



19 weird health hacks to try this week

Ready to shake up your wellness routine with a dash of the unexpected? We've rounded up 19 quirky, fun, and (surprisingly) effective health hacks that might just become your new secret weapons. From sipping water out of wine glasses to brushing off cravings with a splash of minty freshness, these tricks are all about helping you stay on track without feeling deprived. Give a few of these a go—and who knows, one might be your new go-to hack!

1. Drink water from a wine glass. People swear that it tastes better, and filling up with water this way is an effective way to drink less alcohol. Researchers theorize that drinking from a fancy glass can influence perceived value and enjoyment without increasing intake.
2. To fight your next craving when you're not truly hungry, brush your teeth, rinse with mouthwash, and pour a glass of ice water.
3. Wear shoe inserts to put more "bounce" in your step and be naturally more active.
4. Turn off the lights while you eat, because dim lighting has been shown to encourage people to slow down and eat more mindfully, often leading to eating less.
5. Chew gum while cooking to help keep you from taste-testing everything, which adds up quickly!
6. Use your non-dominant hand for snacks. Studies show it can make you more mindful of each bite and reduce mindless eating.
7. Set a 10-minute timer when a craving hits. Psychological studies support that delaying an impulse often diminishes its strength, allowing cravings to pass without giving in.
8. Use smaller plates for meals, which can trick your brain into feeling full with less food. Research shows that smaller plates can make portions seem larger, helping to reduce food intake by up to 30%.
9. Add cinnamon to your coffee or tea. This not only adds sweet flavor, but can help regulate blood sugar.
10. Stand on one foot while brushing your teeth (left foot while brushing on the left side, right foot while brushing on the right). It's a small but effective balance exercise that strengthens muscles and improves coordination.
11. Sit and stand up straight to boost your mood and confidence. Research indicates that good posture can positively impact self-esteem, energy levels, and overall mental well-being.
12. Set your screens to grayscale to reduce screen time. This makes screens less appealing and encourages breaks, which helps with focus and eye strain.
13. Keep a plant by your desk or in a visible spot. Studies show that having greenery nearby can improve concentration, reduce stress, and increase overall happiness.
14. Rinse your face with cold water when you're tired. Splashing cold water on your face activates the vagus nerve, which can improve alertness, lower blood pressure, and reduce stress.
15. Set alarms to remind you to stretch every hour. Studies indicate that stretching regularly can improve circulation, energy levels, and productivity, especially during sedentary periods.
16. Take a short walk outside at noon. Exposure to natural light, especially midday, helps regulate your circadian rhythm and boosts vitamin D, which improves sleep and mood.
17. Listen to upbeat music for a quick energy boost. Research shows that fast-paced music can elevate energy levels and increase motivation, especially during sluggish moments.
18. Add hot sauce to your meals. Capsaicin, the compound that makes peppers spicy, has been shown to boost metabolism and may help reduce calorie intake by making you feel fuller.
19. Use smaller utensils to slow down your eating. Eating with a smaller fork or spoon can help you take smaller bites and eat more slowly, which may reduce overall calorie intake.

Cucumber Avocado Smoothie with a Hint of Mint



This smoothie is hydrating, low in calories, and includes ingredients known for their weight-loss and energy-boosting properties.

Ingredients:

- 1 large cucumber, peeled and chopped
- 1/2 avocado
- A handful of fresh mint leaves (or a few drops of mint extract)
- 1/2 cup unsweetened coconut water (or plain water)
- Juice of 1/2 lemon or lime
- 1/2 tsp fresh ginger, grated
- A pinch of sea salt
- Ice cubes

Instructions:

Combine all ingredients in a blender. Blend on high until smooth and creamy. Pour into a glass and garnish with a sprig of mint or a slice of lime.

Why It Works:

- Cucumber provides hydration and has a high water content.
- Avocado adds healthy fats to keep you fuller longer.
- Mint is known for digestive benefits and can reduce cravings.
- Ginger gives an energy kick and aids digestion.