

## The Best Biohacks to Feel Good When Life Is Chaotic



It has been a long, hard couple of months.

If you're like a lot of people I'm talking to, you're exhausted, stressed beyond belief, and depleted.

But at the same time, you deserve more than feeling like garbage. You deserve to feel great, even when life is challenging. And the people who depend on you need you to feel great too!

That's why today, I want to give you easy ways to feel good – many of these biohacks are inexpensive or even free and you can do them or get started with them in under a few

minutes.

Many of these stimulate endorphins, the feel-good chemicals that boost your mood, ease your pain, reduce your stress, ward off anxiety, and make you feel more positive about yourself. They can even give you added health benefits like better heart health indicators, more energy, and an easier time losing weight.

Let's get the endorphins flowing!

### Simply Breathe

When you're stressed, is your breath deep or shallow? You'd be surprised how often we hold our breath or don't use our full lung capacity.

I know it seems simple, but breathing is the fastest and most efficient way to detoxify and energize your body. **In fact, 70% of the total toxic load inside your body is removed through your lungs.**

When we are not breathing, we are trapping in the most significant acid in our body, carbon dioxide gas, or CO<sub>2</sub>. When we are not consciously breathing, we are building up acid. When you build up acid, your body becomes overstressed and inflamed, and has to work so much harder to keep you going, which crushes your energy and brings down your mood.

Breathing is so powerful it can lower blood pressure, slow the heartbeat, energize, relieve stress, and change your pH within just 1-3 minutes.

## Drink More Water

Believe it or not, drinking water is not only better for your overall health, it also stimulates the endorphin release.

**And that's important because if you are dehydrated, it means you CANNOT release enough of the feel-good hormones.**

**It's a fact that 90% of Americans are chronically dehydrated.**



The average person loses 2½ to 3 liters of water daily, and that's from everyday activities like walking, eating, and sleeping. Add exercise into this mix, and you can tack on another liter to that statistic.

To avoid dehydration and not live in deprivation, drink half of your body weight in ounces of water daily. For example, if you weigh 140 pounds, drink 70 ounces of water every day.

- **High pH:** You are aiming to drink water that has a pH between 8.0-9.5
- **Filtered:** Tap water is almost always untrustworthy and contains traces of bacteria, heavy metals, and other toxins. There are 316 known contaminants in tap water.
- **Avoid Bottled Water.** It's almost always acidic and filled with BPA's, which are a known carcinogen. Use a glass or stainless steel bottle.
- **Add lemon or pH drops.** These will alkalize your body and will neutralize acids in your system.

## Try Something New – Outside



**Learning a new skill is a great way to boost endorphins, even if you aren't good at it at first. And if you can choose something to try that involves being outside, whether it's a new form of exercise or an arts and crafts activity, you're getting the added benefit of vitamin D, which is important for mood and overall wellbeing.**

**Even going for a walk in a neighborhood you've never visited before can give you a hit of dopamine, one of the endorphins that makes you feel good.**

## Enjoy Mood-Boosting Essential Oils

There are several essential oils that will energize you, improve your focus, and revitalize your mood. Add them to a diffuser, your morning shower, or dab a drop on your wrists for an immediate pick-me-up.

- Peppermint oil is stimulating and helps alleviate headaches
- Lavender relaxes and calms
- Bergamot brightens moods
- Citrus oils like grapefruit, lemon, and sweet orange are energizing
- Evergreen oils like cypress and cedar are refreshing
- Eucalyptus oil stimulates the mind

## Eat Foods Rich in Magnesium

Approximately 80% of all American adults are deficient in magnesium, a crucial mineral responsible for more than 300 functions in the human body. People who have low magnesium levels report fatigue, mood swings, anxiety, muscle cramping, a slow metabolism, and difficulty sleeping.

**By the way, one of the enzyme reactions magnesium** is responsible for is helping your body absorb vitamin D3, which keeps you from getting sick! So this is really important right now.

By getting plenty of magnesium, both from food and from supplementing with [Alkamind Daily Minerals](#), you're going to have more energy, better rest, stabilized mood and mental health, and a better metabolism.

Here are the top food sources of magnesium:

- Spinach (1 cup = 49% of the recommended daily value of magnesium!)
- Watercress
- Kale
- Chard
- Collard and turnip greens
- Wheatgrass
- Black beans
- Mung beans
- Almonds
- Cashews
- Pumpkin seeds
- Avocados
- Bananas
- Broccoli
- Brussels sprouts



## Stop Drinking

Or at least curb alcohol consumption to a minimum. It's probably no surprise that alcohol makes you sleepy, but did you know that it can actually have a negative effect on your mood? A small amount of alcohol every once in a while can release endorphins, but beyond that, alcohol triggers depressive hormones and brings down your mood and confidence.

## Get Moving

You have probably heard that exercise makes you feel good. But do you know why?



The answer lies in both the endorphin release that happens during exercise and in the lymphatic system, the body's way of getting rid of acids and toxins. If you are too sedentary, acids begin to accumulate in the body. When acids are not properly removed, it not only drains your energy and brings down your mood, but it can also produce common acidic conditions like reflux, acne, psoriasis, and digestive issues, just to name a few.

So how do you make sure your lymphatic system keeps moving? Lymph relies on body movement to keep it flowing. And the best movement for your lymphatic system is [rebounding](#), or trampolining, which is also easy to do in your home. On studying the benefits of rebounding, NASA found that a 150-pound individual spending one hour on a rebounder will burn more calories than the same person jogging for an hour!

## Start Your Day with 5 Servings of Greens

No, you don't have to eat a bucket of kale for breakfast! Drinking 5 whole servings of alkaline greens like [Alkamind Daily Greens](#) in water is the easy way to wake up energized, alkalized, and feeling good.

It's necessary to get more greens in your diet because it now takes 60 servings of spinach to get the same amount of iron as just one serving in 1948! Since then, the calcium in spinach has dropped from 130mg to 48mg. No wonder most of us are walking around exhausted and depleted!

## Get Plenty of B Vitamins, Especially B12

Vitamin B12 is known as the energy vitamin for good reason – it helps convert the fats, proteins, and carbohydrates we eat into usable fuel for the body. What's more, the body cannot store B12, so without getting enough B12 regularly, you're not going to feel well.

When it comes to how you feel, all of the B vitamins aid in your body's production of energy, so you want to make sure you eat these vitamin B-rich alkaline foods:

- Sardines (high in B12)
- Mackerel (high in B12)
- Wild-caught salmon (high in B12)
- Chia seeds (high in B1, B2, B3, and B7)
- Pine nuts (high in B1)
- Macadamia nuts (high in B1)
- Beans (high in B1, B6, and B9)
- Almonds (high in B1, B2, B6, and B7)
- Hemp seeds (high in B1 and B6)
- Lentils (high in B9)
- Walnuts (high in B9)
- Flax (high in B9)



## Drink Coffee that Makes You Feel Good!

If you drink coffee, you want the energy it gives you – without the eventual crash, headaches, jitters, or acid reflux.

That's why we created [Acid-Kicking Coffee Alkalizer](#), a powder supplement that turns creamy and slightly sweet when you add it to your coffee, but it does so much more than that.

It delivers plant-based, clean keto fats, acid-fighting minerals, pure Himalayan pink mineral salts, and enzymes to optimize brain-boosting energy, suppress hunger, and burn body fat throughout your day.

Plus it tastes delicious in 3 yummy flavors – Salted Caramel, Mocha, and Vanilla! Try it today or [Subscribe & Save 15%](#)!



### **Amazing!**

*"I love my coffee in the morning, and for years I have tried so hard to get dairy-free but the one thing I can never live without is my creamer in my coffee. I have tried it black, tried dairy-free creamers, but no matter how hard I tried I always go back to true half and half. However, that is no longer the case! I tried the Vanilla Alkalizer after seeing the show on Live with Kelly and Ryan, and I have to say it is delicious. One scoop in the morning and I get my fix - it's not overly sweet, but adds just enough to get that "cream" taste and consistency. Ordering my second container today :)" –Cecelia G. (Verified Buyer)*



**Love love love**

*“I only have one cup of coffee a day, but always had to have heavy cream and a stevia for that perfect cup. Well move over cream abs hello vanilla alkalizer!! I get a bit of sweet and the creamy texture that is super satisfying! Haven’t needed cream since!” – Heather O. (Verified Buyer)*

*GET OFF YOUR ACID!*

Dr. Daryl