

Deborah Enos

30 Days
of
Healthy
Hacks

Tip #1: Start your morning with a glass of water, about 8-12 ounces. Most of us wake up dehydrated and then we start drinking coffee which can accelerate dehydration.

Tip #2: Protein in the morning can keep you full and energetic for hours. My favorite animal protein for breakfast is eggs, chicken sausage or adding collagen to my coffee or tea. My favorite plant based breakfast is oatmeal that's got an extra hit of protein, usually pumpkin seeds or hemp hearts.

Tip #3: I love a nice hot cup of coffee but beware of the coffee shop concoctions! Each pump of flavoring is one and a half packets of sugar. Most coffee shop drinks have four pumps or 6 packets of sugar. Order you next drink with only two pumps and cut your sugar in half!

Tip #4: Easy to find carbs on the go but not so easy to find veggies or fruit. A sliced apple with a squeeze of lemon juice will stay fresh in a container or bag for about 24 hours. I slice my apple at night, pack it up and take it to work in the morning.

Tip #5: Lunch is an excellent time to make sure you are getting a good dose of fiber, protein and healthy fat. I make sure to bring a salad to work most days and I include at least 3 different types of veggies, making one of them a cruciferous vegetable. For example, some shredded cabbage (Trader Joes) or some chopped broccoli.

Tip #6: Plan your snacks or just plan on a bad mood ☹️ by 4pm most days; I'm starting to get a bit hangry. This is when my Sunday food prep comes in. On Sunday night I make a week of green smoothies. I consider my green smoothie as insurance against me not eating enough veggies during my day. Click here to see a 20 second video of my green smoothie recipe.

Tip #7: I move every day. I may not have time to make it to a yoga class but I can certainly find time to walk for 10 minutes at lunch. It all counts! I do keep track of my steps but I also realize that hitting 10,000 steps daily is not realistic for me, 7 days a week.

Tip #8: After dinner sweet tooth. This is an old habit for me, one I've struggled with my whole life! I finish dinner and just keep snacking until bed. Simple hack? I brush my teeth after dinner. Try it, it works! Most nights, when I think about grabbing a snack I stop myself when I realize I've already brushed my teeth. And, chocolate doesn't taste great with minty fresh breath.

Tip #9: Spend an entire day saying nice things about yourself. I know, this might be odd advice but it is incredibly powerful. I had a client years ago that shared with me that every time she saw herself in a mirror she said, "oh my gosh, you're so fat!" this is a terrible way to live. I start my day by telling myself that I'm smart, creative, beautiful, etc., at first, I'd giggle when I'd say it, but it sure made me think twice about starting my day my typical negative self-talk, such as, "I'm so tired, how can I get through this day?"

Tip #10: How to kill your sugar cravings. I find that if I start my day with a strong protein, chicken sausage, eggs or added protein (collagen) to my tea or coffee that I have fewer sugar and sweet carbohydrate cravings. If I start my day with something sweeter (oatmeal) I find I crave sweets all day!

Tip #11: Fiber supplements. I'm not opposed to trying fiber supplements but check your labels. The #1 fiber sold in the U.S. has almost as much sugar (or fake sugar) as it does fiber. Look for a fiber with the fewest ingredients. And, if you decide to occasionally supplement, most physicians would recommend drinking a little more water to help keep things moving along.

Tip #12: Hot or warm liquids can kill your appetite. Most cultures (Asian) start meals with a warm soup or a hot drink. I find that if I start with a cup of hot tea or soup, that I eat less during my meals.

Tip #13: Have a go-to, portable protein source that can turn a low protein meal into a high protein meal helping to keep you fuller, longer. My easy protein go-to's: pumpkin seeds (a handful makes a great snack) a can of refried beans (add to a salad) or toasted pine nuts sprinkled on grilled veggies.

Tip #14: Pack some produce! My go-to produce that I always have in my bag: sliced apple (add a squeeze of citrus to keep them from turning brown and some chopped broccoli or sliced bell peppers.

Tip #15: Not many of us eat the recommended 5 servings of fruits & veggies each day. A green smoothie is a terrific way to get more veggies in fast. My simple smoothie recipe: [click here?](#)

Tip #16: Bone broth, I'm a huge fan. You can make your own or buy it from most markets or warehouse stores. Bone broth has much higher protein content than regular broth. Bone broth is also helpful for gut health and general repair of the gut. I sip on a cup of bone broth almost every afternoon. It gives me a nice hit of protein, it's easy to digest and it helps take the edge off of my hunger.

Tip #17: Add beans to your meals. They are full of fiber, protein and some magnesium. I add a can of refried beans to most soup recipes to add creaminess, texture and flavor.

Tip #18: Last year I decided to give meditation it a try. I just felt like I was always running and never slowing down. I decided to try a mediation app and found them to be so confusing! I finally found one I love, it's simple, not too many bells and whistles and best yet, and it's free! It's called, Oak Meditation on the Apple store site.

Tip #19: I have a tendency to eat too much at dinner. My new program? Eat to 80%! Not easy, but not eating until I'm stuffed has paid off with weight loss (15 pounds) and better sleep. Before I start a meal, I actually say to myself, "eat until 80%" it works!

Tip #20: Add one new healthy food each week. Consider using the alphabet as your guide. Week one, A is for artichokes. Try them steamed or even add canned artichokes to a salad. For B, you might try broccolini, not bagels.

Tip #21: Declutter! When I misplace items at home, I find that my blood pressure starts to go up which means I'm also releasing stress hormones-not good! When your body feels stressed it drives your appetite to eat more sweets carbs, such as cookies or scones. My solution is to clean a drawer or cabinet once a week-it give me a sense of accomplishment and not seeing clutter helps me to stay relaxed, a win-win!

Tip #22: I turn down the lights in the evening. Why? Bright lights mimic daylight which means your body will keep producing stress hormones. When your stress hormones are high, sleep becomes very difficult. Try to turn down the lights in the evening and stay off of all screens an hour before bed.

Tip #23: Support your brain. Your brain is literally made of fat. Yes, you're a fat head 🤪 Try adding in a healthy fat, daily. My favs? Avocado, nuts, seeds, coconut oil and fatty fish like salmon.

Tip #24: Say NO! I find the best way to recharge my batteries is to find some time ALONE. While I love being invited to events or volunteering, it's not a blessing to anyone if I'm feeling resentful. Get comfortable with saying, no.

Tip #25: Spend time with your squad. When I get busy I have a tendency to isolate myself, not good! Studies show that a lack of social time can be as harmful to your health as smoking or obesity. Set up a coffee or better yet, a walk date with a friend once a week.

Tip #26: Manage your stress. A little stress can actually be good for us. Chronic, on-going stress has been linked to heart disease, insomnia & depression. When I feel my stress levels rising, I start a couple of cycles of the 4-7-8 stress management breathing technique. Inhale for 4, hold for 7 and exhale for 8. Try this once or twice a day-it really helps to calm me down.

Tip #27: Find your joy. A 2010 study discovered that happy people were 20% less likely to have a heart attack when compared to grumpy people. Spend time with people who bring you up and not down.

Tip #28: Nap. I admit I'm a terrible napper. However, research shows that nappers usually live longer than the rest of us! It doesn't have to be a long nap; studies show that 15 minutes is all you need to help reset your system. While it can often take me longer than 15 minutes to fall asleep, what I do is close my eyes, turn on my meditation app and just focus on my breathing for 15 minutes.

Tip #29: Turn off the news, especially late at night. If sleep is an issue for you, the last thing you need is to watch an hour of gloom and doom right before you go lights out. Protect your sleep! Focus on peace producing activities before bed, reading or taking a shower works for me.

Tip #30: Have a high fiber snack before a cheat meal (or even dinner) to help take the edge off of your appetite. My go-to is usually an apple. I will snack on an apple as I'm prepping dinner or even eat one on my way home from work-it works every time! I end up eating less and that helps me to sleep better.