



3 Easy Hacks for Creating Optimal Health, Happiness and Abundance!

HEALTH - Detox from Sugar & Caffeine

Why is it toxic to health - The road to feeling really good begins with healthy habits. While you may be resistant to the thought of giving up your favorite comfort foods and drinks, there's a few things many people partake in that are wreaking havoc on our body's ability to find it's balance. Those two things are **Caffeine** and **Sugar**.

- **Caffeine** is a stimulant and can cause increased heart rate and high blood pressure. It can lead to anxiety, heart palpitations, rapid heart beat, and sweating. Most people only have mild negative effects from **caffeine**, however both short- and long-term health risks are possible.
- Eating too much added **sugar** can have many negative health effects. An excess of sweetened foods and beverages can lead to weight gain, blood **sugar** problems and an increased risk of heart disease, among other dangerous conditions. It also feeds cancer and off sets the microbiome feeding yeast and pathogens. No bueno!

Antidote - Choose a healthy replacement without losing flavor or energy.

Action - try these healthy substitutes.

- For **Coffee**, first reduce your intake. Drink half as much as you normally do. Add in Green tea for an antioxidant boost. It's still caffeinated but it's a healthier choice. I love an herbal coffee substitute called Dandy Blend which is made from dandelion. It's delicious and still gives me the flavor and satisfaction I get from coffee. Also herbal chai is a great healthy choice.
- If you are a soda drinker, try switching to kombucha or kefir. Both are probiotic and Carbonated and very refreshing, plus offer health benefits, unlike soda.

- For **sugar**, my favorite substitutes are honey, which has wonderful healing properties and is super sweet and delicious. And maple syrup is also a good choice.
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HAPPINESS - Rewire your Neuro pathways and Release Stress with Easy Gratitude Practice

- **Why stress is toxic to happiness** - Many people don't realize how much damage stress causes to our health as well as our mental wellbeing. Stress takes us out of the "now" moment and into fight or flight. Stress can become a habit, creating neural pathways that create tension and dis-ease throughout our bodies and minds. It's important to learn quick tools to rewire these pathways and create coherence, calm and peace.

Antidote: 5 minute breathwork/gratitude break

Action: This easy meditation is quick and can be done anywhere, even as you drive your car.

Just start to focus on your breath and inhale deeply to the count of 4. Hold your breath as you count to 4. Then exhale to the count of 4. Hold for 4. Repeat. As you do this you can focus on something in your life, even something as simple as a flower blooming in your yard, and allow yourself to feel a sense of gratitude for whatever it is. Now send that gratitude to your heart center and breathe. This exercise literally helps rewire your stress response immediately, making it a super effective tool to help you destress from your daily worries that arise. For a quick 7 minute meditation, [click here!](#)

Remember, **happiness is a choice!** You have the ability to choose happiness each and every day. Do things you love to do, that make you feel good. Treat yourself to a delicious meal, take a walk in nature, or call a good friend.

ABUNDANCE - Let go of your limiting beliefs!

- **Why limiting beliefs are toxic to abundance** - One of the biggest indicators of our success is not your circumstances, but your beliefs you hold about yourself and the stories you carry from your past. Many of these stories and beliefs about ourselves come from our parents. To reveal some of your limiting beliefs about money, fill in the blanks: Money is _____. Money means _____ to me.

Antidote - Replace limiting beliefs with empowering thoughts.

Action - Here are a few examples of how you can replace your limiting beliefs with empowering thoughts and actions.

- **Belief #1:** *I am not good enough*
 - **Mindset Shift:** Use powerful affirmations, say aloud, write down and post on your mirror or other place easily seen. I AM Worthy. I AM Whole just as I am. I AM Blessed! My life is amazing! I AM Limitless!
 - There are many more but these can get you started!

- **Belief #2:** *Money is the root of all evil*
 - **Mindset Shift:** Look at money with love and appreciation. When you think of successful or wealthy people, send them love. Be happy for people who have wealth and success. See money as a tool serving the greater good and enabling our lives.

- **Belief #3:** *Money doesn't grow on trees*
 - **Mindset Shift:** Repeat after me: - I create my personal abundance from an infinite source. Abundance is an energy and a way of living. We consciously choose to practice and BE in the energy of Abundance when we practice gratitude, giving, and generosity in our daily lives.
 - Easy Hack to eliminate a scarcity mindset: When you spend money, say to yourself "There is more where that came from!" Instead of worrying about money, this is an easy way to hone your abundance mindset and allow the abundance to manifest in your life.
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I hope you have found these hacks useful! For more health and mindset hacks, visit my blog at bestlifeorganicliving.com.

Abundant Blessings,

Erin