

Cheat Sheet

“7 Wellness Hacks That Actually Work”

By UnconventionallyWise.com, based on a video by Dr. Eric Berg DC

1) Eat Dark Chocolate (80% cacao or higher)

- Lowers blood pressure (systolic and diastolic)
- Reduces cortisol by 14%
- Increases nitric oxide levels
- Avoid late in the day (contains stimulants)

2) Hum While You Exhale

- Boosts nitric oxide by 15x
- Opens sinuses, improves oxygen delivery
- Activates the parasympathetic nervous system
- Practice for several minutes, a few times a day

3) Stand on One Leg for 30 Seconds

- Improves balance and coordination
- Linked to a 13% increase in cognitive score
- Increases gray matter in the brain, especially memory regions

4) Sniff Essential Oils

- **Rosemary:** Improves memory (↑ acetylcholine)
- **Lavender:** Reduces anxiety, improves sleep
- **Peppermint:** Boosts alertness, reaction time
- **Eucalyptus:** Clears airways, reduces cough
- **Frankincense:** Reduces neuroinflammation, supports memory

5) Wear Warm, Dry Socks to Bed

- Increases sleep time by 32 minutes
- Enhances sleep quality (especially helpful for cold feet)

6) Forest Bathing (20–30 min)

- Boosts natural killer cells by 26%
- Lowers cortisol by 27%
- Improves mood and lowers blood pressure
- Benefits come from tree vapors and sensory immersion

7) Sing Loudly in the Shower (5–10 min)

- Increases immune function (up to 37%)
- Reduces cortisol by 19% • Improves lung capacity by 14%

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