

9 DAILY HABITS

TO SUPPORT OPTIMAL HEALTH AND WELLNESS



NO.1: BEGIN THE DAY WITH MEDITATION

Begin the day with meditation to manage stress (5-10 minutes makes a huge difference).



NO.2: MAKE NDK KOFFEE

This is a great way to start the day for anyone, but especially if you are on a ketogenic diet. When you are in ketosis your body is burning fat for energy instead of sugar, this cup of java will start your day off right with plenty of high quality fats.



NO.3: HYDRATE

Sip fresh water all day long!



NO.4: GET SOME MOVEMENT EACH DAY

Try activities such as going on a walk, yoga, or riding a bike.



NO.5: SUNLIGHT

Expose your skin to sunlight at least once a day.



NO.6: MOTHER-EARTH

Spend some time barefoot on Earth.



NO.7: OH THE NEWS

Only check the news once a day so your stress response isn't continuously spiked.



NO.8: SUPPLEMENT

Take daily supplements as needed. Nutrition along with supplementation gives your body what it needs to thrive and be well.



NO.9: SLEEP 8+ HOURS/NIGHT

Create an environment that will allow you to get the best quality sleep - cooler temperatures in a dark room with no distractions is best.