

A FREE GUIDE

7

SIMPLE HEALTH HACKS

SIMPLE AYURVEDIC PRACTICES TO
REDUCE TOXICITY & RESTORE BALANCE



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7 Simple Health Hacks for a Balanced, Toxin-Free Life

By Barbara Ann Briggs

Health does not have to be complicated. The body has a natural intelligence that knows how to heal, restore, and maintain balance. When we support this intelligence through simple daily habits, we begin to experience greater energy, clarity, and well-being.

This short guide offers seven simple, practical principles inspired by Ayurveda to help reduce toxicity and bring the body back into balance.

1. Settle the Mind

Taking a few minutes each day to sit quietly allows the mind to settle and the body to enter a state of deep rest. In this state, the body naturally begins to release stress and toxins. Even a short period of inner stillness can have a profound effect on overall health.

2. Support Digestion (Agni)

Good digestion is the foundation of health. When digestion is strong, the body can absorb nutrients and eliminate waste efficiently.

- Eat at regular times
- Avoid overeating
- Make lunch your main meal
- Eat in a calm, relaxed environment

3. Choose Simple, Wholesome Foods

Favour fresh, warm, and nourishing foods. Avoid highly processed and refined foods whenever possible. A balanced diet supports both the body and the mind, helping to maintain harmony in daily life.

4. Stay Hydrated with Warm Water

Drinking warm or hot water throughout the day helps flush out toxins and supports digestion. Sip water regularly rather than drinking large amounts at once.

5. Move the Body Daily

Gentle daily exercise improves circulation, supports digestion, and helps eliminate toxins. A simple walk in fresh air can make a meaningful difference.

6. Rest and Sleep Well

Deep rest is essential for healing. Going to bed early and maintaining a regular routine allows the body to repair and restore itself. Quality sleep strengthens immunity and supports overall balance.

7. Cultivate a Positive Mental Attitude

Our thoughts and emotions influence our health more than we realize. A calm, positive attitude supports the body's natural healing processes. Let go of unnecessary worry and return to the present moment.

A Final Thought

Health is not something we force — it is something that arises naturally when we are in balance. By making small, consistent changes, we begin to align with the body's natural rhythms and intelligence.

To explore these principles more deeply, you can read:

Guide to Good Health: 7 Simple Health Hacks by Barbara Ann Briggs

Available on Amazon

BarbaraAnnBriggs.com