allows you to live and enjoy life when you're not dealing with those stressors.

The Usual Advice

When it comes to managing stress, I'm sure you've heard and read about:

- Yoga
- Meditating
- Time in nature
- Time with friends
- Exercising
- Time alone doing something you enjoy

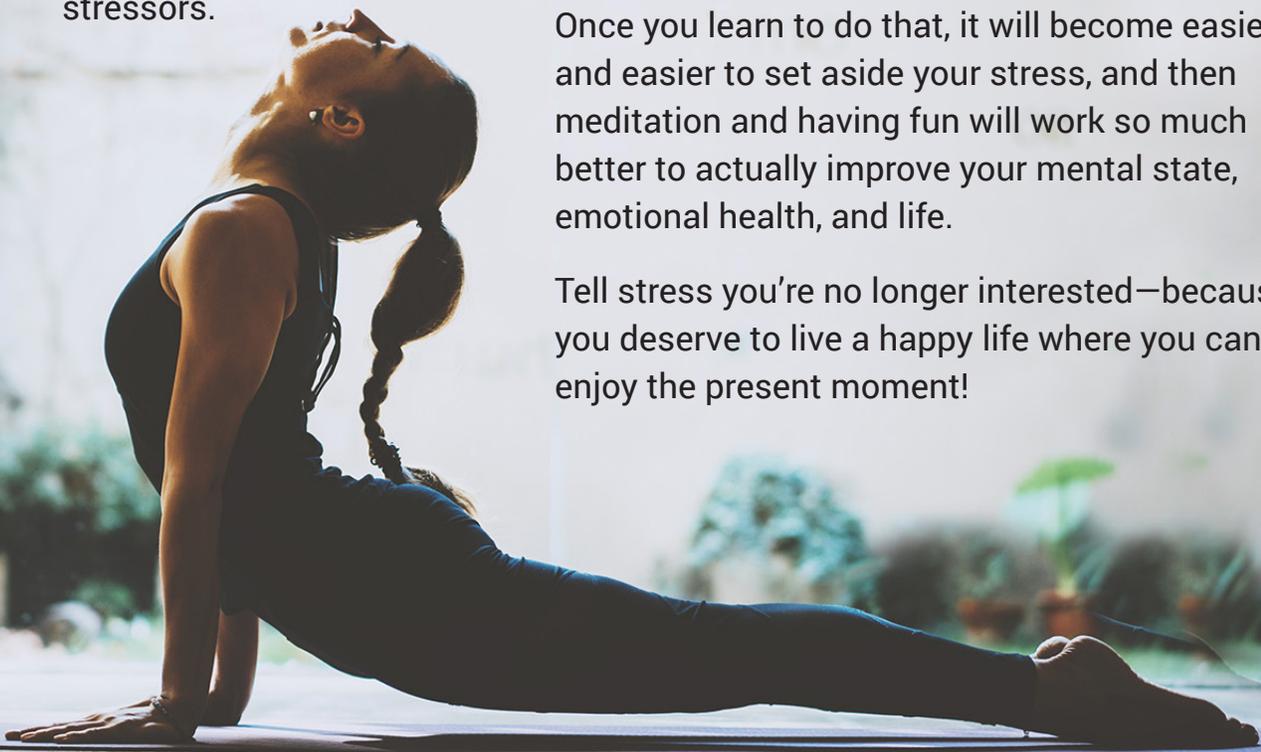
I'm not discounting these. However, if you've tried them and are still stressing, it's because you didn't unhook from your thoughts.

The point of these things is to take your mind off or clear your mind to get that mental break.

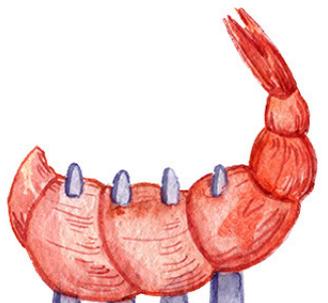
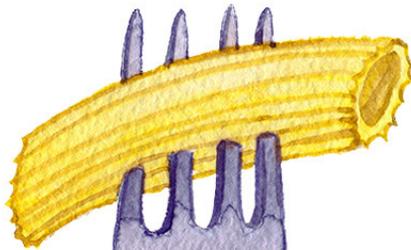
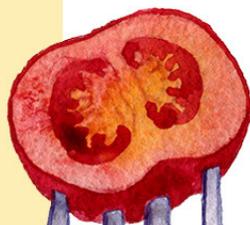
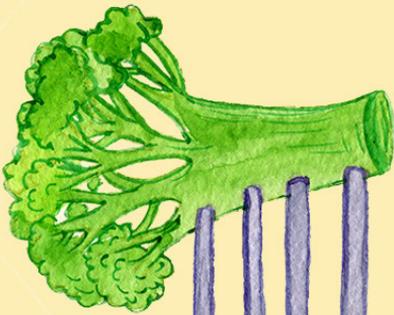
So try the usual methods and do the exercise above to "put aside" your worries and stressors. It's really an easy exercise, and the result is amazing.

Once you learn to do that, it will become easier and easier to set aside your stress, and then meditation and having fun will work so much better to actually improve your mental state, emotional health, and life.

Tell stress you're no longer interested—because you deserve to live a happy life where you can enjoy the present moment!



FEEDING THE BRAIN



There's a new movement around that idea that food can be medicine or poison.

It's true: what we eat can bless us with health benefits and energy, or make us sluggish, sick, and overweight.

And it's *everything* we eat. All of it adds up.

Junk food hurts our health. Spices and herbs can literally work like medicine to help with health issues.

Many foods in their natural form have nutrients that we need,

and eating them makes us feel more energetic and focused.

There are also specific foods you can eat to feed your brain and keep it sharp now through your later years.

Eating to feed your brain helps you feel clear headed so you can get more done, produce more quality work, fight off mental fog, be more present for social interaction, and remember things.

Here's 10 foods to eat to feed your brain so mental sharpness and much more.

OILY FISH

It just cannot be stressed enough: the essential fatty acids in fish are essential to our health, and we don't make them. We have to get them from our food.

The most effective omega 3 fats come from oily fish like salmon, tuna, trout, herring, and mackerel.

We need omega 3s for brain function, and oily fish has them in the active fats EPA and DHA in a ready-made form that our body can use more readily.

Low DHA levels are linked to Alzheimer's, dementia, and memory loss.

Having enough EPA and DHA helps you manage stress, which can promote a clearer mind. Omega 3 fatty acids play a key role in stabilizing hormones that control our body's stress response.

EPA and DHA also help make serotonin.

You can get omega 3s from plant based foods like chia seeds, flaxseed, pumpkin seeds, walnuts, and the oils from those. You can also take a supplement.

If you experience mental fog or feel like you can't think straight, I recommend taking a supplement and eating more fish right away.



*Also noteworthy: the American diet is flooded with omega 6 (not good for us at these high levels) and low in omega 3 which we need.

EGGS

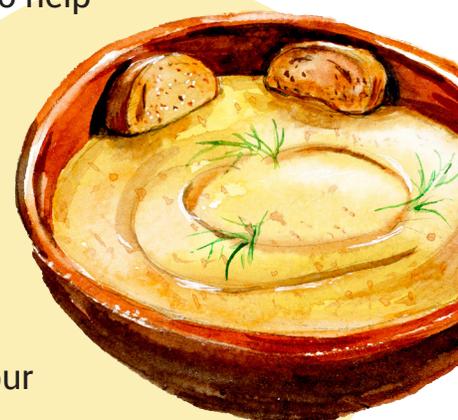
Eggs aren't just yummy and a good source of protein. They have B6, B12, and folic acid, which reduce levels of homocysteine in the blood.

That's a good thing because higher levels of the compound homocysteine are linked to stroke, cognitive impairment, and Alzheimer's disease.

So eggs protect our brains from signs of aging, and the choline in egg yolk is actually an important nutrient for memory development—so eggs are super good for kids to help their brain develop.

BONE BROTH

Want to rev up your soups? Use bone broth. It will boost your



immune system, improve joint health, and even help with food allergies.

It helps the brain because it heals problems in the gut, and it also improve memory.

BLUEBERRIES

I'm a berry fanatic. Really. I'm addicted to anything berry, from smoothies to handfuls of berries as snacks.

Blueberries are so yummy by themselves, or in oatmeal, smoothies, drinks, and on dessert.

They're like candy that is also superfood: they're packed with antioxidants that reduce oxidative stress on the brain. Studies show that eating blueberries improves your learning capacity and motor skills.

You'll soon see from this list that brightly colored fruits and vegetables are super healthy in part because they have phytochemicals. That's what gives them their color.

Blueberries are super dark blue, and have the strongest

concentration of phytochemicals.

They improve short term memory, so blueberries are a sweet treat for your brain.

Berries in general are super good for the brain and overall health because they have vitamin C, other antioxidants, and the seeds have omega 3 fatty acids. The more intense the color, the more good things they have.

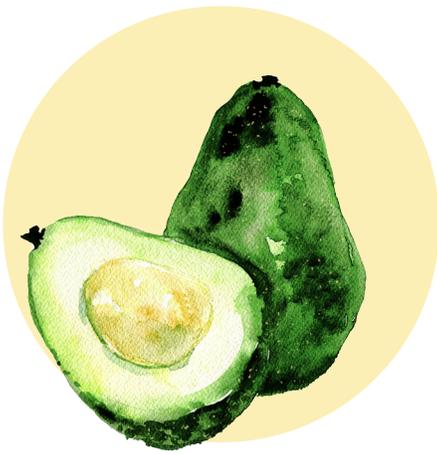
COLORFUL VEGETABLES

Blue Zones around the world where people live to be 100 much more often have plant-based diets.

Veggies with vibrant or deep color are full of antioxidants that keep brain cells healthy. Think of bright green and red peppers, egg plant, carrots, and broccoli. Of course that's only a few!

The vitamin K in broccoli improves brain function, and the glucosinolates slow the breakdown of the neurotransmitter acetylcholine, which keeps the brain and memory sharp.





If you don't like plain vegetables, consider chopping them up and adding them to other dishes. When cut up small, broccoli doesn't change the flavor too much.

AVOCADO

Gear up for nacho night!

Avocados are high in a really good fat that helps our brain function better. They have lutein, a carotenoid that helps with better cognition.

Avocados are a bit high in calories, but they're natural, sugar free, and good for you.

I like to eat avocado by itself with a little salt and pepper, or put slices in my salad, and of course I love them on any kind of Mexican dish.

TOMATOES

It is no coincidence that I listed tomatoes right after avocados. They're delicious together.

One of my favorite dinners is salmon



tacos with avocado and tomato salsa. It's made with diced avocado and tomato, cilantro, olive oil, and a little salt and pepper.

Of course, tomatoes are tasty in so many things, from salads to sandwiches.

And cooking tomatoes helps bring out the lycopene, a powerful antioxidant that protects against the free radical damage that happens to cells in dementia and Alzheimer's.

Having a bowl of hearty tomato soup for lunch will actually help protect your brain.

EXTRA VIRGIN OLIVE OIL

This brain super food is packed with polyphenols which improve learning and memory...and even reverse age and disease related changes in the brain!

Many people cook with it, but it breaks down at high temperatures. So to feed your brain, think of cold salads and pasta with olive oil such.



BLUE POTATOES

Haven't seen these? They're often featured at farmer's markets.

These colorful potatoes get their bright blue from anthocyanins, which improve short-term memory and fight inflammation in the body.

Plus they make some crazy looking mashed potatoes or fries!



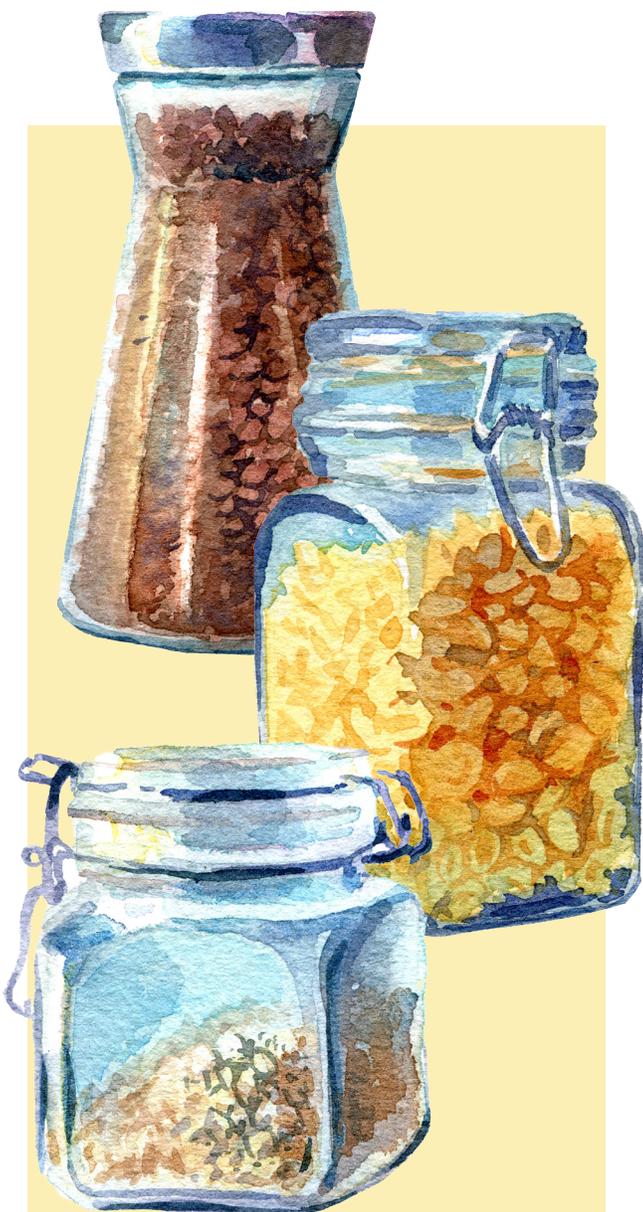
OATMEAL WITH BLUEBERRIES AND/OR RAISINS

Oatmeal is healthy and carb-rich, in a way that your brain needs to work. Oatmeal has been proven to help with all kinds of things, like lowering cholesterol. Keep it healthy with adding fruit and cinnamon instead of lots of sugar—and make sure to buy plain oatmeal, not the flavored, sugary, instant kind!

You can add blueberries for a powerful health food. (See the listing on those above.) I always do when they're in season, and when they're not, I use raisins.

Raisins have boron, which increases attention and improves memory. You can get boron from apples too. Just look for organic for both, as others can have carcinogenic chemicals.

Eating to feed your brain only takes a little more thinking and planning, and that will be a piece of cake since you're taking care of your brain!





How to Become
90%
Happier in Just
10 Min a Day

Happiness is not a destination. It's something that you can enjoy and feel in your life right now!

That statement might feel impossible or even shocking because we're ingrained with this idea that we have to reach some goal or state of being (engaged, parenthood, 100,000 a year income) to be happy.

And yet the richest among us, such as movie stars, rock stars, and athletes, are in the news for checking into rehabs or attempting suicide...and sometimes succeeding at suicide.

We've all heard stories of people who had it all but felt empty.

And we see stories about monks or people in very primitive conditions who are very happy.

That makes you rethink the notion of happiness and what it is, doesn't it?

The simple definition of happiness is feeling or showing pleasure or contentment.

**Happiness is having
contentment
in your life**

Happiness is having contentment in your life. "Contentment" means that you're good. Things are good. That feeling comes from circumstances, but lasting contentment comes from inner peace and joy.

This definition, of feeling contentment, is different than the American idea of happiness, which seems to be "I'm ecstatic all the time because my life is so awesome! Just look at all these vacation photos and selfies!"

If you based your perception of reality on Facebook, you would think that everyone else has an awesome life where they have fun every day. Just think about how many posts being





“I had so much fun doing _____ . What an awesome day!”

We build a facade of our lives. And it's good that we share the good and great stuff on social media, but it can lead people to feel even worse when they're having a bad day.

So how do we achieve contentment and feel happy? And I mean a deeper happiness that stays with us, even when circumstances change.

And what if you do could something for 10 minutes a day to feel happier? How about 90% happier?

Wait, I don't have 10 extra minutes! Then do you have 2?

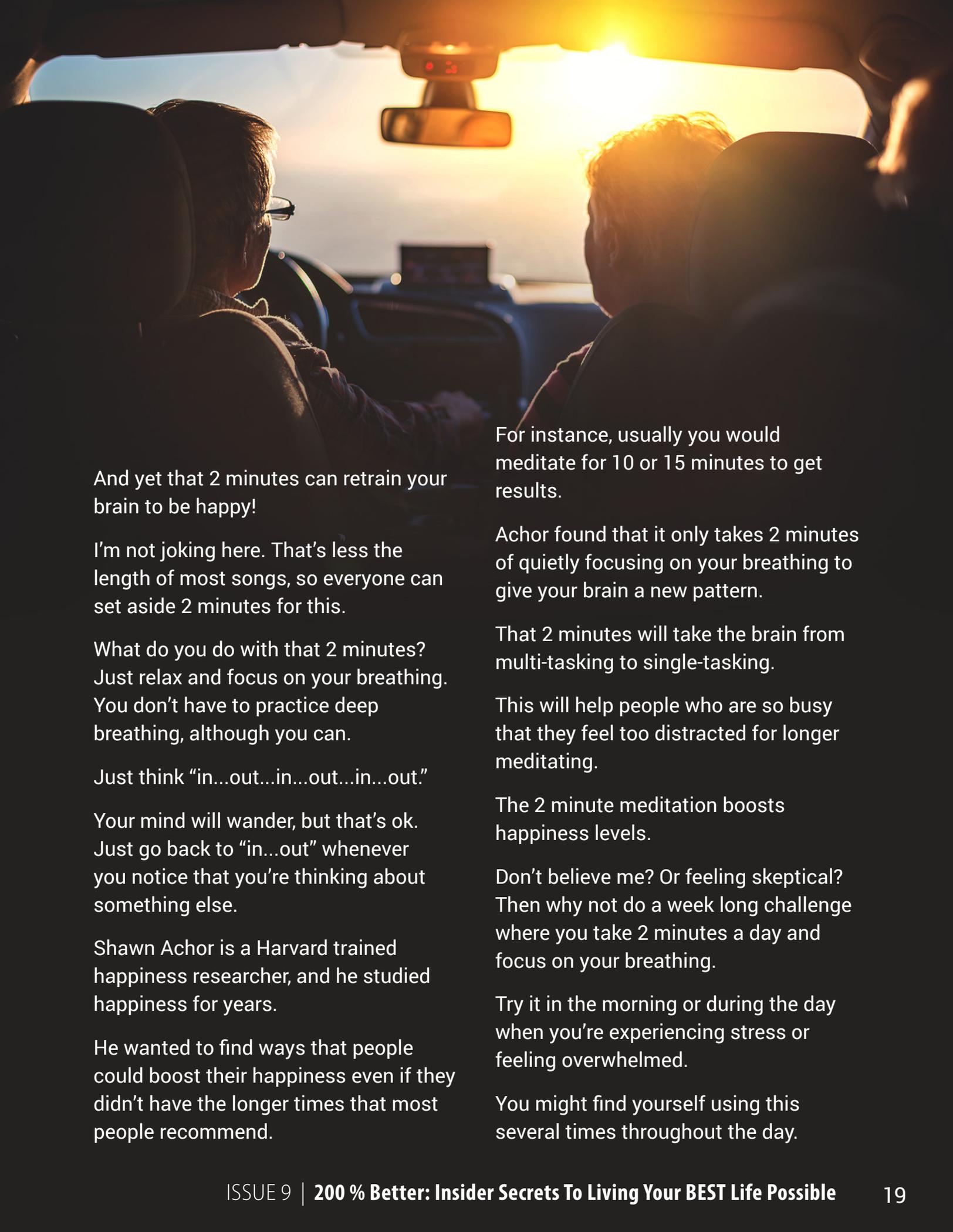
There are times when life is so hectic and busy that carving out an extra 10 minutes feel impossible, and it leads to more stress.

So let's start with 2 minutes.

Do you have 2 minutes while sitting on a train or in a cab? Maybe 2 minutes that you can take right before you get out of bed?

What about on your break at work? Maybe you can step outside and sit on a bench for just 2 minutes.

That's hardly any time at all.



And yet that 2 minutes can retrain your brain to be happy!

I'm not joking here. That's less the length of most songs, so everyone can set aside 2 minutes for this.

What do you do with that 2 minutes? Just relax and focus on your breathing. You don't have to practice deep breathing, although you can.

Just think "in...out...in...out...in...out."

Your mind will wander, but that's ok. Just go back to "in...out" whenever you notice that you're thinking about something else.

Shawn Achor is a Harvard trained happiness researcher, and he studied happiness for years.

He wanted to find ways that people could boost their happiness even if they didn't have the longer times that most people recommend.

For instance, usually you would meditate for 10 or 15 minutes to get results.

Achor found that it only takes 2 minutes of quietly focusing on your breathing to give your brain a new pattern.

That 2 minutes will take the brain from multi-tasking to single-tasking.

This will help people who are so busy that they feel too distracted for longer meditating.

The 2 minute meditation boosts happiness levels.

Don't believe me? Or feeling skeptical? Then why not do a week long challenge where you take 2 minutes a day and focus on your breathing.

Try it in the morning or during the day when you're experiencing stress or feeling overwhelmed.

You might find yourself using this several times throughout the day.

What about the other 8 minutes?

New practices take a while to become habits, so it's perfectly fine if you want to use the 2 minute meditation for a week before adding more.

However, you can try this next tip at the same time too, if you like.

We all know that exercise is the best thing we can do for our overall health, from physical health to mental to emotional.

It gets our blood moving, helps our joints, clears our mind, and helps balance out our moods.

But many people have trouble getting to the gym or having time to exercise.

We know it's good for us...and we also know that it release endorphins that make us feel happier after exercising.

Shawn Achor, who offers the 2 minute meditation idea, looked at exercise and happiness too.

He found it's more than the release of endorphins, because those are short term.

The longer term effect of exercise is that it shows your brain that

your behavior matters, and that you can do things and cause positive outcomes.

Exercise actually teaches the brain optimism.

Have you ever gone on a walk and just felt better about life? Things seemed a little brighter and you found yourself daydreaming about good things and possibilities.

Achor discovered that exercise not only creates optimism, it also results in more and more positive habits.

He recommends 15 minutes of fun, cardio activity to create a positive ripple effect across your life.

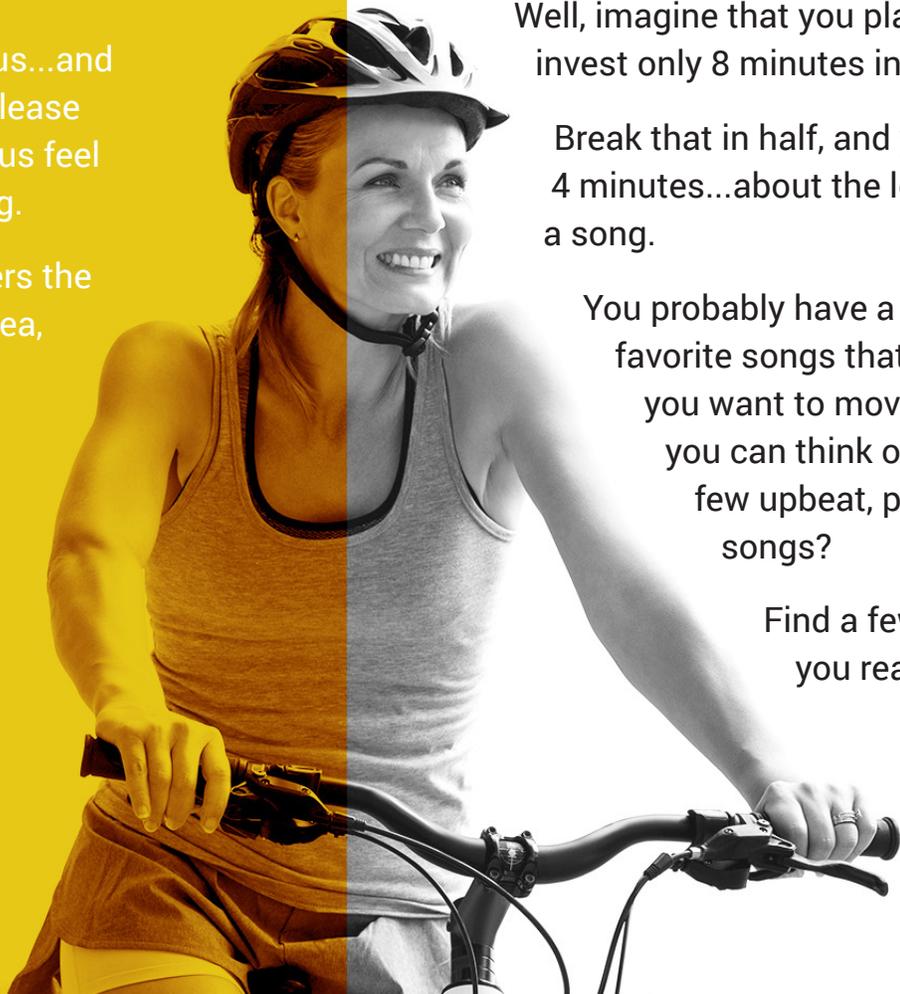
But what if that feels like a lot?

Well, imagine that you plan to invest only 8 minutes in this.

Break that in half, and you get 4 minutes...about the length of a song.

You probably have a few favorite songs that make you want to move? Or you can think of a few upbeat, positive songs?

Find a few songs you really like,



and then take a 4 minute break twice a day to jam out to that song or songs.

You could put the 8 minutes together too. However you do it, just take a music break and let yourself move to the music.

You can do this in your room in the morning or anytime you have 4 or 8 minutes alone.

This gets you moving, and studies have proven that dancing lifts our mood. Listening to music also lights up different parts of our brain and lifts our mood.

So it's a triple whammy for happiness.



90% Happier

We “strive” for happiness, thinking that we can work our way to it.

So much advice on being happier looks at what we think and the habits we have. Those things can affect our happiness, but we can also take some very small and easy steps to boost our happiness.

A big problem is that we block happiness. We think we have to reach something before we can be happy, but why not just be happy now?

If you have 10 minutes a day, you can meditate on your breathing for 2 minutes and then move to music for the other 8. It'll naturally boost your mood without you having to fight with negative thoughts or trying to “work” your way to happiness.

After doing this for a week, you'll notice a change in your mood, and then you can more easily do those other steps to be happier.

But 10 minutes a day can clear and calm your mind, and it lets you just *be*.

Moving to music and enjoying yourself releases endorphins and makes you feel good.

Just let go of everything else for the 10 minutes and smile because life is good.

After a week, you'll be craving your 10 minutes a day!

Is Your House Making You Sick?

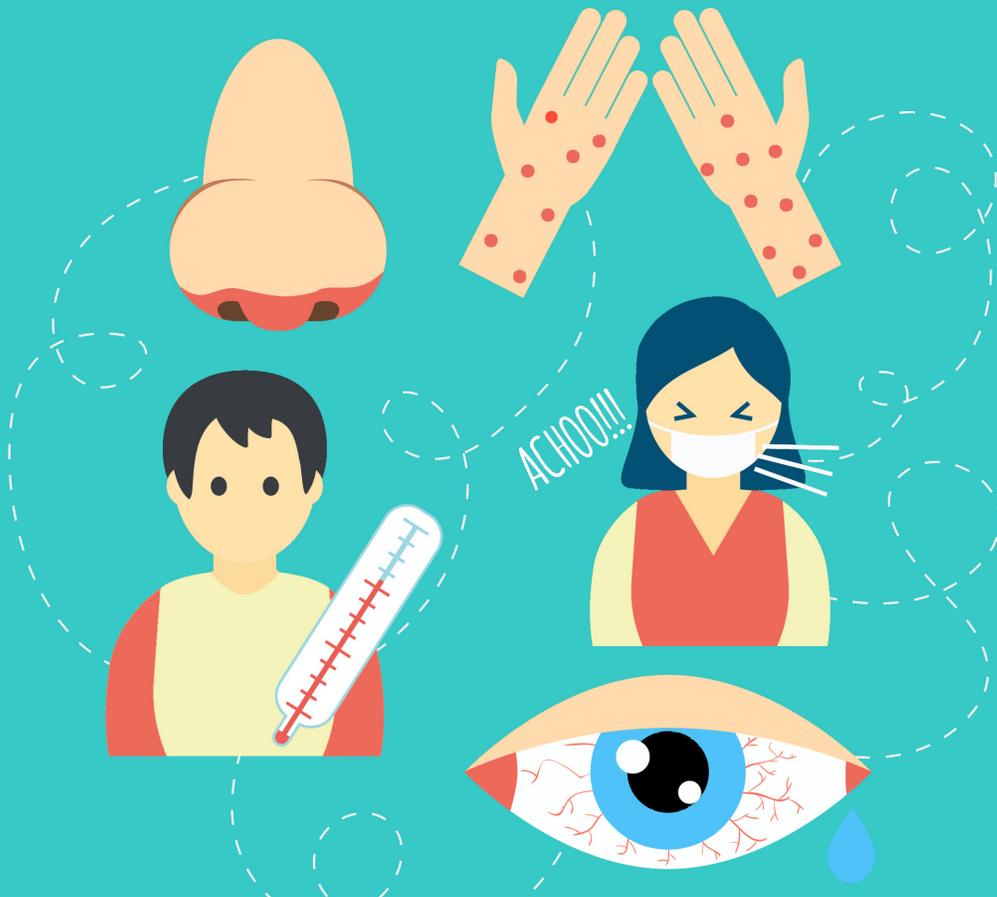
We know there's pollution and toxins outside, and many different pollens that can trigger allergies, depending on what you're allergic to.

But often, we don't consider the toxins inside our homes.

For some people, they don't actually spend much time at home, so if there were toxins, they might not be affecting people enough to notice.

However, some people spend much more time in their homes: stay-at-home moms with small children, self-employed and work-from-home people, retirees, and people who prefer time at home instead of going out.





Even if you don't spend your days at home, you still sleep there and spend evenings and weekends (or days off) there.

Our home is where we relax and hang out, visit with family and friends, and work on our hobbies.

It's our safe haven.

But it can also be making you sick, so it's worth checking the quality of your home.

Sick House Syndrome

If you started spending more time at home and noticed you've been feeling sick, your home could be the problem.

Or maybe symptoms have come on gradually as something festered in the home.

Symptoms include irritation in the eyes, nose, and throat, and stuffiness. Some allergy sufferers have brain fog or a spacey head feeling. You might also get rashes or skin irritation.

Sometimes symptoms will come on soon after you enter the home and the go away after you leave.

But, you might experience the symptoms as an on-going problem because your body is fighting the irritants on a regular basis.

What causes this?

There are molds, mites, gases,

pesticides, and toxins everywhere. If these are inside your home, it's more concentrated and your exposure is greater.

Let's look at the different aspects inside and around your home that might be making you sick.

In the Bedroom

Where we sleep can greatly affect our health if we're sensitive to certain allergens.

Dust mites are a huge problem so many people. Some don't even realize that their allergies come from their bed or favorite chair.

Wondering if you have dust mites? The Environmental Protection Agency says that they live in every home.

They're microscopic bugs so we can't see them, and they thrive on the humidity and warmth we produce. They eat dead skin cells, so that's why it's important to clean fabrics to remove skin cells and dust mites.

They love beds, but they also live in your recliner and couch. They trigger allergies and make asthma much worse.

To combat this, it's important to wash sheets once a week, wash curtains, vacuum furniture, and dust your home.

Mite proof allergy comforter covers, pillow cases, and mattress covers keep mites out of your comforter, pillow, and mattress. Then you wash your sheets and covers and get rid of all the mites.

In the Bathroom

Mold is a huge problem in bathrooms. It grows inside the drain of your sink and shower, and the underside of the water tank on your toilet, the underside of the rim inside the bowl, and around the base.

Mold can even grow on the walls, especially if you don't have an air vent and heat light that you use during showers.

Bathroom windows tend to get mold in the sill and even on the glass.

There are cleaners to kill mold, wipe it away easier, and prevent new mold from growing.

Another place you can find mold is under your bath mat, and let's be honest about how often we check. Do you remember to wash your bath mat on a regular basis?

Bath mats are susceptible to mold, dust mites, and bacteria.

You can fight this by drying off in the shower and then stepping out (so it doesn't get as wet) and washing your bath mat more often.



Most people think of it when it really needs it, but it should be washed and thoroughly dried once a month.

You can also take it outside and shake it out. You might be surprised at all the dust that floats away!

Mold is very toxic to people with allergies. Even if you don't think it bothers you, you might not be linking your stuffy nose or headaches to the mold in your bathroom. It's always best to check and get rid of it!

How You Clean

Our homes can harbor toxins of all kinds...and sometimes the toxins come from our cleaners.

Some cleaners cause headaches and breath problems, and a few are carcinogenic.

Did you know you can clean with all natural vinegar?



A mix of vinegar and baking soda will do wonders for your kitchen sink and many other areas around your house, without making anyone or the environment sick.

Another source of contamination is your vacuum. It sucks up dirt, dust, dust mites, pet hair, dander, and other things.

The problem is, it can be spraying some of that up into the air.

If anyone in your home has allergies, it's vital to use a HEPA filter. HEPA stands for High Efficiency Particulate Air and filters out 99% of particles.

In the Kitchen

We've gone through most of your home and looked at your cleaners. We should also visit the kitchen.

Again, mold can grow in the sink drains and many other places. You might be surprised if you clean out your refrigerator.

Old food can be moldy, and you don't always smell it because it's cold. Things tend to drip in refrigerators too, so sometimes there's a gooey mess down in a back corner that you don't know about.

The outside of the refrigerator is something we don't always think

about. We should be cleaning the handle (it gets dirtier than you think) and also the coils and tray below it.

That's where most people don't think to clean. Dust can accumulate behind the refrigerator, and then the fan blows it out into the home.

The pan underneath could have water in it, enough to get moldy, and that mold spores are blown around by the fan as well.

Heating and Cooling Systems

Remembering to change the air filters in your heating/cooling system can be a challenge. It's really important to your health, and it's actually just the beginning.

AC introduces moisture into ducts, and then mold can grow and be blown into your home.

Air ducts should be professionally cleaned every two years.

Final Checks

Pipe leaks around the home can create rotten wood and mold. It's a good idea to check for any soft wood spots, especially if you notice a change in water pressure where something doesn't have the force it used to.

Every home is different. It can be helpful to walk around your home and look for anything of concern: things that haven't been cleaned underneath in a while, spots that could be damp and/or have mold, and the state of your carpet.

Carpet hides pet hair, dirt, and other contaminants. Along with regular vacuuming, it should be steamcleaned once or twice a year.

Our home is our "castle." It's where we relax and live, so it's in our best interest to make sure it's a nurturing place and not making us sick.





THE BEST SUPPLEMENTS *For Skin Health*

A healthy diet goes a long way towards beautiful skin.

So does a good skincare regimen.

But sometimes it's hard to ensure our diet is the best it can be, and with our busy lifestyle it can be hard to take good care of your skin all of the time.

Even if you are eating well and sticking to your skincare routine morning and night—and wearing sun block—you still want to pamper your skin.

Our skin is the biggest part our appearance, after all! It says a lot about our health and greatly affects how we look.

It's okay to want a little help here and there, right? And supplements are an easy and healthy way to support your skin health.

There are many supplements sold specifically to help skin, either to be more youthful or to fight acne. They have a combination of ingredients,



but soon you'll know how different ingredients help your skin so you can choose the right supplement, or group of supplements, for you.

Here's 11 supplements that can make a huge difference in skin radiance, clarity, and smoothness.

And remember to drink plenty of water when taking supplements, which is also very beneficial for your skin!

Fish Oil and Turmeric for Oily Skin

Fish oil supplements offer omega 3 fatty acids, which most Americans are very low on.

We get way too much omega 6 and not enough 3, and this imbalance leads to inflammation problems in the body.

Fish oil supplements help to correct this imbalance—and they do wonders for your overall health. Just read up on any health issue, and the solution seems to include eating more oily fish like salmon.

The omega 3s DHA and EPA also support collagen production, which helps fight small wrinkles, reduces rosacea and eczema, regulates the skin's moisture balance, and improves the overall appearance.

Turmeric also reduces inflammation.

Now, you might wonder what that has to do with your skin. Well, inflammation is partly why the skin is overreacting and producing too much oil.

But the proof is in the results. If you want to balance out oily skin, take a fish oil supplement along with turmeric every day.

I've personally been taking both of these for this very reason, and now I get compliments on my glowing skin.

Vitamin A

You've probably heard of using retinoid topically for skin health. The issue with that is it makes your skin sensitive to sunlight and makes it irritated.

Retinoid is derived from vitamin A, which you can take as a supplement, and not have those side effects.

You can get more vitamin A from eating carrots, drinking carrot juice, or taking a supplement.

Vitamin A reduces sebum production. Sebum is the oil the skin produces, which also gets stuck in pore along with dead skin cells, creating blackheads and pimples.

Taking vitamin A helps with acne but also psoriasis and eczema.

Just be careful not to take too much of this one, or take when pregnant or nursing.

Vitamin D

We increasingly lose our ability to produce vitamin D after the age of 20.

That's important because vitamin D is crucial to skin cell replenishment, repair, and how your skin cells keep moisture locked in.

We need sunlight to make vitamin D, so it's especially helpful to take if you live in a cloudy environment, such as the Pacific Northwest.

Vitamin C

Vitamin C is known for boosting the immune system. It can do the same for your skin because it protects skin from free radicals and helps create collagen, both of which stop the signs of aging.

It also fights wrinkles, spots, and dullness so taking vitamin C really improves your skin health and keeps it looking younger.

Even applying it topically makes a difference. Wash face with vitamin C will make your look brighter.

Avalon Organics makes a cleansing gel called "Intense Defense with Vitamin C" that does wonders for the skin. It says it lifts away dulling impurities, and users say it tightens pores.

Vitamin E

This vitamin is an antioxidant and anti-inflammatory which helps with skin cell turnover and protects from UV damage.

It works even better when taken with vitamin C.

Biotin

Some people experience acne due to a biotin deficiency, so taking a supplement can really help.

It's not harmful to take either, so you can always take it for a month to see if it improves your skin clarity.

It helps to control blood sugar levels—which is important to keeping hormones balanced and preventing acne.

Biotin has healing properties too, which is why it's in massage oils.

Bonus: biotin helps keep your hair healthy and shiny too, so it'll look more youthful and strong.



Zinc

Zinc isn't something we hear about a lot, but studies have shown that people with acne have lower levels of zinc.

Another surprise: it's almost as effective at killing acne bacteria as antibiotics.

It reduces the inflammation in skin too.

High doses cause stomach issues, so be careful to take the recommended dose on the bottle.

Glucosamine

This is an amino acid that's naturally in cartilage. That's why many people take it for sore joints and to keep them healthy. (If you have trouble finding it, it's in the joint section.)

I didn't know it also helps our skin. It will help your skin stay more moisturized while minimizing fine lines.

So it improves skin hydration, which

decreases wrinkles, and it fights hyper pigmentation.

It will help your skin all over because it accelerates wound healing!

Ashwagandha

This comes from the root of the Ashwagandha shrub, native to Southeastern Asia. It has antibacterial and anti-inflammatory properties that are particularly effective against acne.

Ashwagandha is good for all skin types, and it also reduces anxiety and normalizes blood sugar.

It's something to look for in your local health food store.

Coenzyme Q (CoQ10)

CoQ10 neutralizes free radicals and is actually produced in the body, but we produce less and less of it. (Which is why we age.)

It supports the production of both collagen and elastin, coenzyme Q is very important for youthful looking skin.

You may notice some changes within a week or two of taking supplements. But if you don't, be patient and don't get discouraged. It can take three months for results.

Many results for healthy skin take longer, too. Think of it this way: if you work out at the gym three times a week, you keep your body in good condition.

You might not "see" results from working out as changes from month to month, but in ten years, you would look very different from people who don't work out.

If you take good care of your skin, it'll show now and for many years to come.



**SIDE INCOME: How To Make An
Extra \$100 to \$1000+ Per Week As A**



**PROFESSIONAL
VOICE OVER
ARIST**

We listen to voice over artists all the time without realizing it. It's amazing just how much work there is for a voice over artist!

How do you get into that kind of work? Well, if you go by the movie *Daddy's Home*, you walk into a radio station, chat it up with one of the bosses, and sing out a call sign for the radio.

As you're guessing, that wouldn't really work! So we know not to get our career advice from watching Hollywood.

But it did illustrate an important point: Dusty provided a very short clip, and then he got paid a royalty whenever that clip was played.

These days, there are other options for doing voice over—you don't have to go the old route of getting an agent and then auditioning for things with different agencies and companies all the time.

You can use online sites to audition, which often means you can look for projects that you'd enjoy. We'll talk about those sites more, after some discussion about how to get set up.

Getting into voice over work is not as hard as you might think, but it does require a few things.

WHAT YOU NEED TO GET STARTED

Before investing in the equipment, it's a good idea to work on your voice and get experience.

You can do that by taking an improv class, acting class, acting in a play, look for Meetup groups, and looking for opportunities to announce or do other voice work.

This teaches you to get into character. You might not think that you need "character" to be the voice in a commercial, but you're playing a role.



That's true when you narrate an audiobook or voice a commercial.

Experience is very important so that when you finally do audition for a paying role, you don't go "flat" meaning you don't have emotion in your voice, or you go the other way and sound cartoony.

Listen to other voice over artists, both professionals on the air, and demos from sites like voicebunny.com

Incidentally, voicebunny.com is one site where you can post your demo after you've made one.

Maybe you've been playing around with your voice for years, as is the case with many people who have a talent for this.

Now it's time to get some coaching and find your "voice." You see, voice over is a big industry, and you can't market to everyone. You'll have a niche. If you know what you have to offer, you can better market yourself.

Some people do commercials, others do video games, while others do kid cartoons.

Some voice over artists love recording audiobooks, and then they have a specialty there for fiction (and certain kinds of accents/voices) or nonfiction.

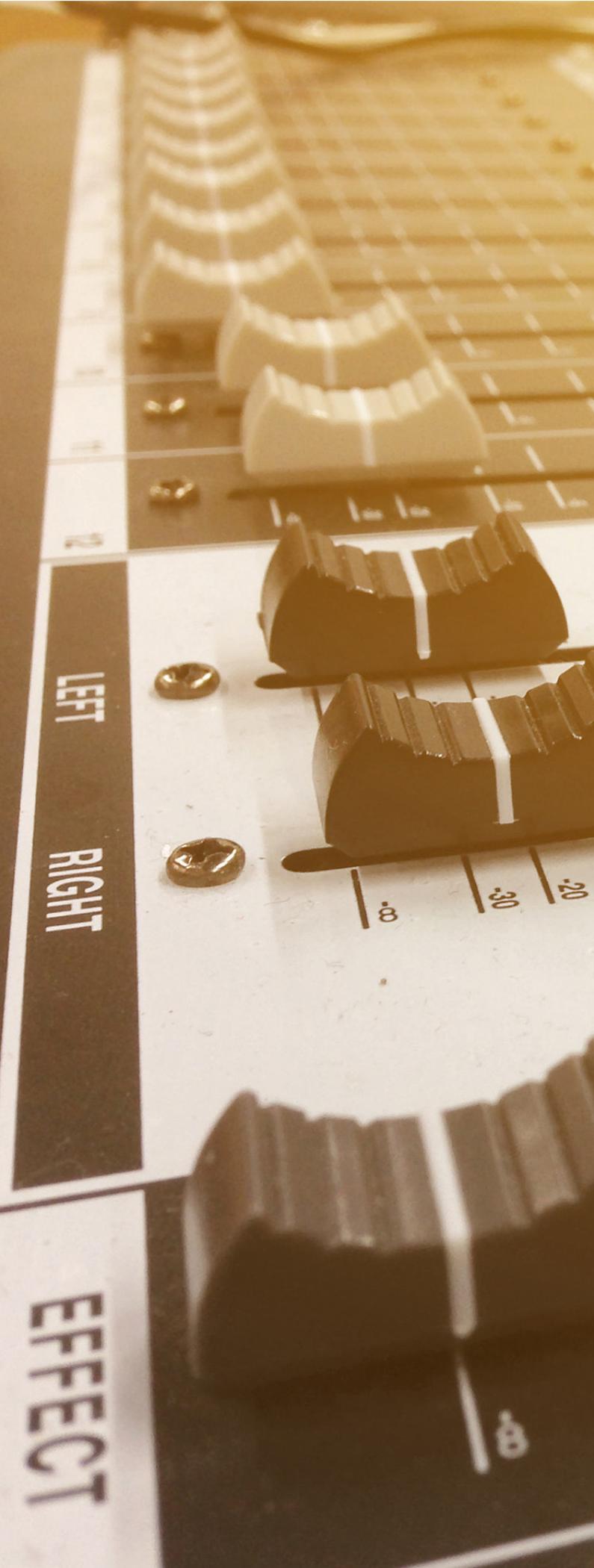
The benefits of getting a coach include getting training, feedback, learning from their expertise, and being able to record and hear what you really sound like.

Let's say that you've had some training, or have worked with others' recording devices, and are ready to build your home recording studio.

YOUR RECORDING STUDIO

You might want to start with less expensive equipment, but remember that it must be able to produce crystal clear recordings.





Basic equipment is:

- A quiet room away from traffic noise, outside noise, and any noise in your home.
- Professional soundproofing materials
- Microphone
- XLR cable (most mics come with one)
- Mixer
- Firewire cable
- Computer
- Recording software

For a home voice over studio, you want to absorb sound. (Not diffuse it like you would for a music hall.)

Broadband absorbers (absorptive panels) will affect the range of frequencies while bass traps are designed to primarily absorb frequencies below 250Hz.

These will make your recordings sound professional, not “canny” or flat.

It’s recommended to not have your computer in your recording room because the mic will pick up the fan. You’ll also want to wrap or cover anything that your voice will bounce off of, like a metal mic stand.

Do some research before investing in equipment. And don’t get a USB microphone! They just don’t record well enough for a professional.

You’ll also need a program to get your recordings onto your computer.



Audacity is a simple and free program. Might as well try it when you start out, right? You'll probably want to get experience editing your recordings.

FINDING WORK

So “finding work” could be called auditioning, but these days you can find work online.

You could still send out audition tapes and also get an agent, but online offers a quicker and more direct route to making money.

Working from home and auditioning online means:

- No commute
- No middleman
- No agent commission

That saves you a lot of money that is more profit.

You can use sites like Voicebunny.com (free, so a good place to start), Voice123.com, and voices.com.

These sites offer lots of articles about how the site works and how to get started. A big help from each of them is information on how to price your service. It depends on different things like what the recording is for and the audience size.

Voices.com has a \$100 minimum and states in their beginner's guide, “To establish yourself as a professional

don't undervalue your services. A professional voice-over should cost a minimum amount, even if you're new. If you allow clients to low-ball your work from the outset it will continue to set the expectation that they can get a voice-over from you on the cheap. Keep it classy and charge what your time and services are worth.”

Another part says, “Your earnings as a voice actor range from \$100 for a 15 second recording, \$250 for a 30 or 60 second commercial to about \$3000 per audiobook. There are several ways to calculate how much voice actors get paid, with the most common being the word count of the script.”

Most of the sites allow you to set your rates and then the site adds their cut on top of that. It's very easy on your end that way.



There is voice over work on freelance sites too, like Craigslist and Upwork, but be careful to check that the client has an understanding of how the process works. It can be frustrating and time consuming to teach a client about a business before you can do work and get paid.

With the two sites listed above, there is a process in place, and the sites focus on voice over work.

Another angle is ACX.com, an audiobook site that's owned by Amazon. You can audition for book projects of any kind, but check if they're a pay-up-front offer or royalty split.

A royalty split can be a good way to get experience and get started on the site if you don't have experience to list, but it means no money upfront.

For any site, read all the help material you can and make sure you're following directions. You can usually find lots

of articles for every aspect of the process with a simple Google search.

The big thing to remember is, keep your intro (or slate) under 5 seconds. "This is Jane Plain reading Your Example.) Check if the site requires this or not, because Voicebunny does not have you supply this.

Keeping that short allows you to get to the actual reading, which is critical because...

Most clients will listen to just 9 seconds before moving on, so the very first few words need to match what they're looking for.

Voice over work can pay very well. That's why it's a good choice for side work. It could even turn into full time work if you find you enjoy it and want to leave behind the 9 to 5.

However you use it, voice over work is very rewarding, and a nice way to add to your income.

7 SMART WAYS TO LIVE WELL

Living well is all about taking care of yourself so you can enjoy life, and that doesn't have to mean a lot of work or complicated steps.

In fact, “working smarter, not harder” really applies here!

A little thinking and planning can make life so much more manageable and enjoyable.

It's your life—you should be able to enjoy it and live well!

So here's 7 ways you can live well and live life to the fullest.

1 AUTOMATE TO MAKE LIFE EASIER

We often talk about how much people have to manage and handle these days. Truthfully, however, we can make things harder on ourselves.



There are so many things you can automate.

One way to do that in life is to develop healthy habits—and then things get checked off and taken care of without you putting out extra effort.

One example would be drinking a glass of water every morning. Or having a daily walk.

You can “automate” shopping a little by having a list of things printed out that you want to keep stocked in your home. Then you can check once a week or every other week, and buy the items that are low.

You can automate payments for everything these days, from your savings and retirement to mortgage and bills.

Look at it this way: take a little time to set things up, and then you’re freeing all kinds of time to enjoy how you want.

2 STAY HYDRATED AND EAT WELL

Eating well is the secret to feeling good, having a long life, and being able to enjoy that life to the fullest.

That’s no secret. Perhaps the secret is that it’s not that hard if you do a few things:

1. Drink enough water so your brain is clear, you have energy, and your body can flush toxins
2. Avoid junk food, unhealthy fast food, sugary treats, and processed food. This sounds hard, but if you do it for a month, you’ll be blown away with how you feel.

I’ll admit I do indulge on rare occasions with some snack from the store, but







I strive to bake my own treats, eat dark chocolate, and have fruits as my sweets.

3. Eat a balanced diet that has a large percentage of plant based foods—this is how people live to be over 100 years old.

4. Eat in moderation and control portion size. You can enjoy a lot of different foods and still be very healthy, if you pay attention to portion size.

You can even have dessert!

A big reason why we gain weight in America is all about supersizing everything.

If you look at meals in restaurant, you'd think we were all still loggers and eating for a full day's hard work.

Your body will tell you how you're doing: if you're gaining weight or feeling bad all the time, it's probably time for a diet change.

3 CREATE AN ACTIVE LIFESTYLE

The other part of the secret to a long life is always being active.

In places around the world where people live long lives, they have a lifestyle that keeps them moving. They garden, walk to the store, and have jobs that they move around.

We tend to have office jobs, long commutes, and lots of sedentary time in front of a screen, so we need to monitor how much we're sitting and incorporate activity into our life.

Take the stairs and take detours when walking to extend your walk. You can join a dance or exercise class, find a walking/jogging partner, take up cycling or swimming, or find another activity you can enjoy.

Some of us love aerobic exercise. The rest of us can get exercise through fun activities like rowing a canoe, playing

basketball or volleyball, or a mix of many available sports.

So you could say that exercise is the secret to staying healthy all of your life, but you can actually be very active and healthy without “exercising” exactly.

That said, moving and getting your heart rate up has so many mental, emotional, and physical benefits.

Some people include more exercise in their life because it balances their moods and eases depression.

People were meant to move, and it makes us feel good. So I encourage you to find ways to keep moving and stay healthy.

4 NURTURE POSITIVITY

Eating well and being active go a long way towards keeping your body and mind healthy.

Being positive is another element that greatly affects us and our life quality. In fact, if two people could magically experience the same life but with different perspectives, it would prove that perspective is everything.

The difference between happy people and others that are angry, frustrated, down about life, or feeling like a victim is that happy people look for reasons to be happy.

Unhappy people often look for reasons to be unhappy. They'll only see the negative in their job, relationship, and situation.

You can nurture positivity by looking for good things all of the time. The more you do this, the more you'll see. It keeps growing.

This helps when you're dealing with a tough situation in one area of your life. You can then look for any good in that situation, and you can find good in other areas so you know that life in general is still good.



5 COMMUNICATE

So many relationship issues come down to poor communication.

This includes work, romance, friendship, children, parents... We can improve life by improving communication with everyone around us.

I would even say we all have ways that we mis-communicate. A few examples...

Someone doesn't want to say a special date is coming up so they wait to see if the other person notices or does anything.

Someone wants another person to do something, but they don't want to say so. Then they get hurt when nothing happens.

Someone holds a grudge instead of talking to another person. Meanwhile the other person has no idea about the issue.

People don't listen to others so things get left undone or not understood.

People say one thing but mean another—they feel like the other person should understand more than they're able to from the words.

People try to express themselves but use bitterness, sarcasm, or even "smack talk" to communicate, and then the other person doesn't respond in the way they want.

I could go on and on. Basically, people will expect a lot out of other people, but they don't communicate their need in a way that nicely asks.

Telling someone, "You never help with the dishes" is a way of asking them to, but it won't get them to help.

Other ways that don't work include:

- Of course you're to going to help with that today. You never do.
- Yup, it's falling on me again.
- Why can't you do that correctly?





If you have any communication issues in your life, you can make big changes by going to people, being open and honest, and talking without accusation, bitterness, and talking at them.

Sometimes we just need to learn how to speak up for ourselves. If something bothers you, look for a nice way to tell the other person.

If you need/want something, let them know it's important to you.

Learning to communicate well makes such a huge impact on life and relationship quality.

6 PLAN

You know the saying: People don't plan to fail, they just fail to plan.

"Planning" can look like many different things, so if one idea of planning doesn't suit you, you can do it your own way.

Consider:

A life purpose statement—something that guides you in where you want to go and who you want to be.

A life dream and steps to get there.

A 10 year plan, or a 5 year plan with goals for each year.

A savings plan.

A notebook with sections for different areas that you want to plan for.

At the very least, if you have a big goal that you're working for, even just one, your life will have direction and purpose.

It's fun to dream and plan ahead. So it's surprising how many people don't have a plan for their life besides working, paying bills, and trying to have some fun squeezed in there.

Why not design your life the way you want it? You'll be taking steps simply by dreaming about what you want and taking a few steps toward that.

7 HAVE FUN

You might think you need to get some things in order before you have time to enjoy yourself.

The opposite is true. We need down time to relax, recharge, and get a mental break from our busy lives.

And having fun is so good for our emotional and mental health.

It's also one way we bond with other people.

If you have no fun built into your life, what's the point? You don't want to work for years so you can have a little fun.

We all deserve to spend some time on things we enjoy: board games, our favorite sport, going to a game, going out with our partner or friends, having lunch with people we enjoy talking to, and just hanging out.

Even if you're busy and feel like you have a lot to fix, you can find away to get out or do something, even if it's a free activity. You'll thank yourself!

Life is a journey, and it should be enjoyed along the way. A little thought can make it so much more pleasurable. Hopefully these tips have given you a new idea on how to make your life better so you can live well.



8 FOODS FOR GUT HEALTH

We probably don't think about our gut microbiome that often.

It's like our general health. We can take it for granted until we get sick.

And it might sound even stranger to think about bacteria in the gut. Normally "bacteria" is something we think we should avoid, but we have good and bad bacteria all over our body and in our gut.

There's actually trillions of bacteria in the gut that help digest food. These bacteria play a big role in our health and well-being. They affect our metabolism and immune system.

New research is finding that the health of an individual's gut bacteria affects how likely that person is to get different diseases like obesity, depression, diabetes, and colon cancer.

The bacteria live with other microorganisms like viruses and fungi, and those three things make up what we call the microbiome.

It's like a little universe in your stomach! Who knew!

The amazing thing about this discovery, aside from impressing science types, is that we can take care of this microbiome and really benefit our health.

Include the following foods in your diet, and you'll do your gut health, and yourself, a favor!

BONE BROTH



Many of the foods on this list help with gut bacteria. This one, however, actually helps your stomach lining.

With collagen, gelatin, and glutamine, bone broth repairs gut lining.

You might have tried gelatin supplements to heal your gut, but bone broth is much tastier and easier to digest.

The collagen heals and seals the gut lining, so this can help with leaky gut syndrome. The glutamine strengthens the stomach walls.

Bone broth can be made out of any bone—bones from grass fed animals are best.

And it can be used in any recipe calling for broth, so it can make your soups even more flavorful and healthy!

YOGURT OR LACTOSE-FREE YOGURT

One key to having a healthy gut is thinking about probiotics.

Yogurt has live cultures of probiotics (the good bacteria) that benefit our gut health; that's no secret these days.

Some people avoid yogurt because they're lactose intolerant, but the process of making yogurt can make it easier to digest than other dairy products.

And if yogurt does bother you, there are lactose-free alternatives made from almond or rice milk. Just check the protein content and add nuts if your product is low in protein.

And for any kind of yogurt, check the added sugar. Some yogurts are basically desserts!



With Greek yogurt, you get all of those probiotic benefits along with lots of protein (15 to 20 grams per 6 ounces) as long as it's real Greek Yogurt and not simply thickened yogurt. So watch out for "Greek Style" on the label.

PREBIOTIC FOODS

Prebiotics work with probiotics to promote the growth and function of good bacteria in the gut.

What are they exactly? Prebiotics have nutrients that we can't digest, but the good bacteria can. So prebiotics feed good bacteria.

Prebiotic foods include green vegetables, and especially aromatic vegetables like onion, garlic, leeks, and celery. Artichokes are full of prebiotics.

Bananas are a great source for prebiotics, and they're great to add to a smoothie—read the next tip and you'll see why a smooth made of unsweetened yogurt, banana, and mango is super beneficial for your gut health.



MANGO

Surprise, surprise! Mangos help the good bacteria in your gut and have many bioactive

compounds. So you can make a super food smoothie from yogurt and mango.

Eating mangos not only improves gut health, it reduces body fat and helps control blood sugar.

KEFIR

Kefir is like a liquid, tart yogurt that's popular in Europe but gaining popularity here too.



So while yogurt usually has three strains of live bacteria (good bacteria), kefir has ten! It's a super yogurt when it comes to probiotics. Kefir also has a complex carb called oligosaccharides which feed the good bacteria.

SAUERKRAUT

Fermented cabbage has been around for eons. It has lactobacillus bacteria, which will actually crowd out the bad bacteria.

Sauerkraut helps gas, bloating, indigestion, and irritable bowel syndrome.

Avoid canned sauerkraut as it's pasteurized so the healthy bacteria is dead.

Kimchi is a Korean fermented cabbage that benefits your gastrointestinal tract.

COCONUT OIL

Coconut oil is good for so many things, and for so many reasons. It helps gut health because it's an antifungal, antibacterial, antimicrobial, and an antiviral.

It kills off harmful yeast and bacteria, and it restores the stomach's acidity levels.



APPLE CIDER VINEGAR

We hear about how this helps many health issues, including losing weight. That might be because it has HCL, hydrochloric acid, which help digest fats, carbohydrates, and protein.

You can mix a little in water, much like adding lemon to your tea.

With this list, you're sure to find a few foods that you'll want to add to your diet. Now that we know about taking care of our stomach lining and the microbiome, we have even more resources to be healthy.



THE 7 FORCES OF WEALTH

USE THESE TO SKYROCKET
YOUR LONG TERM SUCCESS

There's a big difference between wealthy people and people who struggle paycheck to paycheck...

...and it's not their lifestyle.

Well, they do have different lifestyles, but the big, true difference is found in attitude toward money and beliefs about money. Those two things lead to different actions.

Let's take a closer look at what makes the wealthy different so you too can practice wealth habits and skyrocket your long term success.

Here's 7 forces of wealth to help you accumulate money, achieve financial freedom, and enjoy your life to the fullest.

1. CHANGE YOUR ATTITUDE AND THINK POSITIVELY ABOUT MONEY

This is a process, but it can be a very quick one once it really clicks.

You see, a big part of, and first step to becoming rich, is changing how you think about money.



You want to have positive thoughts about money and wealth!

If you're upset that you don't have enough money, you're pushing it away. If you're angry when you pay the bills, you're setting yourself up for lack.

When you look at others who have more and feel jealous, you're hurting yourself.



Instead, celebrate when you pay a bill because you have the money to do so.

When your paycheck comes in, or any other money, smile. Acknowledge that moment. Be thankful for everything you have.

See money as a good thing to take care of yourself, your family, and help others.

Being thankful and thinking positively about money will attract opportunities and open more doors than you ever thought possible.

2. WORK TOWARD LONG-TERM, NOT SHORT-TERM GOALS

Long-term goals give us a feeling of purpose. We have something big we want to accomplish, and we go after it by planning smaller steps and taking action.

Long-term goals typically take over 5 years, but you should have some life goals and smaller goals. So really look out into the future.

That means considering where you want to end up in life, and how you'll get there.

Then you can plan accordingly. You can look to your long-term goals to help you plan your year and steps you take in that year.

Even your daily tasks should have a direct connection to your long-term goals.

Another aspect of this is creating long-term value that pay dividends. That means looking at ways to create wealth, not just work for a wage.

Think of a business that will grow, investing, trading, real estate, and even things like royalties and other residual income that will continue to pay you long after you've set it up.

3. PLAN; DON'T RELY ON WILLPOWER

A very common misconception is that successful people have more willpower.

*They can get up earlier.
They can save more easily.
They have more energy.
They get things done easier...*

That's not true at all!
Willpower is like a

muscle, so you only have so much every day. Science even backs this up now.

Wealthy and successful people simply plan to be successful. They set up automatic savings into their normal savings and retirement, taking it out of the top so they don't miss it.

They plan time to work on goals. When those goals happen, others might think they got lucky, but they actually put in the thought, time, and effort to do what they wanted.

You can get so much more done if you plan what you want to accomplish that year, and then plan each month, week, and even every day.

If you write out a list of what you want to do the following day, you can get up prepared.

You can take care of the important things first—the ones that benefit you and your long-term goals.

You will then see when things are a waste of time, and you can cut those things.

This kind of planning will give you better focus and a greater sense of self-control.



4. THE PRINCIPLE OF CONCENTRATION

We have many books and articles about the power of focus. We're learning that people don't multitask well, and the best way to get things done quickly and with the highest quality is to focus on that one task.

Wealthy people know how to concentrate on the most valuable use of their time every day.

When you set goals and plan out your days, you determine the one or two things that you want to concentrate on more than anything else.

Think of Tim Ferris: focusing with laser precision on one goal until he masters it.

Successful people start their day with a finely tuned plan with objectives that line up with their financial goals and things that build their wealth. Compare that to someone without a plan, or someone who puts in 8 to 10 hours for someone else and then

hopes to work on their own thing at eleven at night.

Developing the habit of concentration on one thing will help ensure your personal financial success, more than any other skill or habit you can acquire.

This means knowing what you'll do that day and then spending each time block focused solely on the task at hand. You can do more than one thing in a day, but when you do something, give it your 100%.

These things you focus on should directly align with your financial goals, and that will help you accomplish what seems like crazy leaps in less time and create more abundance and wealth.

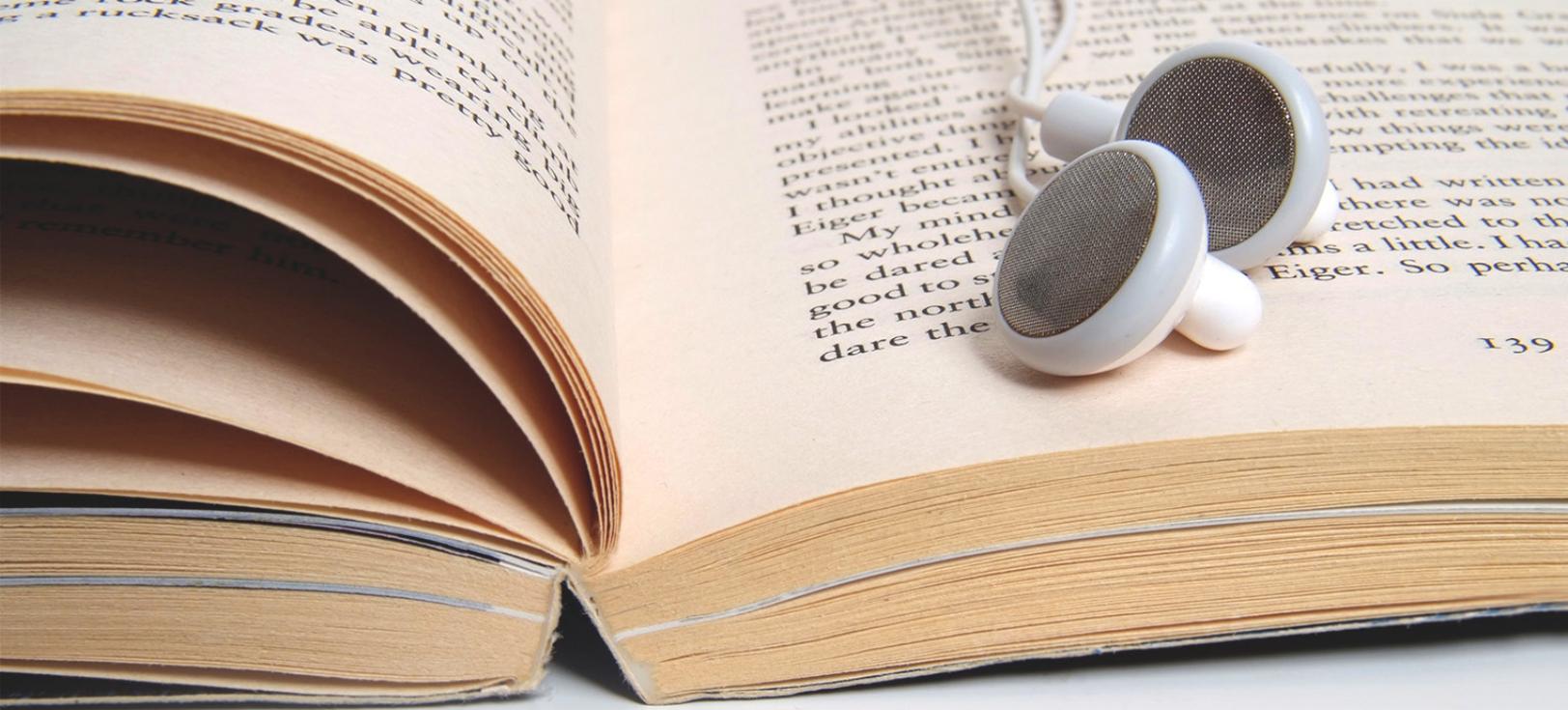
Surprisingly, it gives you more free time.

So go all in on projects that best utilize your strengths and speak to your passions.

The wealthy determine what their strengths are and then invest all of their efforts into it. The rich know that it's efficient to capitalize on strengths.

If you have weaknesses,
don't waste time
trying to





fix them. You don't want to compete with others based on your weakness. Instead, acknowledge your weaknesses and outsource.

Concentrate where you can build wealth and use your strengths there.

5. INVEST IN YOURSELF

Become a student of success.

Successful and wealthy people never stop learning. They read at home, and listen to audiobooks in the car.

Think about how much time you spend in your car. You could be learning that entire time, effectively turning your car into a school of success.

Now think about the edge this will give you in your profession, in wealth building, and in life.

The act of always learning is what sets the successful people apart from those who struggle to pay bills and debt.

I would like to distinguish this type of learning from learning off of Facebook or what others tell you. All of us know someone who think they know everything, and spout incorrect facts all the time.

You can't argue with a person like that. They're not a student of success or a person who wants to learn, but rather someone who absorbs information from any source without considering if it's legit or worth repeating.

Use quality programs from well known and successful people, and look at your sources when reading new information.

6. EVALUATE WITH TWO QUESTIONS

How do we learn and grow, and therefore do better?

We evaluate our performance.

Successful marketers use two questions after every campaign:

“What did I do right?”

“What will I do differently next time?”

The first question is important. And in life, we sometimes skip that and criticize ourselves.

Even if something fails, you can find a few things about it that worked. Those are worth keeping and possibly improving on.

The second question allows you to improve things and add new things.

These questions shouldn't be limited to marketing, but can apply to all areas of our lives, and that will help you make a healthy evaluation.

Use these questions for job interviews, work meetings, work socials, sales calls, presentations, and anything else you do.

Notice that the answers to both questions are positive and extremely useful for forward movement.

This positive perspective programs your mind to appreciate what went right and look for improvements in a way that strengthens your performance.

If you do this right after the thing you'd like to evaluate, you can double or even triple how quickly you learn, grow and improve.

Improving yourself and your quality of work will, in effect, improve the money you make.



7. BE GENEROUS TO OTHERS

So many successful people will tell you a big part of the secret is to always be generous and help others, and as your wealth grows, give back even more.

It's not always about money. You can treat everyone like they matter by believing:

- Every customer is important.
- Employees are the heart of the company
- Everyone deserves respect and kindness.

Successful people often shock me because they will slow down, make eye contact, listen to me, and ask questions.

I'll meet with a CEO thinking I can ask all kinds of questions and learn all kinds of new things, and after the meeting I realize they spent the time asking me all kinds of questions!

There is proven advice on wealth building that goes: help as many people as possible.

Generous people attract wealth and are happier.

Giving to others makes us feel good, and it puts us into the perspective that there is plenty of abundance so we can freely give and also receive.

DOES MONEY BUY HAPPINESS?

Now you have the 7 Powerful Forces of Wealth Building—the same secrets used by millionaires and billionaires around the world.



That might make you wonder, will you be happier when you have a lot more money?

People like to say that money doesn't buy happiness, but let's be realistic. Money, when used correctly, buys the things you need, the things you want, independence, and the ability to care for others.

Money buys better health care, more dependable cars, and eases stress.

But I did say, *when used correctly*.

If you spend your life chasing more money while feeling frustrated or stressed, you are not buying happiness.

Choose an attitude of abundance

and gratitude first, use these 7 forces of wealth, and make sure you're not working your life away. Make time to enjoy your life, your wealth, and your family.

Using these 7 forces of wealth will help you build abundance into your life without working too much.

Truly successful people aren't just rich. They're fulfilled and satisfied, they're excited about life and learning more and more, and they invest in themselves and the people around them.

That does sound like true abundance!



Good sleep makes such a huge difference in our day and how we feel.

Of course everyone wants to wake up feeling well-rested, refresh, and ready to tackle the day.

But instead, we drag ourselves out of bed and make coffee to help us through the morning.

If you're feeling sluggish in the morning, and would rather feel energized, try these tricks.

Wake Up Energized With These 6 Tricks

1. set yourself up for good sleep



The day before, avoid caffeine after 3. You might think that you have plenty of time to get it out of your system, but it can still affect how well and how much you sleep.

Ditto on alcohol. Drinking can help you fall asleep faster, but then it clears your system and you might be wide awake.

Even if you don't wake up, studies show that people are more restless and don't sleep well after drinking.

Consider giving up your electronics in the evening. I know we all love our phones, but staring at that bright screen in the few hours before bed makes it harder to fall asleep.

I switched out phone time for TV and found that the change helped. Some might argue that TV isn't much better, but the screen is farther away instead of right in your face.

You might even add in listening to soft music, doing something by candlelight, meditating, taking a bath or shower, or listening to calming music before bed.

Lastly, find a way to put down the worries of the day, and put away thoughts of your to-do list. Taking those thoughts to bed with you will keep you up longer.

2. keep it cooler when you sleep

When you do go to bed, keep the temperature down to below 67. This helps our body know it's nighttime and time to sleep.

Studies have shown that people sleep better, and wake up much less, if their room is cooler.

You probably know the feeling of kicking a leg out of the covers or waking up too hot.

That can lead to poor sleep and then you're tired in the morning.



3. have a schedule



Imagine if your boss didn't tell you when to arrive at work or when you could leave. Instead, it varied every day.

That wouldn't be too nice, and it would impact your work performance.

The same goes for your body. If your bedtime fluctuates by several hours, it can really throw off your internal clock.



4. have a passion



That might sound like an odd tip for an article on waking up energized, but think about it this way:

When you have a reason to jump out of bed, don't you feel more energized?

It's like waking up on Christmas morning. You

open your eyes and jump out of bed.

You can feel that way if you have things you're really excited about. It could be a fun hobby, a local sports team you joined, a community group, or something else that you can look forward to.



5. don't hit snooze

Morning people tend to get out of bed quickly. The rest of us...we hit snooze several times.

The problem is, if you hit snooze and fall back into a light sleep, you don't sleep well, and then you get woken up from REM sleep all over again.

It becomes a habit, and maybe that's why we don't recognize that it makes us feel bad once we finally do get up.

It might be hard to get up right away for a while, but then it becomes a good habit, and you'll feel more clear headed and energized.



6. open the blinds

The sooner you can get natural light on your skin, the better. It'll let your internal clock know it's daytime, and time to be alert.

So open the blinds when you get up.

In studies, people who walked in the morning had better moods and lower BMIs!



7. drink water first thing



You know that sluggish feeling you get in the morning and late afternoon? It can actually be dehydration.

We just don't recognize the signs anymore because everything we read says that we're tired because we need a detox, or certain vitamins, or something else to feel better.

When you get up, drink a glass of water before starting on the coffee or whatever you like to drink in the morning.

You haven't drank anything in 8 to 10 hours, and coffee is a diuretic, meaning it sends the liquid out of your body.

So give your body what it needs. Water jumpstarts many processes and gets you going, and you'll be hydrated so you can think more clearly and feel better.

Bonus tip—when that afternoon slump hits, drink another glass of water and see if it helps!



8. get your jam on

Listening to music gives us a dopamine dump—you can see it in a PET scan.

If you get up and move to upbeat music, it lifts your mood, gives you energy, and gets you jazzed for the day.

It wakes your mind and body up so you feel more alert, and it also works out the kinks.

9. eat breakfast!

Fuel up for your day, and it'll make a big difference. If you combine these tips so you wake up refreshed, and then give your body the kind of fuel it needs, you'll start your day in the best way.

Skip sugary breakfasts and look for protein because it provides lasting fuel.

These 9 tips are sure to offer you something that will help you sleep better and wake up more energized.



Wheat

WHAT IT'S
REALLY DOING TO
YOUR INSIDES
(AND HOW TO
COUNTERACT IT)

Wheat is causing many health problems in our society.

Most wheat products turn into sugar in our bodies, and cause metabolic problems with blood sugar and weight gain.

We've heard a lot about that, and that's why people use diets like the Atkins Diet to lose weight.

This blood sugar spike is something everyone experiences, not just people who are sensitive to gluten or allergic to wheat.

Wheat causes many other problems in our stomach (gut) that aren't discussed as much as the blood sugar issues.



These issues in the gut are caused by wheat and the proteins wheat has, and they can affect people who don't eat much wheat and haven't experienced problems with carbs.

Wheat causes issues outside of gluten issues, and we need to be aware of these.

To understand what happens, we should start with what is actually in wheat.

Wheat has gluten, which causes problems for some people. It also has wheat germ agglutinin and amylase trypsin inhibitors, and people can be sensitive to these even if they're fine eating wheat.

Let's look at what these proteins do in our bodies.

GASTROINTESTINAL SYMPTOMS

You don't have to have Celiac Disease to experience similar symptoms such as stomach upset and issues in the gut.

We'll soon see it's related to issues like gut bacteria and intestinal permeability.

People with celiac disease or gluten intolerance will experience immediate and severe symptoms such as diarrhea or constipation, heartburn, gas, bloating, foul smelling stools, and vomiting.



You don't have to be sensitive to gluten to have an inflammatory reaction to other components of wheat, including the wheat germ agglutinin and amylase trypsin inhibitors.

These can be triggered by other things like stress, but gluten can make it worse.

Some people live with a low-level inflammatory response because they've gotten used to it.

You could say it's normal to have some constipation and bloating after eating foods with wheat, but we don't have to live that way.

INFLAMMATION IN THE GUT

The proteins in wheat are irritants to our guts. It's similar to getting a small paper cut on your finger and then it turns red and swollen around it.

Amylase trypsin inhibitors will start an inflammatory immune response in the gut by stimulating immune cells.

This isn't related to gluten, so it's not a problem just for people with gluten intolerance. It happens to everyone's gut to some extent.

It can lead to increased intestinal permeability, or leaky gut syndrome.

INCREASED INTESTINAL PERMEABILITY, AKA LEAKY GUT

The purpose of the stomach is to break down food and let the good nutrients into the bloodstream while keeping out the bad, which is passed through the body. There's a fairly complex system for this.

When the gut is inflamed, that system doesn't work as well. The junctions between stomach lining cells in the gut wall become loose and bad things pass through. You have a leaky gut at that point.

This can be caused by Celiac Disease, gluten intolerance, or sensitivity to the proteins in wheat, which is what we're talking about. It affects many people who don't realize it.

The inflammation causes increased permeability, while gluten stimulates the release of a protein called zonulin which makes the problem worse.





That's because zonulin contributes to loosening the junctions between cells in the gut. So you have more permeability.

Both inflammation and zonulin worsen gut permeability, which is a huge factor in the development of autoimmune diseases.

PROBLEMS DUE TO INCREASED PERMEABILITY

This increased permeability leads to a higher vulnerability to gut autoimmunity.

That means, you get problems from all the bad stuff in your bloodstream, including gluten.

You might not be sensitive to gluten in your gut, but it's a different story when it's floating around your body.

A component of gluten called gliadin then runs into your immune system, and the immune system forms antibodies against it.

This is called molecular mimicry, which means that something foreign got into the bloodstream and the immune system made antibodies—that's what should happen so this part isn't the problem.

The problem happens when the foreign something looks enough like your own body's

tissue that the antibodies start attacking your own body.

Molecular mimicry (or the antibodies attacking the actual body) is part of the problem with Celiac Disease and Crohn's Disease.

All of this links in to other autoimmune diseases like autoimmune thyroid disorders, type 1 diabetes, fibromyalgia, rheumatoid arthritis, autoimmune liver disease, and autoimmune skin diseases.

The common factor here might be the gluten, even when people are not sensitive to it.



DAMAGE TO THE GUT BIOME

We've been talking about the gut wall, but wheat also does damage to the gut biome.

The gut biome is made up of all the gut flora, basically the bacteria that live in your gut and help digest food. The biome regulates the immune system, controls intestinal permeability, and helps to digest food.

We're learning that many diseases are linked to the biome, meaning that the balance each person has can make them more susceptible, or resistant, to certain diseases.

The bacteria in the biome don't do well with wheat or gluten.

So wheat can have a negative effect on the gut wall and the biome in the gut, hurting your health. These diseases develop over time, and we

haven't always known about the link, so many people don't understand the long term effects of eating wheat.

HOW TO COUNTERACT DAMAGE FROM WHEAT

We're really talking about long term solutions, but first there are a few short term solutions if you've eaten wheat and are experiencing stomach distress:

- Digestive enzymes like Eater's Digest by Traditional Medicinals and Gluten Defense digestive enzymes help with bloating, especially with small amounts of wheat. That's normally the case with accidental ingestion.
- Mint tea help with cramps.
- Imodium can help diarrhea associated with gluten problems.
- Probiotics help many people, and some with take them on a continuous basis. (Helps with dairy allergies as well.)

- Bone broth is another excellent food for the gut, even if you haven't had exposure.

For the long term, the best way to deal with all of these wheat and gluten related problems is to avoid wheat and gluten.

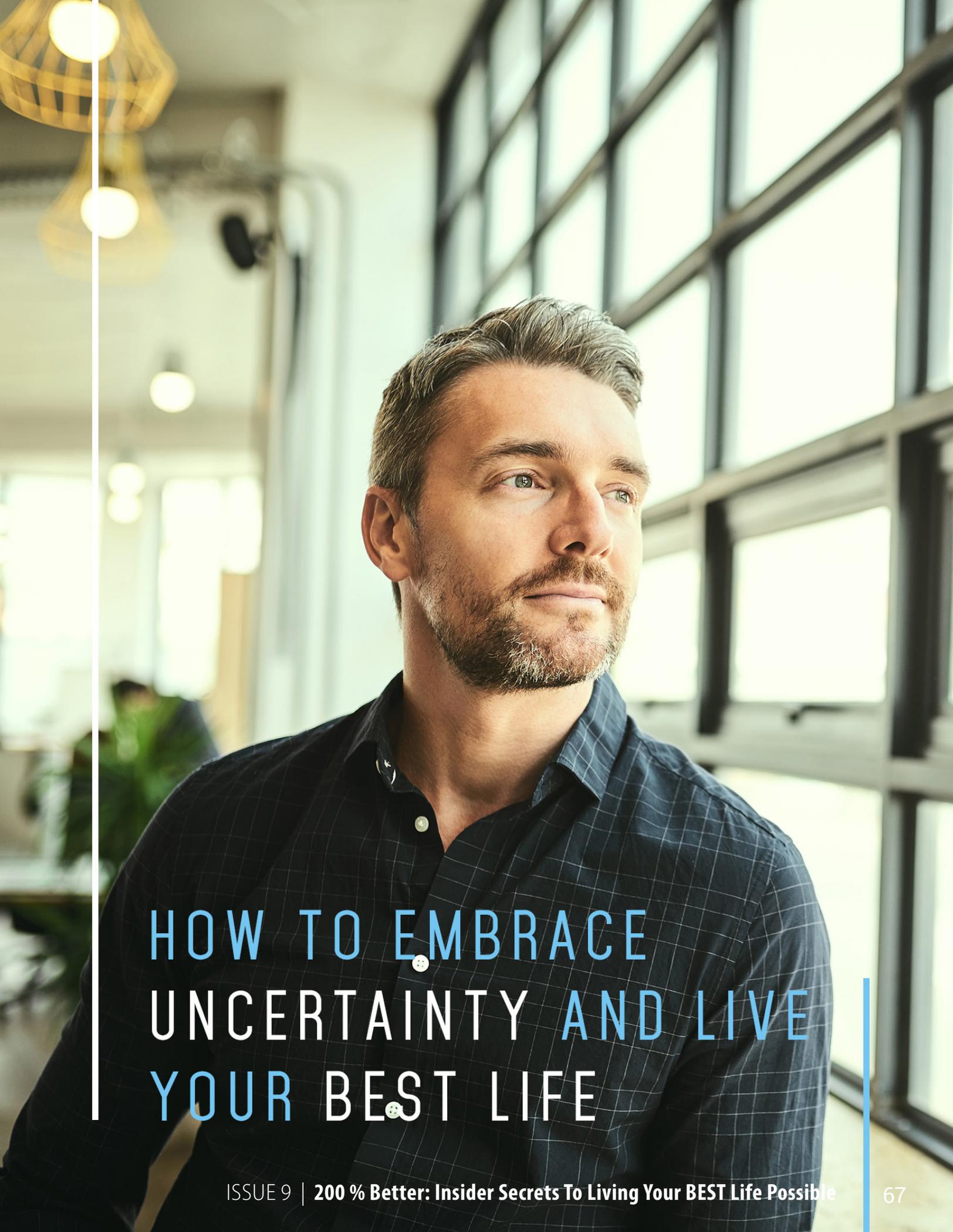
If you're not that sensitive, you can cut back. But so many people say that they feel amazing after cutting wheat from their diet, and they didn't realize how much it was affecting them.

After cutting wheat and gluten, you might see a significant improvement in:

- Skin issues such as acne, rashes, and sensitive skin
- Seasonal allergies
- Food allergies
- Stomach problems
- Energy levels
- Foggy brain

The best way to counteract damage and nurture a healthy stomach is a healthy, balanced diet without harmful foods.





HOW TO EMBRACE
UNCERTAINTY AND LIVE
YOUR BEST LIFE

The only constant in life is change.

We've often heard that and yet many people are uncomfortable living with uncertainty. Let's be honest—it terrifies most!

We have this idea that we're in control. Personal freedom and choice is one of the most important things in our culture.

Maybe that's why we get so upset and even depressed when we can't control something, like when a couple is trying to conceive, or someone is after a promotion or raise, or we want to get healthier but it's not working.

A friend of mine lost his job, and he told me, "I thought I had security with a great position at this fantastic company...but it was an illusion. Job security is an oxymoron. They can let you go at any time, for any reason, and it's out of your control."

He's right. Life is uncertain. But that doesn't mean we have to live in fear.

Just the opposite! If we can't control everything, then we can relax and simply work on our part.

Let's look at how to embrace uncertainty and live the best life possible!

UNCERTAINTY ISN'T ALL BAD

We can't control everything. So what? It's something we all live with.

And that means that life has surprises, sometimes good surprises.

Life can change direction, bringing new opportunities.

Being flexible means that you're open to new adventure, new



friendships, new personal and business opportunities, and much more.

I've watched some people struggle after losing a job, and there was one person who took the opportunity to start a business that he'd been dreaming about for years.

After him, another friend who had been unemployed for a year realized he could do the same, and he started his fishing guide service.

It was meant to fill the gap while he looked for work, but it turned into a full time business.

Business people are known for seeing opportunities in the worst of times, such as buying property when values are down.

This same sort of turn happens after relationships end, and later that person finds their perfect match.

Uncertainty opens the door for all kinds of things to happen.

WHY IT'S GOOD TO LET GO

Let's say you want to move a mountain. So every day you go out and you push on this mountain.

It never moves, but you keep pushing.

You get more and more frustrated, and start to feel like your life has no meaning.

We do this when we obsess about the past or future, constantly worrying about an outcome.

Why do that to yourself?

There are things in life that we can work towards, things we can change, and things we can affect.

But we can't have our exact way in everything. If we're honest, we don't control as much as we think we do.

But, you know that succeeding in life takes planning. And you have goals. So how can you just let go?

Let go of the things you can't control and stop worrying about them. Look for what you can affect.

My friend that lost his job had counted on that and didn't have any kind of backup plan. He felt powerless for a while.

He had an expectation that his job would just be there, that he had job security. But anyone who has been laid off knows better. So what do you do?

How do you live with that kind of uncertainty and even embrace it?

EXPECTATIONS VERSES PLANS

With an expectation, it's like an assumption.

We have an idea about how things are going to go, and we think that will continue.

Or, we might really want something to happen, and we even develop that into an expectation—like a promotion or a proposal.

Then, when our expectation is not met, we're devastated.

We can't control things when we have an expectation.

Plans are different.

A plan is not an absolute guarantee that what we want to happen will.

No, a plan is our step by step process for getting from here to there. Like this:

I'd like to get a promotion, so I'll train for that position, let my manager know I'm interested, and show her that I can do that job by demonstrating



With a plan, you know things might not turn out exactly as you'd like. But you can often measure your progress and see results.

And when things don't turn out the way you'd hope, they might turn out better or in a way you didn't expect but is just as good.

That's because you put time and effort into your plan and steps, so they produced results of some kind.

EMOTIONS WITH UNCERTAINTY

It's often not the uncertainty itself that bothers us, but all the emotions we feel: unsure, doubtful, confused, anxious.

But we could also feel excited and hopeful, depending on the situation and how we manage our emotions.

So dealing with uncertainty means having a positive, hopeful attitude,

being flexible, and being okay with not being in control.

You don't have to be pessimistic to consider all outcomes and prepare for some. That's just having a plan.

You can deal with this through a game called, "What's the worst that can happen?"

I discovered this trick over a decade ago. We think we're imaging the worst when we worry and fret. But ask yourself that question.

"What the worst outcome that can actually happen?"

Name the very worst thing. Is it really that bad? I'm sure it wouldn't be fun, but is it something you can deal with? Something you can handle?



Let's say Bill runs a small business and things have been slow. He had a bad month, and he's completely strung out because he can't make his bills this month.

So he asks himself, "What the very worst that can happen here?"

Well, he might have to pick which bills to pay, and then call the other ones to set up payment plans.

Is that the end of the world?

He could also list his options and ask around for advice and help. Maybe he could run some specials, raise prices, or even decide that the business is not making it, and he should look at some kind of exit plan.

Is *that* the end of the world?

When we face the monster, we often see it's not the big scary thing we thought.

We discover that we can break things down and take steps, and even if the worst happens, it'll be okay in the end.

But the worst probably won't happen.

Every time I've played that game, it eased my worries. I often found I could take steps as soon as I settled down.

And sometimes I realized the worst thing was not that bad, so I just went ahead and took care of it.

WHAT IT ALL BOILS DOWN TO

Life is uncertain, and if we can accept that and just live, we can enjoy life much more.

We do have control over our thoughts, and therefore our emotions, and our words.

We can choose how to react to things, we can choose what we focus on, and we can choose what to say to others.

Life is about millions of little choices. We can't control everything, but we can shape things choice by choice.





HOW TO LIVE YOUR BEST LIFE

You don't have to be in control to be happy.

We can instead be mindful and live in the present moment. That means enjoying what is happening right now, and not letting worry steal away our time and energy.

In truth, people who seem to have everything sometimes worry away their life. So it's not having security that makes you happy, because nothing is really secure.

It's choosing happiness and investing in relationships and experiences.

Change is good because that's how we grow, reach goals, have adventure, meet new people, and journey through life.

We can plan, track progress, and be excited about all of the good things now and in the future.

Instead of thinking about "embracing uncertainty" think about embracing life and all it has to offer!

a sharper memory

IN 7 DAYS



Michael and Amy have been married for about five years. Like many couples, they each have different skills that benefits the both of them.

When it comes to memory, it gets interesting.

When Michael is talking, he'll struggle to remember a date, a movie, or someone's name, and Amy can usually throw out the word he's looking for.

Some people seem forgetful and even scatterbrained while others are very sharp about remembering facts, dates, or useful things like where they left their keys.

If given a choice, anyone would choose to have a sharp memory over being forgetful, and most people would love to have the ability to pull up useful things, not just random facts.

How do you get a sharper memory? Is anyone capable of that?

Luckily, science and many new studies tell us that not only can we improve our memory at any age, but anyone can do it.

Memory is not just a function of our genes.

It's true that the hippocampus (responsible for building memory) loses 5% of its nerve cells with each passing decade of our life.

We also know that aging slows the production of acetylcholine, the neurotransmitter that we use to learn and form memories.

The story doesn't end there, however. Research has shown us that even adult brains still form new, memory-building neural networks.

You might have heard of Neuroplasticity, or the brain's ability to grow new pathways and change. This is how stroke victims learn to walk, talk, eat, and more after brain damage.

So we can always "grow" our brain. With a little effort, we can boost our power of recollection.

If you feel you've gotten more forgetful lately, don't worry that your memory is going.

Instead, use these tips and improve your memory in 7 days.

DAY 1: Switch from multitasking to single tasking

Focus on one thing at a time. It improves your brain power and focus, and doesn't over tax the brain the way multitasking does.

Have one thing out to work on, whether it's a electronic device or windows on the Internet.

When you're making an appointment, be present. Don't try to think about something else or check your phone.

Do you often forget where you put something? That's because you were doing something else and didn't think about it when you set it down.

What if instead, you looked at your keys as you set them on the shelf, and consciously thought and noticed where you put them.

I do this by making sure I "see" the spot. I've gotten so good at it that I usually know where other people set down their keys, bag, pen, coffee cup, and papers.

You can even say, "I'm putting my eyes on the shelf by the door."

For Day 1, focus on finishing one thing at time. The extra effort it takes to do that (because you're breaking a habit) will help you remember the details of it better.

Your brain will get to focus and work better too, which helps memory.

DAY 2: Do Puzzles and Brain Games

The brain is a muscle so the saying "use it or lose it" applies.

So doing a Sudoku or other mental challenge can create new pathways and strengthen your memory muscle.



We have an assortment of things to choose from, and there are even sites like Lumosity that offer online brain training.

You can search for apps for brain teasers and games too.

So for Day 2, find a few sites, games, or challenges that you can do today and then continue.

This can include playing chess with someone or even doing math problems.

DAY 3: Create

Creating something like a story, painting, or model car allows you to focus on that and enjoy it.

It makes new pathways in the brain while fighting stress.

Any activities that you add to your life and bring you fully into the present moment are good for your brain.

Doing things like this will help you deal with stress related brain fog and forgetfulness.

You might even take a few minutes to create a fantasy: one where you get something you really want, or maybe an alternate universe fantasy where you're in your favorite movie.

For Day 3, find a way to create something and use your brain in a new way.

DAY 4: Play the one word rhyme game

I'd like to suggest a type of memory help that's different from what you read elsewhere. This is fun and doesn't take much time or effort.

Take anything you have to remember and make a rhyming word to go with it, and the rhyme does not have to be a real word.

Some examples:

1. Shop for shoes after work, shoes moos.
2. Pick up Jack's table, table mable.
3. Bring Heather's book back, book mook.

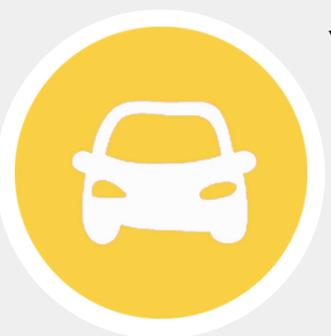
Of course, using real words works too, like table and able, or book and look.

You might even use a real word and make one up.

Why does this work?

Scientifically, I can't tell you.

I can tell you that there was a Paul that I met once about 11 years ago, and I can remember his name and what he looks like, because I rhymed Paul with tall. He was very tall.



Whenever I meet a new Paul, I remember his name by rhyming it with tall, whether he is or not!

I think this works because it creates an association in your brain, and any extra link will help you remember something.

You're also creating something around the word you want to remember, which takes a few seconds and effort so you actually focus on it.

The reason we often forget names is we glass over introduction. "Hi Bob, nice to meet you."

But did we actually think about the name Bob? Probably not. But if you think, "Bob Gob" you took a few seconds to think about what "Bob" sounds like.

DAY 5: Practice noticing details

Hopefully you find these tips useful so that you focus on them for the given day, and then remember them for future use. Practicing these will improve your memory!

The more you use recall, the sharper it gets.

You can give it an extra boost by noticing small details. When you meet someone, along with rhyming their name with a fun word, notice their eye color.

When we forgot, sometimes the

problem is we didn't notice in the first place. So we didn't really forget. We just didn't pay attention to where we set our keys, or what someone looked like.

Can you recall what a friend was wearing yesterday? Or what you wore for that matter?



These are details that we tune out, but you can sharpen your memory by actively noticing details.

Find something you like about someone's appearance, and you're more likely to remember them. It can even be the nice red coat they wore.

For Day 5, work on being more mindful and present so you notice details, and then can remember more.

DAY 6: Use Mnemonics

Each day you're learning a new trick that can boost memory. You might find that you use all of them together, some of them, or just one. So you'll thank yourself if you try each one out for a full day.

Mnemonics are memory tools that give meaning to random groups or things. An acronym is one example. And a famous acronym is KISS, or keep it simple, stupid.

You can search “famous acronyms” and get a long list of things like AIDS, ADD, PPV, and FYI.

These don’t really help us remember something, though.

For memory purposes, you can use letters to help you remember things like:

PUHB for pick up Heather’s book.

Having that second link or pathway in your brain helps you remember.

Other mnemonic tools include rhyming (as we discussed) or chunking information into smaller groups.

DAY 7: Exercise

Okay, so I’m not throwing this in here to trick you into being healthier.

Exercising really does improve memory, right after your workout!

When you take two groups of people and have only

one group exercise, that group will do better on a test.

Exercise produces a brain chemical called norepinephrine which affects memory.

Exercise also increases your brain size! That helps your memory.

Lastly, exercise relieves stress, and that has a huge impact on our cognitive function.

And while I’m on the health roll, eating healthy also improves memory. Look for antioxidant-rich, colorful fruits and vegetables. These protect you from harmful free radicals.

And omega-3 fatty acids do wonders for your memory and so many other health aspects.

Finish your week on Day 7 by incorporating exercise into your routine.

If you go through this week of memory boosting tricks, you’ll find yourself remembering more things, more easily.

So good luck, Buck. I hope these help your memory, Henry. (Couldn’t help myself... but seriously, try the rhyming game and you’ll start remembering too many little things!)





Recharge

YOUR RELATIONSHIP IN 30 DAYS



You're walking in a park on a nice spring day next to your partner when you encounter another couple. As you pass each other, you notice a contrast.

The other couple is talking, laughing, holding hands, and tilting their heads towards each other. They're walking close enough that their arms touch.

As they go by, you glance at your partner, wondering if they noticed it too.

Maybe your partner is daydreaming or looking at their phone, or maybe they glance at the other couple too.

Does your partner notice the difference?

You're walking with at least two feet between you, and you're not holding hands because you haven't in years. The two of you have been walking side by side but not really together, and not discussing anything outside of a few random comments.

How did you get here, you wonder. And more importantly:

Can you get that spark back? Or is this the way things will be until they putter completely out?

Falling into a routine is a natural part of a relationship. We get into ruts. Sometimes we go through hard times that strain the relationship.

In today's world, it's easy to get so busy that we hardly check in with our partner.

But you want to change that and reconnect. You want to recharge your relationship, right?

Do you want to feel closer, more in love, and have more fun together?

What if you could do that without a huge life change? That makes it easier if you're worried that you won't have the time, and therefore this won't work.

I've scoured the internet for all the little things you can do that will make a big difference in your relationship.

These are suggested by science too.

Here's a 30 Day Relationship Challenge to rekindle the spark!

*If you can't do that day's activity due to time issues or being apart, simply switch days.

DAY 1: GET ON BOARD

For day 1, all you need to do is jointly agree to do this challenge. That's it!

You might talk about what you'd like to see happen in your relationship, but you can also just decide to give this a try.

That way, you're both on board, and you have a shared project. Having common goals or a shared purpose is a huge boost to intimacy.

DAY 2: GET STAR STRUCK

Sit down facing each other, and stare into each other's eyes for 3 minutes.

This little exercise doesn't take that long. It may feel silly at first, and

it's okay to laugh together. But stick out those 3 minutes!

This will synchronize your heartbeats according to a US Davis Study. It'll bring your attention to the other person too.

That's it for today, so you can feel good about accomplishing the first two days and getting off to a great start.

DAY 3: THINKING OF YOU...

Today, find something interesting or funny that



you think your partner would like, and send it to them via text or FB message.

If it feels artificial to go look for something, look at any memes or pictures you've saved. You might have an inspirational meme on your phone that your partner will find valuable.

Other ideas include a funny cat meme, or cute animal photos, or an interesting fact—the idea is to share something that would make you think of your partner.

If you find something really cool, explain why you're sending it.

We know it really means something to other people when we share something and tell them, "This made me think of you".

We do that in our early dating days but usually forget about this small token of affection.

DAY 4: WHAT I LIKE ABOUT YOU

Yesterday got you thinking about your partner and what they might like, or things that make you think of them.

Today, think about what you like about them.



If you have time together, sit down in person, look at your partner, and tell them some things you like about them.

If you're both working or away, text each other at least 5 things that you appreciate about the other.

DAY 5: WALK AND TALK

Find 20 minutes in your day when you can go for a walk.

Talk about:

- What you have for that day
- How your day went
- Your favorite thing about work
- Your favorite thing about your town
- Your favorite memory together from the last year

Walking lifts your mood, especially when you go with someone else and talk. It's a great bonding experience.

DAY 6: COOK DINNER TOGETHER

Find a super yummy recipe together, shop for ingredients, and cook together.

Doing things together brings couples closer, and it can be fun to try new dishes!

DAY 7: GIVE EACH OTHER MASSAGES

Turn down the lights, turn down the sheets, light some candles, grab some massage oil, and get comfortable.

A massage is so nice, and doubly so when it's from someone you love!

DAY 8: GO OUT FOR DINNER

Go out to either a favorite place or try a new place. You have a reason to celebrate after all! You've completed the first week of this Relationship Challenge.

DAY 9: HAVE A TECH FREE DAY

Plan a day trip together, like going to the beach, a hike, visiting a nearby town, or something you've wanted to do for a while.

You could get romantic and go horseback riding, or go crazy and skydive!

However you spend the day, put your phones away so you can focus on each other.

You can keep your phone in your coat or bag with the ringer up in case there's an actual emergency, but make a commitment to unhook from technology and engage with your partner.

DAY 10: FIND A NEW SHARED HOBBY

Hopefully you'll enjoy some of these activities so much that you'll continue a few after the 30 days are up.

For Day 10, spend some time talking about different things to try, and do some research on classes or groups in your area.





Look for something that you can start doing together, like:

- A cooking class (dance class, yoga class, any kind of class really)
- A Meetup group (hiking, coffee dates, or centered around a topic)
- Cycling, working out at the gym, swimming, or another physical activity
- A business group
- A couple's group where people get together for games one evening a month

The options are endless; just look at what you can both enjoy.

DAY 11: GO TO THE MOVIES AND HOLD HANDS

If you don't feel like going out, take a walk or do something else where you can hold hands.

Holding hands is romantic, and studies

show that couples who hold hands also soothe each other better.

DAY 12: ALL ABOUT HIM

It's not his birthday, but why not act like it? By that I mean, take an afternoon, day, or evening, and make it all about him.

Think of something he'd love to do and plan it. You could surprise him with a gift too. What you do is up to you, just go for something that he'll appreciate.

We do things like this for our partner on birthdays or to celebrate something, but sometimes it's nice to just feel loved without a reason.

DAY 13: ALL ABOUT HER

And of course, both partners should get a special time!

Now it's time for the men to make their woman feel special. Plan some time for her and show her you love her!

DAY 14: HOW WAS YOUR DAY?

Do you have time when you unwind with your partner and talk about the day?

If not, now is the time to start!

This is a critical aspect of having a healthy relationship. You can really foster closeness by having a special time when you sit down together and get a few minutes alone.

DAY 15: HAVE A PICNIC

What's more romantic than a picnic? Pack a yummy lunch, take a drive, and go somewhere fun for your picnic.

You might plan ahead and prepare a yummy meal, or you can go cheese-and-crackers easy.

You might even have a good hiking spot nearby.

If the weather is bad, have an indoor picnic in your living room.

Oh, and congrats on dedicating two weeks to your relationship! You're halfway through the challenge!

While on your picnic, talk about if you've noticed changes in your relationship.

DAY 16: DREAM TOGETHER

You might have noticed a theme of doing things together in these tips. That's because doing things together and having shared goals or hobbies really strengthens a relationship.

A big part of that is dreaming together. Either take a walk or go out for a meal so you have some time to talk. This works especially in a hot tub, or in the car on a road trip.

Talk about where you want to be in five years. What are your big dreams? What smaller steps do you envision?

What big adventures do you want to go on as a couple?



DAY 17: GET KINKY

We've talked about dreams, new hobbies, and why you like each other.

Attraction and physical connection are a big part of a relationship too!

Today, do something for the sensual part of your relationship. Visit an adult store, order a new book or toy, or download a sex game like "Pillow Play" that has a voice guide, or "Kindu" where you swipe for ideas to try.

You can also try some role playing or something that you would both find fun.

DAY 18: HAVE A GAME NIGHT

Have a favorite board game you haven't played in a while? Or maybe a few?

You can invite friends over or do this with your kids, or even just the two of you.

Kick back and have some friendly competition.

Make it even more fun by having some silly or yummy prizes.

Sometimes there are unvoiced needs, or one person would really like help with something because the other person is better.

It may turn out that you both walk away with a few things you can do for the other person.

It might also turn out that one of you really needs some extra help.

This is about seeing how you can make the other person feel loved and appreciated, and lend a helping hand.

DAY 19: HOW CAN I HELP YOU?

Today, take a few minutes and talk about how you can help each other.



DAY 20: FAVORITE MEMORIES

What are some of the most fun things you've done together? Or most memorable? And top five memories?

If you're taking walks together, talk about your favorite memories.

Or pull out old photos to look through.

DAY 21: PLAY HOOKIE

When was the last time you snuck away? For many of us, we haven't cut class in quite some time!

Why not bring back that fun? Pick a time when you can both take a couple of hours off work, or skip a usual activity to have some alone time.

Go to a movie in the middle of the day or grab lunch together, but make it something you don't get to normally do.

If nothing else, hire a sitter and go on a date night!

DAY 22: CELEBRATE

Wow, you're three weeks into the Relationship challenge!

Today, find something you'd like to celebrate about your relationship. Find

an accomplishment or milestone that hasn't been celebrated, and celebrate it!

It might be how long you've been together (even if you celebrated your anniversary) or it could be something that you were too busy to celebrate.



Did anyone get a raise in the last year? Or finish a project? How about a novel? Or start something? There are all kinds of things to celebrate in life, but we get caught up with "keeping up" and don't always pause and celebrate them.

DAY 23: NETFLIX AND CHILL

So you might do this already! But find a night where you can eat a yummy dinner and then chill with Netflix and some great dessert.

Maybe you can bake cookies for the night or order dessert from your favorite restaurant.

DAY 24: GET COUPLE'S MASSAGES

Take some time to get pampered together. You can get massages, pedicures, or go to a hot springs. In some places, you can go rent a hot tub by the hour.

If you want to stay on a budget, rub each other's feet.

DAY 25: ENJOY NATURE

A hike can be so therapeutic! It's just romantic and fun when you go with someone you love.

You can find all kinds of ways to get out in nature and feel rejuvenated. Meet for a walk in the park at lunch, or plan a bigger outing and take drive somewhere to go hiking.

Even if it's bad weather, you can layer on extra coats or take a drive and listen to the rain.

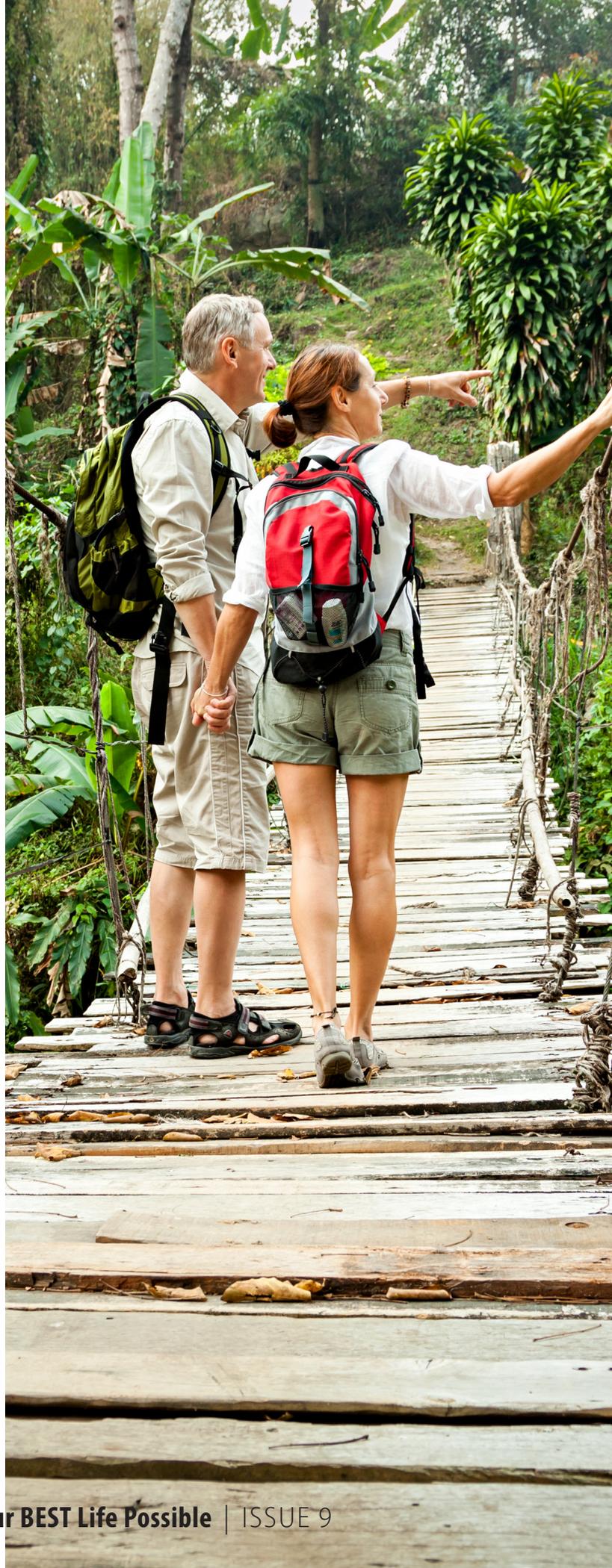
Just get some time in the woods and relax together.

DAY 26: DO SOMETHING SILLY

You can be flat out silly or do something fun like laser tag or going to a trampoline park. Have a water balloon fight or go play in a water park.

You might even want to try making a Pinterest recipe, and then take photos of the ensuing mess.

You might even want to have a video game night together. Have you ever been to the new arcades popping up? They usually have pool, pinball, and both new and old arcade games.



DAY 27: GO OUT FOR PIE

One of my favorite traditions is going out for pie and coffee. It's like going out for lunch, except sweeter!

You might be one of those people who get full when they eat out, so they never get to order dessert. So just have dessert.

Talk about your week, play truth or dare, or do a crossword puzzle together.

DAY 28: MAKE A RELATIONSHIP BUCKET LIST

You've gotten to do some fun things this month, and no doubt you have many more that you've always wanted to do.

Why not have a bucket list of things you'd like to do or try together?

A train ride in the country, a hot air balloon ride, horseback riding, visiting the ocean, skiing, traveling the US, traveling to another country, etc... List whatever you'd like to do!

Then talk about making one of them happen this year.



DAY 29: PICK YOUR TAKEAWAYS

Find a few minutes today and talk about what things you liked best out of this 30 day Challenge, and discuss which things you'd like to keep doing.

You might come up with your own ideas too.

The big takeaway is to continue making time to spend together and communicate.

DAY 30: A NIGHT AWAY

Wow, 30 days of reconnecting and reigniting the spark between you!

It's time to celebrate with a night away. Go out on a fun date and then get a room somewhere! Go out dancing or whatever would be most fun, and have some special time for just the two of you.

After your night or weekend, keep up some of your new habits to keep your relationship thriving.