



# Health Hacks for the Over-scheduled Woman

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*Nutrition you can Live With.  
Essential Oils you can't Live Without.*

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## Meditate.

Spend time each day in the quiet. Start with 10 minutes on your lunch break and watch your world change. Not sure how it's done? Find it intimidating? Do you find it impossible to shut your mind off? Listen to a guided meditation.

## Go for walks in nature.

Nature feeds the soul. It revitalizes us. We are meant to spend time outside. Go for a walk daily – for at least 20 minutes.

## Spend time alone.

Impossible you say?! Not so fast. There's something about spending time alone that nourishes you. Learn to enjoy your own company. Blaise Pascal said — 'All of humanity's problems stem from man's inability to sit quietly in a room alone.'

## Spend time with people you love.

It seems like a no brainer but at the end of the day, add up how much time the important people in your life "have" you. If you don't like the answer, change it. Take your kids on your walk. Play soccer with your husband on the lawn. Go to the dog park with Fido. Play board games. Read. Sit. Talk.

## Practice an Attitude of Gratitude.

Trouble sleeping? Can't shut your brain off? Forget counting sheep. Put your diffuser on with calming essential oils in it. Think Frankincense, Balance, Serenity, or Lavender. Start counting the things you're grateful for in your life. You'll be in the best frame of mind to get your zzzzz's.

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## Serve (almost) everything on a bed of greens.

Greens provide fibre and antioxidants. They support liver function which helps to rid toxins from the body, yet we continually come up short on greens. Serve all of your main meals on a bed of greens – voila! This trick alone adds 2 more servings a day.

## Learn to love smoothies.

Smoothies are the perfect snack or meal for the woman on the go! Invest in a quality blender (Vitamix is my favourite) and make it a meal. Add nuts and seeds, greens, protein powder, berries and coconut oil. You'll be getting lots of nutrients that you'd otherwise be missing in your busy day.

## Buy a good blender!



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## Eat enough protein.

Not sure how much you need? A good rule of thumb is to halve your weight in pounds and convert it to grams. ie: if you are an active woman who weighs 150 lbs, you'll aim for 75 grams of protein in a day.

## Learn the "essentials".

Every system needs Essential Fatty Acids to run properly. Your digestive, cardiovascular, skeletal, brain, skin, etc. EVERYTHING runs on EFA's. If you have digestive or skin issues, struggle with weight gain, are concerned about your cholesterol, have blood sugar issues, thyroid issues, ANYTHING – you need to be on an EFA supplement. Get as many healthy fats from foods as you can.

## Eat more veggies.

Period. The end.

Eat Food.  
Not too much.  
Mostly Plants.

Michael Pollan

## Read *The Slight Edge*, by Jeff Olsen.

This is the self-help book with the greatest power to change ANYONE's life. Truly. Let me know what you think after you've read it.

## Drink ½ your weight in oz. of water each day.

Start your day with a glass of room temperature water and the juice of 1/3 of a lemon.

## Add ground flax seed to anything you can.

Flax is like a broom in your system. It attaches to toxins, excess cholesterol, excess estrogens, etc. and rids the body of them.

## Turn off the TV.

Ok, so it's the 21st century. You can be entertained 24 x 7 with sports, news, movies, and more, but THAT doesn't mean you should be. TURN IT OFF already. In case nobody has told you this: Life is a limited time offer. Do you really want to spend this one precious life WATCHING someone else's so called life?? **Go out and LIVE.**

## Facebook.

Need I say more?

## Download Audible on your smartphone.

If you want to make every moment count and grow in to the person you came here to be, you need to feed your soul. How much time do you spend commuting? What if you were to listen to a self-help or spiritual book on your daily commute? How could it change or improve you?



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## Set boundaries.

You know where you need them. Go ahead and put them into place. It's not selfish to value your time and protect it at all costs. Those people who drain you? Let them go already.

There is love in holding – and there is love in letting go.

Elizabeth Berg

## Discover the power of essential oils.

Aromatic use of essential oils has been proven to lower the stress response and reduce anxiety. There are many things that essential oils can be used for. Start with your mental state. You won't be disappointed.

## Drastically reduce your sugar intake.

1 tsp. of sugar down regulates the immune system for 5 hours! On a food label, 4 grams of sugar = 1 tsp. You'll be shocked when you start reading labels!

## Allow no aspartame!

Like, EVER. Aspartame is a neurotoxin which means that it basically kills your brain. Don't do it!

## Investigate where you buy.

Take a good, hard look at the commercial meat and dairy products you're eating. Switch to grass-fed, small-farm-raised, blessed-by-God products as much as you can.

## Laugh.

As much as you can!



## Finally, trust yourself.

You've got this. ALWAYS know that you're a bad ass, rock star and that you have what it takes to succeed in life – whatever that means to you!

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