



# Choose Your Own

PERSONAL SCIENCE

# Adventure

TIFFANYANNESMITH.COM



HI THERE! I'M TIFFANY ANNE SMITH.



I host The Art of Personal Science Challenge. In 100 days, my clients BUILD the most high-impact habits, in the most effective order, so that they naturally strengthen over time.

But there are hundreds (if not thousands) of ways to be stronger, more flexible, and clear-headed. The truth is that real health & happiness, the kind that doesn't feel like a struggle every.damn.day, the kind that lights you up & inspires others, is a result of all the small, sometimes almost imperceptible choices you make every day.

I could serve up a list of these choices, but lists are boring. Welcome to Choose Your Own Personal Science Adventure!

Below, you'll find two options to start your adventure (they get harder as you go). What path will you take? Only you can choose!

Have fun! xoxo, Tiffany

- [Embrace the Lifestyle](#)
- [Get Yo' H2O](#)

**If you get an error on a YouTube video, just refresh the page! ;-)**



CHOOSE YOUR OWN PERSONAL SCIENCE ADVENTURE

IF YOU DON'T TAKE CARE  
OF YOUR BODY  
WHERE WILL YOU LIVE?

- UNKNOWN





## EMBRACE THE LIFESTYLE

### **Intensive lifestyle change: It works, and it's more than diet and exercise.**

What if I could prescribe a pill that could prevent or treat high blood pressure, diabetes, high cholesterol, heart disease, even depression and dementia? And what if researchers had extensively researched this pill and the result was: ample proof that it's effective. On top of that, it's practically free and has no bad side effects. As a matter of fact, its only side effects are improved sleep, increased energy, and weight loss.

Actually, folks, this powerful medicine exists. It's real and readily available for everyone. It's called intensive lifestyle change and it works amazingly well. If it were an actual pill, no doubt millions of people would be clamoring for it and some pharmaceutical company would reap massive profits. But here's how you can get "it." Lifestyle changes involves knowledge and action – which many doctors think is just too difficult to teach, and many patients think is too difficult to do.

But they would be wrong.

[Read more...](#)

- [RE-LEARN TO BREATHE](#)
- [KNOW YOUR PURPOSE](#)





## RE-LEARN TO BREATHE

**Did you know that your regular breathing pattern very likely is screwing up your body and its functions in a bunch of different ways?**

Yup. Without knowing it, you might be messing up your sleep, mood, digestion, heart, nervous system, muscles, brain, and even the development of your teeth and face structure. I mean yikes!

On the flip side are all the benefits to be had from learning how to breathe correctly. These include more energy, better health, decreased anxiety, less fear, better relationships, and just a happier life in general.

Sounds pretty good, right? Let's investigate what proper breathing is and how you can use it to optimize your health, well-being, and performance.

[Read more...](#)

- [SPEND TIME IN NATURE](#)
- [WIN THE MORNING](#)





## KEEP A FOOD/MOOD JOURNAL

You've probably heard of the concept of keeping a food journal. It's a popular weight loss tool (you may refrain from eating 12 cookies if you have to admit to it on paper!). They also come in handy when you think you may be allergic or sensitive to a food or food group ("Ate ice cream at 2 pm, hugged the toilet from 3 to 4"). Basically, you write down everything you eat and drink for two or three weeks to identify something about your diet that you didn't already know.

**Why go to the trouble of tracking both food and mood? Because you could be missing out on some major clues about your health and happiness if you don't at least give it a go.**

**Here are my top six reasons for keeping a "food and mood" journal.**

[Read more...](#)

- [KNOW YOUR NUMBERS](#)
- [LIVE IN THE MOMENT](#)





## GO ON WALKS

**Walking is a serious exercise option -- and not just for people who are trying to recover from an injury or "take it slow." Instead, it's a bona fide way to weight loss, improved cardiovascular health and more.**

Sure, it's not surprising when government officials call for more walking, as U.S. Surgeon General Vivek Murthy did recently for his initiative Call to Action. But it certainly makes the exercise seem poised for a trend when someone like celebrity trainer Harley Pasternak, who helps actors like Halle Berry and Tobey Maguire get in shape for superhero movies, goes on the record in favor of it. He says walking 12,000 steps each day -- the equivalent of about six miles -- is an important part of his regimen for clients.

Here are four reasons to give walking a try, as well as tips from trainers who use walking to help clients achieve their goals:

[Read more...](#)

- [GET YOUR VITAMIN D](#)
- [GET A PET](#)





## GET STRONG

**Most people assume that getting in shape – or staying in shape – requires hours of weekly exercise and rigid meal planning. Not true.**

**8 hours and 32 minutes. That's how much time Marsha spent in the gym... over the last 4 months. Do the math. That's only 32 minutes... per week.**

She works 2 jobs, runs a Girl Guides group (Girl Scouts, for you Americans), and plays co-ed volleyball a few nights per week. Oh yeah, and she's planning a wedding.

She's a hard-working, busy, social, fun woman. She's as healthy as can be. And she could technically work out 8 hours a week... if she wanted. But she doesn't want. Her goal is to get leaner than she's ever been — while still having a life — with as little exercise as possible.

Leaner than she's ever been? On 32 minutes a week? She must be crazy! No, not at all.

The workouts looked like this:

[Read more...](#)

- [USE THE SAUNA](#)
- [LOOSEN YOUR FASCIA](#)



A person with long dark hair is performing a downward dog yoga stretch on a bright pink mat. Their hands are flat on the mat, and their arms are extended forward. The background is a plain, light-colored floor.

## STRETCH YOUR MUSCLES

Stretching is the deliberate lengthening of muscles in order to increase muscle flexibility and joint range of motion. Stretching activities are an important part of any exercise or rehabilitation program. They help warm the body up prior to activity thus decreasing the risk of injury as well as muscle soreness.

**The benefits of stretching are many and have been proven through various studies over time. Stretching benefits people of all ages, and is intended for the young as well as the elderly population.**

[Read more...](#)

- [GO ON WALKS](#)
- [GET STRONG](#)





## RECOGNIZE SUGAR

You know by now that sugar is something you can always do with less of. So you're checking the ingredient labels on your favorite packaged foods. That's smart. But beware; ingredient lists can be far from forthcoming with the actual ingredient.

Just because SUGAR isn't at the top of the list—and it likely won't be—doesn't mean whatever food or beverage you're perusing isn't packed with it.

Sugar comes in many different forms, and in many different levels of unhealthy. You may be surprised to find huge amounts of it in foods specifically labeled as "healthy" or "low fat" or "sugar free" like yogurt or energy bars.

**You will find forms of sugar listed by up to 61 different names on various packages and labels. YES 61!**

**Sometimes, it will be listed by three of its names as the fifth, sixth and seventh ingredients. Don't let this throw you off. Combined, those slightly different forms of sugar may outweigh all of the ingredients listed before it.**

[Read more...](#)

- [INDULGE WISELY](#)
- [REDUCE SUGAR & SALT](#)





## GET YOUR VITAMIN D

We're used to hearing about how too much of the sun's warm rays can be harmful to your skin. But did you know the right balance can have lots of mood-lifting benefits?

Sunlight and darkness trigger the release of hormones in your brain. Exposure to sunlight is thought to increase the brain's release of a hormone called serotonin. Serotonin is associated with boosting mood and helping a person feel calm and focused. At night, darker lighting triggers the brain to make another hormone called melatonin. This hormone is responsible for helping you sleep.

**Without enough sun exposure, your serotonin levels can dip. Low levels of serotonin are associated with a higher risk of major depression with seasonal pattern (formerly known as seasonal affective disorder or SAD). This is a form of depression triggered by the changing seasons.**

[Read more...](#)

- [SPEAK PERSONAL AFFIRMATIONS](#)
- [LOOK FORWARD TO STUFF](#)





## GET A HOBBY

Many people find themselves stuck in a daily or weekly routine that offers little more than a "rinse and repeat" type life.

This is great because you can stick to a schedule and always know what to expect, which makes life easy to just sail through.

But what happens when that routine just gets so dull and overly predictable

One of the benefits of having a hobby can help relieve stress while allowing you to do something that you enjoy.

**Spending time doing an enjoyable activity that is not attached to work or other commitments will help increase your happiness and satisfaction with life. It will allow you to spend time doing something that is only for your own personal benefit, and not the benefit of others.**

[Read more...](#)

- [DO THE NEXT RIGHT THING](#)
- [WRITE DOWN YOUR GOALS](#)





## EAT CANNED FISH

**Canned salmon, tuna, sardines, kippered herring, and other types of fish are pretty much on a par with fresh fish. They give you as much heart-healthy omega-3 fatty acids as fresh fish, and sometimes more. These essential oils help prevent potentially deadly heart rhythms. They also work against inflammation and the formation of blood clots inside arteries.**

An Italian study published in 2001 found that people who ate fresh or canned fish at least twice a week were 30% less likely to have had heart attacks as those who ate fish less than once a week.

About the only downside of eating canned fish is the extra sodium it contains. You can get more than 300 milligrams of sodium — one-seventh of a healthy daily ration — from three ounces of canned salmon or tuna. Rinsing the fish can help a bit.

[Read more...](#)

- [CLEAN UP YOUR ANIMAL PRODUCTS](#)
- [AVOID HIGHLY PROCESSED MEAT](#)





## COOK AT HOME

Social eating has become a staple trend in American society. No longer do we choose to hang out with friends without having a foray into the eating meals prepared by others. We go out to eat at both fast food and lavish restaurants, order take out or to-go, snack on hot dogs and popcorn at movie theaters and gnaw on wings and fries at sports bars during the game. Eating has become a tributary to socializing, a sidekick of sorts.

**People who cook at home tend to consume fewer calories, fewer carbohydrates, less sugar, and less fat than those who cook less, don't cook at all.**

The Top 10 Home Cooking Health Benefits

[Read more...](#)

- [COOK FOR SEVERAL DAYS AT A TIME](#)
- [EAT THE SAME FEW MEALS OFTEN](#)





## GROW HOUSE PLANTS

**Indoor plants not only act as a quick decorating tool, they also help clean the environment and air around them. But if you're worried you have a black thumb, fret not!**

TODAY Home found the best 15 indoor houseplants that anyone can keep alive and thriving.

[Read more...](#)

- [DON'T FEAR OUTSIDE BUGS](#)





## DISCUSS YOUR PRESCRIPTIONS WITH YOUR LOCAL PHARMACIST

**[This is a big resource & it will take a while to read the whole thing, but it's worth the investment. Read it, share it, use it!]**

Learn how to save money, avoid mistakes, and get the most out of your visit to the drugstore.

[Read more...](#)

- [RETHINK YOUR SUPPLEMENTS](#)
- [TALK TO YOUR M.D.](#)





## INDULGE WISELY

(Tiffany here!)

When I have a craving, I indulge in a responsible yet satisfying amount of whatever it is.

I find that when I try to satiate the craving with healthier alternatives, I'm very often left unsatisfied, so I just keep trying alternatives...

Until I finally allow myself to have a little of what I wanted in the first place, and by that time I've eaten more calories, sugar & fat than I would've if I just had a little \*ice cream\* in the first place.

**When it comes to indulging cravings, I always recommend having a small portion of whatever it is you desire. It's healthier in the end & you're happier to boot!**

- [BE PROACTIVE](#)
- [REHEARSE SOCIAL SITUATIONS](#)





## REDUCE SUGAR & SALT

Most Americans consume much more than the recommended levels of sugar and salt. However, you can retrain your palate to be satisfied with less of both.

The panelists crafting the 2015–2020 Dietary Guidelines for Americans emphasized that we're consuming much more sugar and salt than is healthy for us and have advised us to pare our intakes of both considerably. That said, they have acknowledged that the sugar bowl and saltshaker aren't the principal villains at the dining table.

**About 80% of the sugar and salt we eat is added to packaged and commercially prepared foods.**

[Read more...](#)

- [BE A SMART SHOPPER](#)
- [PLAN RESTAURANTS AHEAD OF TIME](#)





## EAT REAL FOOD

**Real food is whole, single-ingredient food. It is mostly unprocessed, free of chemical additives and rich in nutrients. In essence, it's the type of food human beings ate exclusively for thousands of years.**

However, ever since ready-to-eat foods became popular in the 20th century, many people have been eating them as a dominant part of their diet. While processed foods may be more convenient in some ways, it's hard to argue that they have made us healthier or happier.

Following a diet based on real food may be one of the most important things you can do to maintain good health and high quality of life.

Here are 21 reasons to eat real food.

[Read more...](#)

- [CREATE A HEALTHY EATING PATTERN](#)
- [EAT BREAKFAST](#)





## LEARN TO EAT YOUR VEGGIES

**I set out to teach myself to like raw salad greens, bananas, apples, and oranges. I chose them for their absolute ordinariness, thinking they'd serve as the gateway to the rest of the produce aisle.**

Eating preferences are on a continuum. On one end is the truly flexible eater. On the other is a person with avoidant/restrictive food intake disorder, which was a new addition to the latest edition of the Diagnostic and Statistical Manual of Mental Disorders. Kids or adults with ARFID have serious food avoidance or disturbances to the point of symptoms like weight loss or interference with normal psychosocial functioning, but don't meet the criteria for other eating disorders.

A good definition of picky eating is when someone, no matter her age, "rejects a lot of the foods that their peers are comfortable eating." Self-identified adult picky eaters scored higher on measures of OCD and depression than those who said they were non-picky eaters.

There's not much research about how adult picky eaters can change their ways. I turned instead to the literature on getting kids to eat foods they don't like, and there I found some help.

[Read more...](#)

- [EAT BEANS](#)
- [EAT CANNED FISH](#)





## WORKOUT WHILE YOU WATCH TV

**Here are 10 simple exercise moves you can do while watching TV.**

- 1) Lunges are one of my oldest workout friends. The move has been around for ages and there's a good reason why — they actually work! Like squats (which will get to, as well), they're amazing for our legs and butts. According to Shape, to do a correct lunge keep your upper body straight, chin up, and core engaged. Step forward with one leg, and bend your body down until the leg in front of you is curled at a 90-degree angle. Keeping your weight in your heels, push back up to the starting position. Repeat 20 times and then switch legs.
- 2) Jumping Jacks are another oldie but good (as long as you don't have cranky downstairs neighbors!). Try doing as many as you can during each commercial break and you'll be amping up your heart rate while calories some serious calories. According to POPSUGAR, one minute of jumping jacks burns eight calories.

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- [TAKE THE ART OF PERSONAL SCIENCE CHALLENGE](#)





# PRACTICE FASTING

There are many different ways to fast.

Intermittent fasting is an increasingly popular eating pattern which involves not eating or sharply restricting your food intake for certain periods of time.

This fasting method has been linked to a range of potential health benefits, including short-term increases in human growth hormone (HGH) and changes to gene expression (1, 2, 3, 4).

Such effects are linked to longevity and a lower risk of disease. Thus, people who fast regularly often hope to lose weight or live a healthier, longer life.

**However, fasting can be dangerous if not done properly. Here are 10 tips to help you fast safely.**

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## TRY AN ELIMINATION DIET

Food intolerances and sensitivities are extremely common. In fact, it's estimated that between 2–20% of people worldwide may suffer from a food intolerance.

**Elimination diets are the gold standard for identifying food intolerances, sensitivities and allergies through diet.**

They remove certain foods known to cause uncomfortable symptoms and reintroduce them at a later time while testing for symptoms.

**Allergists and registered dietitians have been using elimination diets for decades to help people rule out foods that are not tolerated well.**

[Read more...](#)

- [TAKE THE ART OF PERSONAL SCIENCE CHALLENGE](#)





## Healthy batch cooking can help you:

## Spend less time in the kitchen throughout the week

[Read more...](#)

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## EAT THE SAME MEALS OFTEN

Having a ham sandwich for lunch today... again? If so, you're not alone. According to a poll of 2,000 British office workers recently published by New Covent Garden Soup, more than three-quarters of us have eaten the same lunch every day for the past nine months. The ham sandwich is the most popular option, followed by cheese, chicken and salad.

**7 in 10 say eating the same thing each day is easier, while almost half of us believe it's cheaper. 37% admit it's simply a matter of habit, however, with 20% confessing that they simply don't know what else to eat.**

[Read more...](#)

- [EAT MOSTLY PLANTS](#)
- [DON'T EAT TOO MUCH](#)





## CLEAN UP YOUR ANIMAL PRODUCTS

The way cows are fed can have a major effect on the nutrient composition of the beef. Whereas cattle today are often fed grains, the animals people ate throughout evolution roamed free and ate grass.

Many studies have shown that the nutrients in beef can vary depending on what the cows eat.

Where beef is mass produced, such as in the US, cattle are usually grain-fed. However, grass-fed beef is common in many other countries, such as Australia.

**But does the way cows are fed make any difference to your health? This article looks at the evidence of the differences between grass-fed and grain-fed cattle.**

[Read more...](#)

- [EAT THE RIGHT KINDS & AMOUNTS OF FATS](#)





## AVOID HIGHLY PROCESSED MEAT

The International Agency for Research on Cancer (IARC) has classified processed meat as a carcinogen, something that causes cancer. And it has classified red meat as a probable carcinogen, something that probably causes cancer. IARC is the cancer agency of the World Health Organization.

Processed meat includes hot dogs, ham, bacon, sausage, and some deli meats. It refers to meat that has been treated in some way to preserve or flavor it. Processes include salting, curing, fermenting, and smoking. Red meat includes beef, pork, lamb, and goat.

**Twenty-two experts from 10 countries reviewed more than 800 studies to reach their conclusions. They found that eating 50 grams of processed meat every day increased the risk of colorectal cancer by 18%. That's the equivalent of about 4 strips of bacon or 1 hot dog. For red meat, there was evidence of increased risk of colorectal, pancreatic, and prostate cancer.**

[Read more...](#)

- [EAT MORE VEGGIES & FRUITS](#)





## EAT PLENTY OF FIBER

Fiber is a type of carbohydrate that the body can't digest. Though most carbohydrates are broken down into sugar molecules, fiber cannot be broken down into sugar molecules, and instead it passes through the body undigested. Fiber helps regulate the body's use of sugars, helping to keep hunger and blood sugar in check.

**Children and adults need at least 20 to 30 grams of fiber per day for good health, but most Americans get only about 15 grams a day. Great sources are whole fruits and vegetables, whole grains, and beans.**

Fiber comes in two varieties, both beneficial to health:

[Read more...](#)

- [TAKE THE ART OF PERSONAL SCIENCE CHALLENGE](#)





## FEED YOUR GOOD BUGS

**Resistant starch is a carbohydrate that resist digestion in the small intestine and ferments in the large intestine. As the fibers ferment they act as a prebiotic and feed the good bacteria in the gut. There are several types of resistant starch. They are classified by their structure or source. More than one type of resistant starch can be present in a single food.**

When starches are digested they typically break down into glucose. Because resistant starch is not digested in the small intestine, it doesn't raise glucose. Gut health is improved as fermentation in the large intestine makes more good bacteria and less bad bacteria in the gut. Healthy gut bacteria can improve glycemic control. Other benefits of resistant starch include increased feeling of fullness, treatment and prevention of constipation, decrease in cholesterol, and lower risk of colon cancer. Resistant starch is fermented slowly so it causes less gas than other fibers.

[Read more...](#)

- [EAT PLENTY OF FIBER](#)





## RETHINK YOUR SUPPLEMENTS

What you need to know before taking a vitamin or mineral supplement.

The average American diet leaves a lot to be desired. Research finds our plates lacking in a number of essential nutrients, including calcium, potassium, magnesium, and vitamins A, C, and D. It's no wonder that more than half of us open a supplement bottle to get the nutrition we need. Many of us take supplements not just to make up for what we're missing, but also because we hope to give ourselves an extra health boost—a preventive buffer to ward off disease.

**Getting our nutrients straight from a pill sounds easy, but supplements don't necessarily deliver on the promise of better health. Some can even be dangerous, especially when taken in larger-than-recommended amounts.**

How much of each nutrient do you need? Here are the recommended levels of daily intake for several important nutrients.

[Read more...](#)

- [TAKE THE ART OF PERSONAL SCIENCE CHALLENGE](#)





## PRACTICE SAFE DRIVING

**Although many measures are being taken to improve road safety, it is ultimately down to drivers to ensure that they drive carefully and take all the steps necessary to prevent any avoidable road accidents. Here are just some of the most important reasons why you should make every effort to drive as carefully as possible on the road.**

The most obvious reason for driving carefully is safety. Traffic accidents can have terrible consequences, with road-related accidents being one of the leading causes of serious injury and death in the U.S.A alone. Even smaller accidents that do not result in injury can lead to massive financial complications, lawsuits, and disruptions of road routes and schedules.

Driving carefully doesn't just help to keep you and others as safe as possible – it also means that you gain money, too. Safe driving can be paramount when it comes to reductions on your car insurance – especially if you have a tracker fitted to the car which determines how you drive and sends data back to your insurance company.

[Read more...](#)

- [LIVE WITHIN YOUR MEANS](#)
- [PRACTICE GOOD DENTAL HYGEINE](#)





## LOOK FORWARD TO STUFF

Anticipation can be beneficial for your brain, your emotions, and even your physical health for many reasons.

**Waiting may not be anyone's favorite activity, but science and psychology both agree that if you can turn it into positive anticipation—an expectation of something good to come—anticipation can be beneficial for your brain, your emotions, and even your physical health for many reasons, and it's a skill worth learning.**

The human brain is especially evolved to anticipate and calculate an action, particularly the prefrontal cortex. This portion of our brain enables us to make sound decisions that enhance our being in the world and keep us from acting in compulsive and destructive ways. The ability to anticipate is one of the things that separate the human brain from the reptile brain, for example.

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## LOOSEN YOUR FASCIA

Have you ever wondered why you can't touch your toes? Or why your organs don't knock around inside you when you jump rope? Have you ever wondered how your muscles stay attached to your bones? Or why you have cellulite?

It's not a mystery anymore.

The answers to these under-the-radar questions about your body is your fascia (pronounced fah-sha). But why haven't we heard more about it in the same breath we talk about acupuncture, cryotherapy, or keto?

**The problem is that fascia is an incredibly important-for-your-well-being concept that's often explained in vague descriptions like:**

**"It's like the white stringy gook on a raw chicken breast." "It's basically muscles." "It's like a spider web in the body."**

**And because it's misunderstood, its importance to our health and wellness goals often gets overlooked. But fitness gurus like Black are all about fascia because of how interconnected it is to our entire system.**

[Read more...](#)

- [TAKE COLD SHOWERS](#)





## JUST DO THE NEXT RIGHT THING

**I don't have to handle all of this, all at once. I don't need to have the day figured out, the week, or how exactly I will overcome the obstacles in my path.**

**As long as I can identify the next right thing to do, and do that, then everything is going to be okay.**

We all tend to chunk up when it comes to life. Chunking up is scary.

I don't need to have all this sh!t figured out.

It insists that you inhabit the present moment. For a person who is forever living into the future, it helps me to be where I am. A lot can happen in even a few short hours. A lot can be brought into existence.

[Read more...](#)

- [TAKE THE ART OF PERSONAL SCIENCE CHALLENGE](#)





## BE PROACTIVE

**[Ask yourself these questions on a daily or weekly basis to AVOID getting off track.]**

Here are 20 questions to ask yourself to get yourself back on track.

1. What task took a lot longer to complete than you expected?
2. What is the main reason your task took longer than you expected? Were you procrastinating, not forward planning enough or did you completely misjudge how long the task would take? Read [12 Reasons You Are Not Moving Forward Fast Enough](#)
3. Was there something that disappointed you and didn't turn out the way you wanted? If so, how did you deal with the disappointment? Did you work through and release it or is it still bottled up inside you?

[Read more...](#)

- [TAKE THE ART OF PERSONAL SCIENCE CHALLENGE](#)





## REHEARSE SOCIAL SITUATIONS

During family gatherings, food temptations are everywhere. From stuffing and pumpkin pie on Thanksgiving to eggnog and sugar cookies in December, to barbecues in the summer, the seasonal temptations are endless. It can be tough enough to navigate the buffet without having your great aunt force an extra helping of potatoes on your plate or resisting Grandma Dolly's pleas that you take a second piece of her famous apple pie. There's always some kind of event going on: birthday parties, family get-togethers, company meetings, bridal and baby showers--and all of these events have one thing in common (besides all the tempting food): food pushers.

**Food pushers range from well-intentioned loved ones to total diet saboteurs. Regardless of their motivation, it's important to stick to your guns. You can always be honest and say that you're simply trying to eat healthier, but if that response gets ignored (or doesn't come easily), the following retorts to their food-forcing ways will keep you in control of what goes on your plate and in your mouth!**

[Read more...](#)

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## LISTEN TO PODCASTS

**Podcasts embody what is arguably the essential promise of the Internet: a means for surprising, revealing, and above all ennobling encounters with people, things, and ideas we didn't know. Listen to enough podcasts and you may come to feel that they are not merely of the Internet, but improved, microcosmic versions of it. Podcasts occupy a sophisticated position within what we might call the feel-good Web—that sunny slice of the neighborhood where uplifting listicles and heartwarming tales of compassion form bulwarks against the cruelty and nastiness that overflow from YouTube comments and other online hellmouths.**

Most podcasts are structured around the oral traditions of either storytelling or conversation, which underscores the most obvious formal fact of podcasts: They're driven by voices. Recognizing this, we talk about the form's special sense of intimacy and even its erotics: the dulcet phonemes of Jad Abumrad, issuing into us from earbuds snugly nestled into our heads. Abumrad, the Radiolab host, has himself observed that, in the absence of visual information, when he describes something to listeners on the radio, "In a sense, I'm painting something but I'm not holding the paintbrush. You are. So it's this deep act of co-authorship, and in that is some potential for empathy."

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## SWITCH TO 'GREEN' CLEANING PRODCUTS

**Common commercial cleaners are loaded with toxic and polluting substances designed to make domestic life easier. The cost of these chemical-based products can be high: long-term health concerns for the family and environmental pollution caused by their manufacture and disposal.**

In the US, for example, one in three people suffer from allergies, asthma, sinusitis, or bronchitis (US National Center for Health Statistics). Some cleaning chemicals are allergy and asthma triggers, so treatment for these conditions should include reducing synthetic chemicals in the home environment.

Yet the federal government doesn't require cleaning product manufacturers to list ingredients on their products. This makes choosing healthier products difficult for consumers.

**Here are some formulas for safe, alternative home care products.**

[Read more...](#)

- [TAKE THE ART OF PERSONAL SCIENCE CHALLENGE](#)





## FIND YOUR SPIRITUAL PATH

**Eight simple suggestions you can try to help you discover your own spiritual path.**

- 1) Set your intention. The first step in establishing a spiritual practice is acknowledging that you actually want one in the first place. Your intention can be as simple as saying to yourself, “I want to learn more about spirituality in general”, or it could be as formal as creating a ritual to mark your start on this life-long journey. Consciously acknowledging your yearning and curiosity, even if it’s only to yourself, is like opening a door and formally setting your feet on the path of the seeker.
- 2) Feed your mind. Read everything you can get your hands on. Start with something like, *Soulcraft* by Bill Plotkin or *Care of the Soul* by Thomas Moore, which are great primers on fostering sacredness in your everyday. Watch documentaries. If you still feel lost, talk to people. Feed your inquisitiveness. Knowledge and curiosity are the cornerstones of a truly rich spiritual journey.

[Read more...](#)

- [TAKE THE ART OF PERSONAL SCIENCE CHALLENGE](#)





## DON'T FEAR OUTSIDE BUGS

**[This is written for parents for their kids, but it's true for all ages.]**

It's become really commonplace to think that we are engaged in a battle against bacteria. After all, anyone who's been around kids knows that they'll get into anything and everything, and that means they could be exposed to bacteria that might potentially harm them. We've been led to believe that if you really want to keep your kids safe, happy, and healthy, you need to make sure that they and their surroundings are as sterile as possible.

On the surface, this makes sense. Germs, including bacteria, are associated with all kinds of changes in health. The issue is, we've been operating under a misunderstanding about them for a while now. Research in the past century has been largely focused on the bad things that bacteria can do to us, but groundbreaking research in the past decade or so has begun to shed some light on what's really going on between bacteria and humans, and it's painting quite a different picture.

**Think all bacteria are bad? Think again.**

[Read more...](#)

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## SWITCH TO 'GREEN' PERSONAL PRODCUTS

Did you know that the average woman slathers, lathers, scrubs, rubs + sprays over 515 different synthetic chemicals on her body each day? Imagine what's absorbed over a lifetime!

Most people have no idea that ingredients in beauty products can be harmful to their health... until something happens. They believe that the government regulates cosmetics the same way it does with food + drugs. But the truth is; the \$50 billion beauty industry produces some of the least regulated consumer products on the market today. And the scary part is that there are actually no laws to protect us.

**Major loopholes in the current law allow cheap, toxic chemicals into beauty products in order to increase profit margins – without monitoring health effects, or requiring pre-market safety testing before a product hits store shelves.**

This goes for baby shampoo, toothpaste, moisturizers, lipstick or any other personal care products we use on the daily.

**Companies do not have to list all ingredients on the label.**

[Read more...](#)

- [TAKE THE ART OF PERSONAL SCIENCE CHALLENGE](#)





## PRACTICE VISUALIZATION

Visualization techniques have been used by successful people to visualize their desired outcomes for ages. The practice has even given some high achievers what seems like super-powers, helping them create their dream lives by accomplishing one goal or task at a time with hyper focus and complete confidence.

Visualization techniques used to focus meditation on success near shoreline with jack canfield

In fact, we all have this awesome power, but most of us have never been taught to use it effectively.

Elite athletes use it. The super rich use it. And peak performers in all fields now use it. That power is called visualization.

**The daily practice of visualizing your dreams as already complete can rapidly accelerate your achievement of those dreams, goals and ambitions.**

[Read more...](#)

- [TAKE THE ART OF PERSONAL SCIENCE CHALLENGE](#)





## ENJOY SPECIAL OCCASIONS WITHOUT GUILT

Before we change what we do, it helps to change the way we think first.

When it comes to eating, many of us have an emotional relationship with food.

Without thinking, and often out of guilt, we use phrases like, "I'm being good," "I didn't cheat today," or something I hear a lot, "I was so BAD this weekend," to describe how we feel about our food choices.

We hop from one diet or food fad to the next, all the while feeling at least somewhat deprived and like we're being forced to do it rather than making a conscious choice.

It's not wonder so many of us struggle to feel and look great in our bodies.

What if we started thinking differently?

**What if, instead of using good/bad and cheating language (are we talking about relationships or food here?), we started asking ourselves these three questions each time we make a choice about what to eat?**

[Read more...](#)

- [TAKE THE ART OF PERSONAL SCIENCE CHALLENGE](#)





## PLAN RESTAURANTS AHEAD OF TIME

We love our restaurants. According to the National Restaurant Association, Americans eat about 24 percent — almost one quarter — of their meals away from home.

**Restaurant food is meant to look, smell and taste great, and that means nutrition can sometimes fall by the wayside when menus feature main dishes drenched in butter or rich sauces, salads with creamy dressings, and few whole grains, fruits and vegetables.**

**Try these strategies for enjoying a meal out while sticking to a healthy eating plan.**

[Read more...](#)

- [TAKE THE ART OF PERSONAL SCIENCE CHALLENGE](#)





## BE A SMART SHOPPER

**By incorporating your family's likes and dislikes, sticking to a budget and using your store as a map, you will be on your way to a successful supermarket sweep.**

This guide outlines weekly shopping strategies for when you want to eat healthy. One great way to put a healthy spin on your cart is to concentrate on the foods around the perimeter of the store. With refrigeration, ventilation and water access, this is where the fresher foods are kept. The foods in the center aisles are generally more processed, with some exceptions like dry and canned single-ingredient items such as beans, grains or baking supplies.

Try thinking about your grocery cart like the food on your plate. Our nation's new "plate" calls for 50 percent fruits and vegetables! The rest is divided between proteins and whole grains. Seems like a great way to start filling your cart.

[Read more...](#)

- [MAKE SMART SWAPS](#)





## RELAX IN QUIET

**Ceaseless exposure to sound stimuli is part of everyday life in modern technological society. Amid the roar of cars, trains and airplanes, the noise of construction and the beeping of digital devices, quietness has seemingly become a luxury. Cultivating silence may yet have several overlooked benefits that can extend to professional life.**

A wide range of sounds can be experienced daily in all kinds of locations, and most people seem to adapt to continuous noise exposure. Popular music or radio chatter resonate in any conceivable public place, and it is now unusual to go into a house without hearing a television playing in the background, even if the residents are not actually watching it. These ingrained habits project the image of a society that is hostile to silence.

Paradoxically, the very experience of quietness seems to be highly sought after. Noise-canceling headphones are sold for hundreds of dollars, and people increasingly go on expensive silent retreats.

[Read more...](#)

- [TAKE THE ART OF PERSONAL SCIENCE CHALLENGE](#)





## MAKE SMART SWAPS

**Whole grains for white, quality for quantity, Wii Fit for Mario Kart—just one smart swap can pave the way to a healthier and happier life. So we decided to go all out and provide 38 "this for that's." Now there are no excuses when it comes to making healthier food choices!**

1. Cook instead of eating out. Even if you try to eat healthy at a restaurant, that pesky bread bowl or sneaky salad may pack more calories than you planned for. Trust your inner Top Chef skills, and turn on the (skillet) heat. Cooking at home will more likely result in a healthier meal, not to mention a happier wallet.

2. Eat whole fruit instead of drinking fruit juice. A glass of O.J. contains very little of the pulp or skin from an orange—and none of the fiber content. Skip the glass, and go with the whole piece of fruit to reap the full nutritional benefits of this sweet, healthy snack (and save some calories while you're at it).

[Read more...](#)

- [TAKE THE ART OF PERSONAL SCIENCE CHALLENGE](#)





## MAKE A CHOICE

**Any time we make a choice, we choose one thing and not another. One path is taken; another is abandoned. One choice lives, another dies. Why do I say dies? The Latin root of “decide” is “de-cidere.” The meaning of “cidere” is “to kill,” as in homicide and suicide. Every choice is a murder. To avoid this murder, we may keep ourselves stuck in indecision. Thus, to avoid indecision, we must bear the guilt of killing a choice.**

When faced with indecision, ask yourself these three questions:

- 1) Am I making this choice based on desire or fear?
- 2) Am I indecisive because I don't want to disappoint someone else?
- 3) Am I indecisive because I don't feel ready?

[Read more...](#)

- [PRACTICE SAFE DRIVING](#)
- [PLAN YOUR WEEK](#)





## SNACK SMART

Are you continuously snacking? Data from the National Health and Nutrition Examination Survey shows that Americans have gone from eating an average of 3.9 times a day in the 1970s to eating 5.6 times a day in 2010. The percentage of daily calories coming from snacks has doubled, with snacking providing about 500 calories a day. If added to meals already consumed, such a snacking habit could lead to weight gain of a pound a week.

Snacking is not inherently bad. In healthy, normal-weight people, snacking seems to help them meet their daily energy needs and even helps incorporate more nutrients into their day. In contrast, obese children and adults tend to snack on foods that are high in calories but low in nutrients. It is not surprising that what you choose to snack on matters.

**The ideal snack contains three key nutrients: fiber, protein and healthy fat. This snacking trifecta keeps you full longer and stabilizes blood sugar levels, helping to keep cravings at bay.**

[Read more...](#)

- [TAKE THE ART OF PERSONAL SCIENCE CHALLENGE](#)





## DON'T EAT TOO MUCH

**People who are overweight or obese face a lot of health complications, negative consequences, and concerns. In fact, being overweight or obese increases a person's risk for many diseases and health conditions. Unfortunately, obesity rates in the United States are rising. With that statistic comes some staggering costs.**

1. More than one-third of adults in the United States are obese. In the United States, 36.5 percent of adults are obese. Another 32.5 percent of American adults are overweight. In all, more than two-thirds of adults in the United States are overweight or obese.

2. Obesity affects 1 in 6 children in the United States. Around 17 percent of American children ages 2 to 19 are obese. That's more than 12.7 million American children. One in 8 preschoolers is obese. The good news is obesity rates among preschool children have been falling in recent years.

[Read more...](#)

- [TAKE THE ART OF PERSONAL SCIENCE CHALLENGE](#)





## CYCLE YOUR CARBS

Carbohydrate intake has been a hot topic for a long time.

Several successful diets restrict carbs and some even totally exclude them. While no macronutrient is categorically bad, carb intake is something that should be tailored to the individual.

**In order to optimize carb intake, some people now "cycle" their carbohydrates.**

**This is known as carb cycling.**

This article provides a detailed breakdown of the science and application of carb cycling.

[Read more...](#)

- [TAKE THE ART OF PERSONAL SCIENCE CHALLENGE](#)





## EAT THE RIGHT TYPES OF CARBS

**Biologically speaking, carbohydrates are molecules that contain carbon, hydrogen and oxygen atoms in specific ratios.**

But in the nutrition world, they're one of the most controversial topics.

Some believe eating fewer carbohydrates is the way to optimal health, while others prefer higher-carb diets. Still, others insist moderation is the way to go.

No matter where you fall in this debate, it's hard to deny that carbohydrates play an important role in the human body. This article highlights their key functions.

One of the primary functions of carbohydrates is to provide your body with energy.

Most of the carbohydrates in the foods you eat are digested and broken down into glucose before entering the bloodstream.

[Read more...](#)

- [TAKE THE ART OF PERSONAL SCIENCE CHALLENGE](#)





## EAT NUTS & SEEDS

**[This is written for vegans/vegetarians, but is an excellent resource for everyone.]**

Nuts are defined as dry, single-seeded fruits with a high oil content, enclosed in a tough outer layer. Many seeds also fall into this category (such as sunflower and safflower). Some, like peanuts, fit more than one description (both a legume and seed). For the purpose of simplicity, in this article we will include all species commonly referred to as “nuts” and “seeds,” regardless of their specific category.

**Nuts and seeds were an important energy and nutrient source throughout history. Almonds and pistachio nuts are mentioned as far back as biblical times, and references to other nuts and seeds abound in the literature.**

[Read more...](#)

- [TAKE THE ART OF PERSONAL SCIENCE CHALLENGE](#)





## EAT MORE VEGGIES & FRUIT

### Easy Ways To Add Fruits & Veggies To Your Day

- 1) Fill half your plate with fruits and veggies at every meal and snack.
- 2) Add extra fruits and vegetables to dishes, even if they already contain/call for them in the recipe.
- 3) Substitute fruits & veggies in any meal – they're lower in calories than many other foods.
- 4) Always stock frozen and canned fruits & veggies for quick meal prep. Choose canned fruit and vegetables without added sugar, syrup, cream sauces, or other ingredients that will add calories.
- 5) Steamed vegetables make great sides. Add flavor with low-calorie or low-fat dressings and herbs and spices.
- 6) Always have fresh fruits and vegetables in easy-to-grab places (a fruit bowl, sliced in the fridge, trail mix)

[Read more...](#)

- [TAKE THE ART OF PERSONAL SCIENCE CHALLENGE](#)



# HOPE FOR THE BEST PLAN FOR THE WORST

## WHAT WOULD YOU DO IF YOU WEREN'T AFRAID?

Despite having good intentions, many people live their lives on autopilot, not fully experiencing themselves or the world around them. And while activities like yoga, exercise, and meditation may help, many find it difficult to stay focused when confronted with the challenges and demands of our fast-paced society. Take a moment to picture yourself in a calm atmosphere, free of distractions.

Then, ask yourself: *What would I do if I weren't afraid?*

PRIMARY FOODS | GENERAL



## USE THE FOLLOWING STEPS TO HELP IDENTIFY AND CULTIVATE YOUR DREAMS AND DESIRES:

- 1 ACKNOWLEDGE YOUR OBSTACLES.** Is there anything in your life you know you need to confront but have been avoiding (i.e., speaking up to a boss, ending or mending a romantic relationship, losing weight)? Sometimes fear can debilitate us to the point that we get stuck in denial and make excuses.
- 2 GIVE FEAR A SHAPE.** Ask yourself what you are most afraid of. What factors contribute to your fear, what triggers it, and what gives it power over you? Consider the ways your fears have been getting in the way of your happiness and success.
- 3 VISUALIZE YOUR DREAM LIFE.** If not for other people's judgments and expectations, what would you be doing with your life right now? Make a list of as many things as you can think of, big or small, that you would do if you weren't afraid.
- 4 BREAK IT DOWN.** Once you become consciously aware of what you want, you can begin to confront the areas of your life that are not in alignment with your truth. From there, create a few small, reasonable goals for yourself each week to get yourself moving in the direction you want to go.
- 5 CELEBRATE YOUR MILESTONES.** Each time you successfully overcome a meaningful obstacle, take the time to share your accomplishment with others. Plan a small party or social outing – whatever you love doing. It's important to celebrate your wins with people you love. This will help strengthen your support network and inspire you to keep living your truth.

Remember, transitions can be challenging, but this is your life! Stay committed to the process of self-discovery and be open to exploring your passions in healthy, honest ways. Once you begin to see fear as an opportunity rather than a hindrance, you'll create fewer limitations for yourself, and the Universe will guide and support you along the way!

- [LEARN TO SAY NO](#)
- [GET A WELLNESS CHECKUP](#)



# EAT BREAKFAST

## BREAKFAST EXPERIMENT

Experimenting with different foods is a fantastic way to tune into your bio-individual needs. Breakfast is an especially great time to experiment, as it sets the tone for the rest of your day. Jot down what you eat and how you feel, both right after eating and again two hours later. Sit quietly after you eat and reflect. Note how your energy levels, mood, and physical symptoms are affected by the food in your body.

SECONDARY FOODS | NUTRITION EDUCATION



DAY 1:  
EGGS



DAY 2:  
SCRAMBLED TOFU



DAY 3:  
OATMEAL OR ANY  
GRAIN PRODUCT



DAY 4:  
BOXED BREAKFAST  
CEREAL



DAY 5:  
MUFFIN AND COFFEE



DAY 6:  
FRESH FRUIT



DAY 7:  
FRESH VEGETABLES

- [TAKE THE ART OF PERSONAL SCIENCE CHALLENGE](#)



# CHEW YOUR FOOD

## CHEWING

Digestion begins in the mouth. As you chew your food, digestive enzymes found in saliva start to break it down, preparing it for absorption. It's important to chew your food thoroughly to achieve maximum absorption of all your vitamins and minerals.

SECONDARY FOODS | TIPS & ADVICE



## HOW TO CHEW PROPERLY

To get in the habit of chewing foods thoroughly, try counting each chew, aiming for 30-50 before swallowing. Put your utensils down between bites to help you slow down.

- Chew each mouthful of food at least 30 times, until the food becomes liquid.
- Chewing breaks down food and makes it easier on the stomach and small intestine.
- Saliva assists in the digestion of carbohydrates.
- Saliva also makes food more alkaline, reducing bloating and gas. If you're feeling stressed during a meal, take deep breaths, chew, and let the simple act of chewing relax you. Taking the time to chew will help you enjoy the full spectrum of tastes and aromas that make up the meal.

BEFORE EATING	DURING THE MEAL	AFTER EATING
<ul style="list-style-type: none"><li>• Wash your hands.</li><li>• Shower or wash your face to help relax.</li><li>• Turn off the television, radio, and telephone.</li><li>• Don't read.</li><li>• Find a clean, quiet place to eat.</li><li>• Light a candle or play soft music.</li><li>• Stretch and breathe.</li><li>• Align your posture and breathe.</li></ul>	<ul style="list-style-type: none"><li>• Place a bite of food in your mouth.</li><li>• Put your utensils down.</li><li>• Place your hands together while chewing.</li><li>• Begin chewing.</li><li>• Breathe</li><li>• Concentrate on what you're doing.</li><li>• Look at your food or something attractive, or close your eyes partially or fully.</li></ul>	<ul style="list-style-type: none"><li>• Say thanks.</li><li>• Sit and talk after your meal.</li><li>• Take a light stroll.</li></ul>

- [PRACTICE HEALTHY PORTION CONTROL](#)
- [LEARN TO EAT YOUR VEGGIES](#)



# EAT GOOD FATS

## MAIN TYPES OF FATS

SATURATED	MONOUNSATURATED	POLYUNSATURATED	TRANS FATS
WHERE YOU'LL FIND THEM			
Beef, poultry, pork, cow's milk, coconut, palm oil, full-fat dairy	Avocados, olives, olive oil, nuts, sunflower oil, seeds, halibut, sablefish, mackerel, vegetables high in oleic-acid <sup>1</sup>	Salmon, sardines, mackerel, herring, trout, fresh tuna, flax seed, walnuts, flax seed oil, soybean oil	May be found in: margarine, processed foods, candy, chips, soda, flaky pastries, some peanut butters
WHAT THEY ARE			
Solid at room temperature. Chemically, they consist of carbon atoms saturated with hydrogen atoms.	Liquid at room temperature, but become solid when chilled. Their chemical makeup consists of one double-bonded carbon molecule.	Liquid at room temperature and even when chilled. Their chemical makeup has more than one double-bonded carbon atom. These are the omega fats: omega-3, omega-6, and omega-9.	Most trans fats are created industrially by adding hydrogen bonds to liquid oils to make a more shelf-stable product. However, some trans fats occur naturally in beef, lamb, butterfat, and dairy. <sup>2</sup>
PHYSIOLOGIC EFFECTS			
Potentially increase risk of heart disease <sup>3</sup>	Raise good HDL and lower LDL	Raise good HDL and lower LDL Omega fatty acids are considered anti-inflammatory and are associated with lower risk of death.	Raise LDL and lower HDL, which leads to plaque buildup in arteries and increased risk of heart disease.
WHAT TO EAT / WHAT TO AVOID			
While opinions are mixed, it's generally recommended to limit consumption of red meats and butter. <sup>4</sup>	Generally considered heart-healthy, these foods should be eaten daily.	Generally considered heart-healthy, strive to eat cold water fish three times per week and plant-based polys often.	Entirely avoid products with partially-hydrogenated oils listed on the ingredients.







1. *The Best Sources of Monounsaturated Fat* <http://geti.in/1gHRJtc>  
2. *Trans Fats* <http://geti.in/1kUiyhP>  
3. *Fats and Cholesterol* <http://geti.in/1jgsUTF>  
4. *Heart Disease and Diet* <http://geti.in/16ecyEZ>

- [TAKE THE ART OF PERSONAL SCIENCE CHALLENGE](#)



# PRACTICE HEALTHY PORTION CONTROL

Let's see how your portion sizes measure up – the following chart provides recommended portion sizes for each food group.

THE SIZE OF A	EQUIVALENT	FOODS	CALORIES
 BASEBALL	1 cup	Rice, pasta Fruit Veggies	200 75 40
 DECK OF CARDS	3 ounces	Meat Fish Poultry	160 160 160
 FOUR DICE	1 ounce	Nuts Raisins	170 85
 LIGHTBULB	1 ounce	Chips Popcorn Pretzels	150 120 120
 DOMINO	1 ounce	Peanut butter Hard cheese	170 100
 QUARTER	1 teaspoon	Cooking oil Mayonnaise, butter Sugar	40 35 15

- [COOK AT HOME](#)
- [DON'T DRINK TOO MUCH ALCOHOL](#)



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## HOW TO PLAN YOUR WEEK



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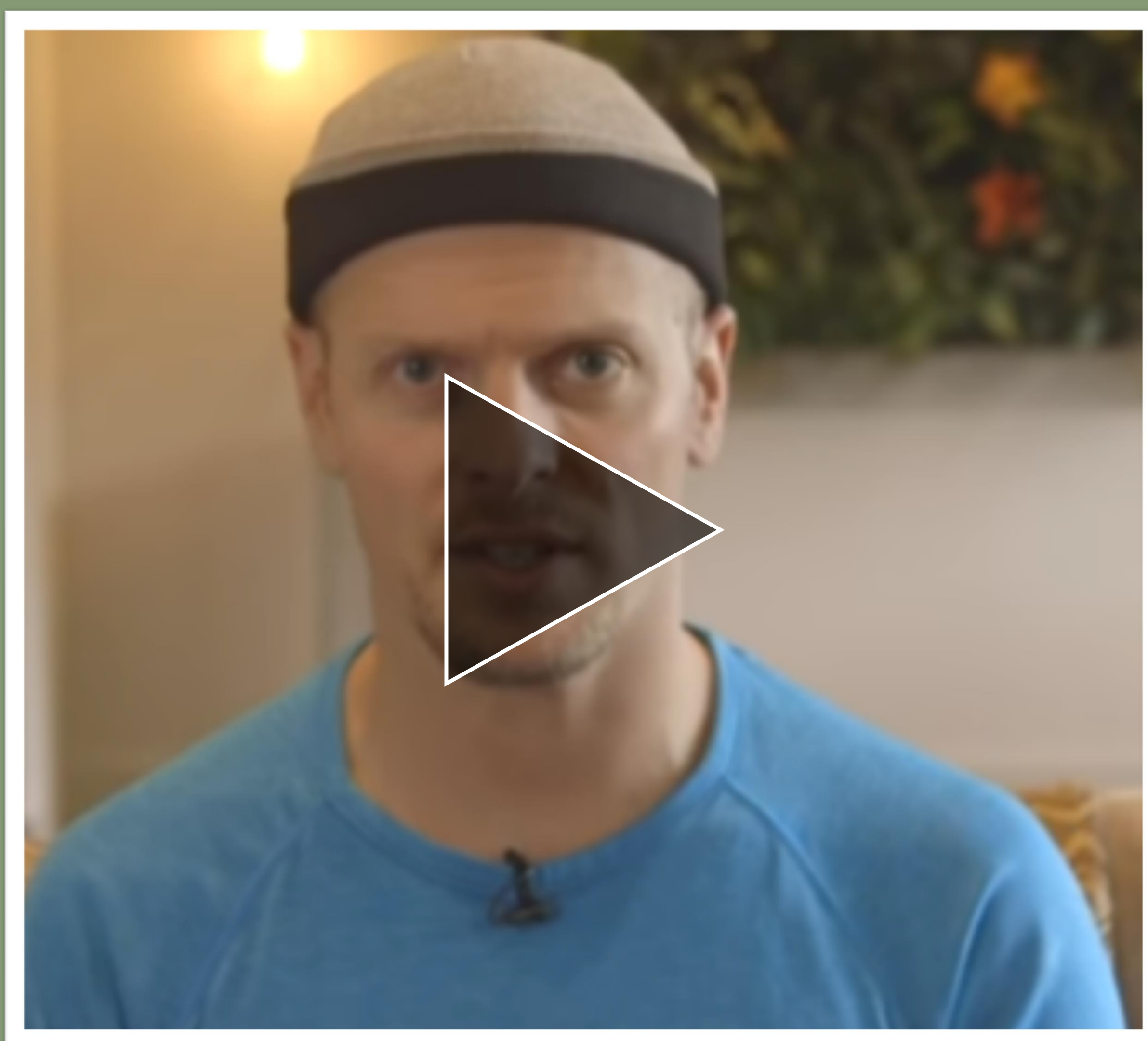


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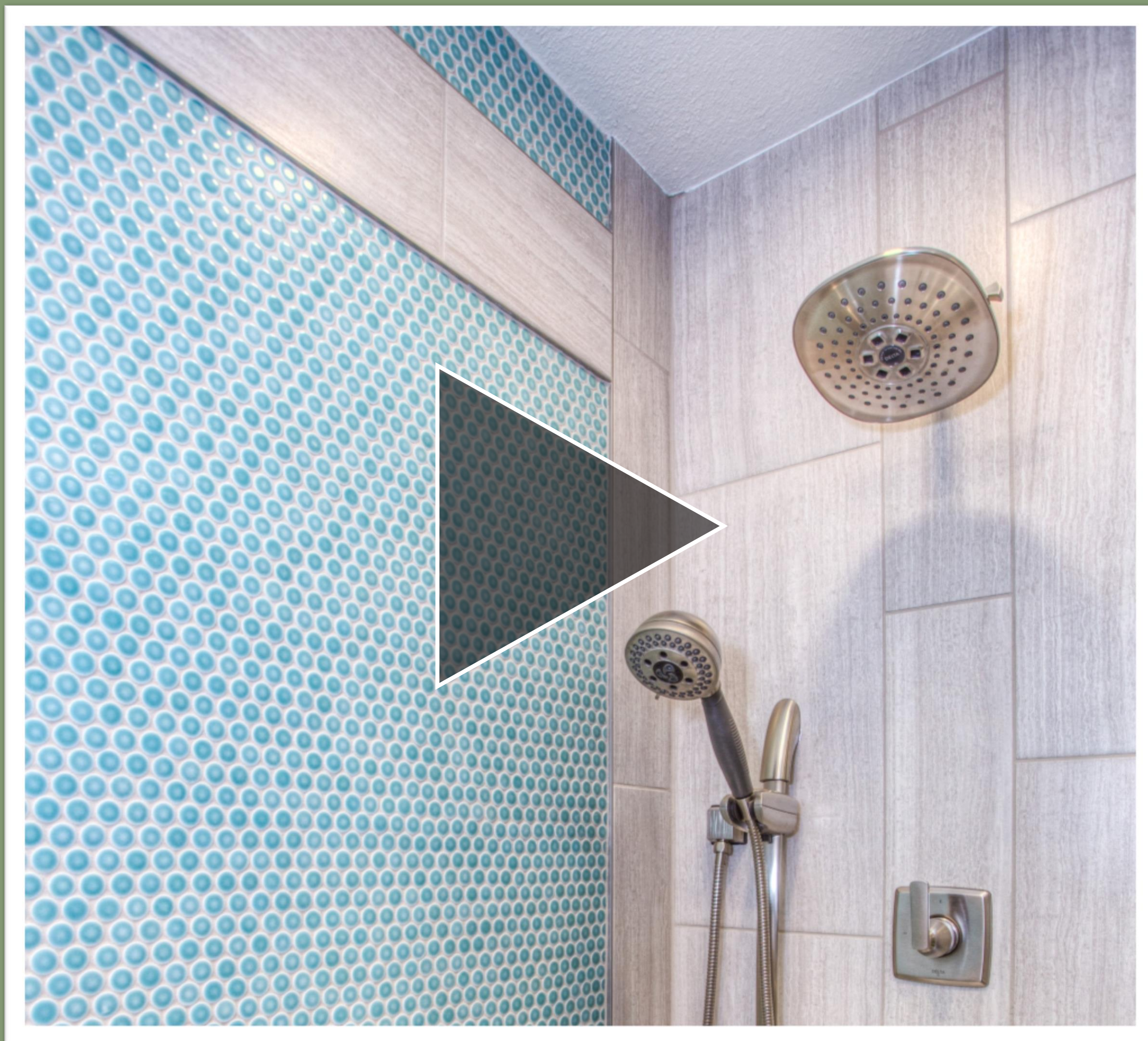


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**LET GO**

**WITH JILL SHERER MURRAY**



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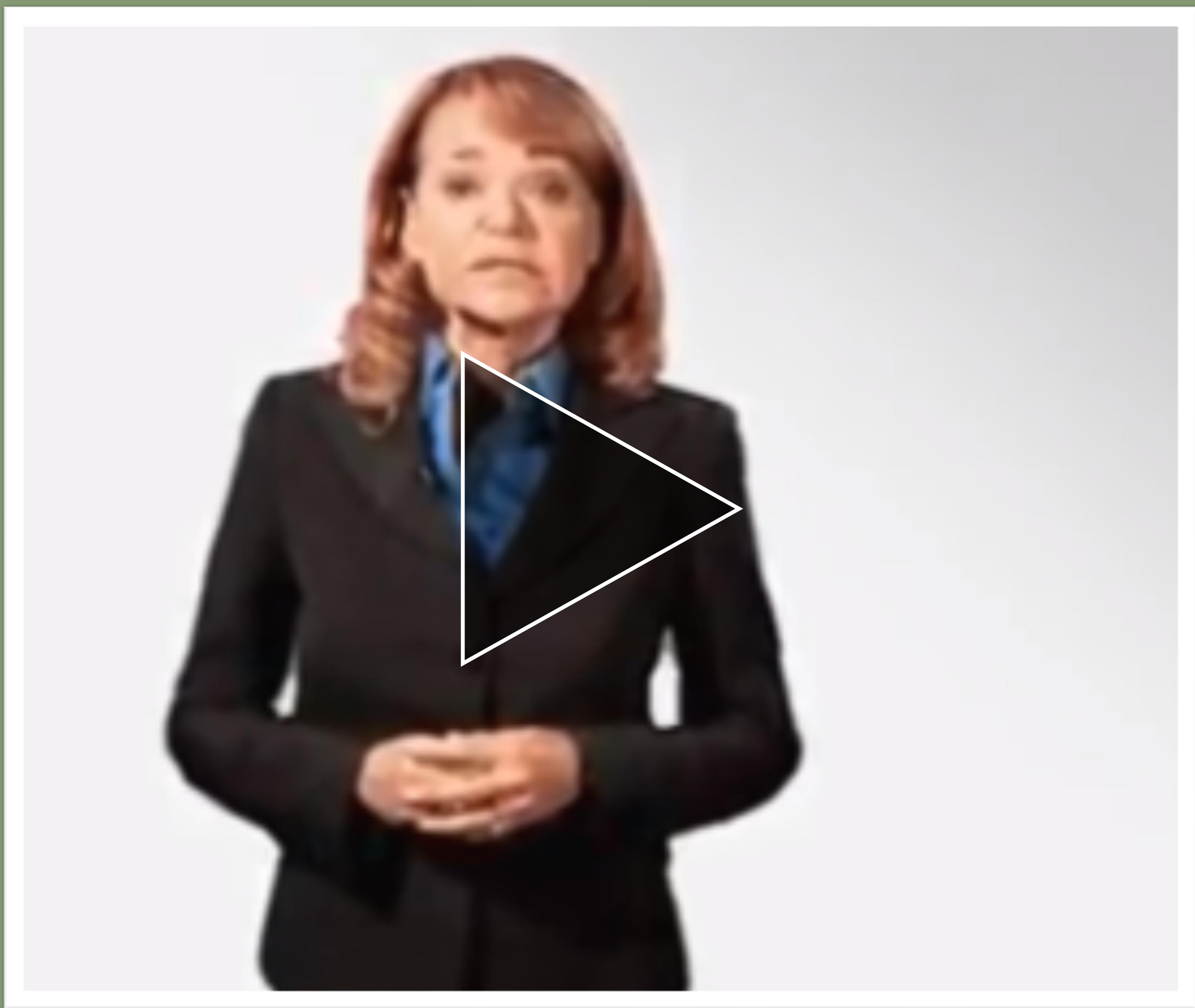


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- [SNACK SMART](#)



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# SPEAK AFFIRMATIONS TO YOURSELF WITH BRAD YATES



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**ULPLUG**

**WITH BRENDON BURCHARD**

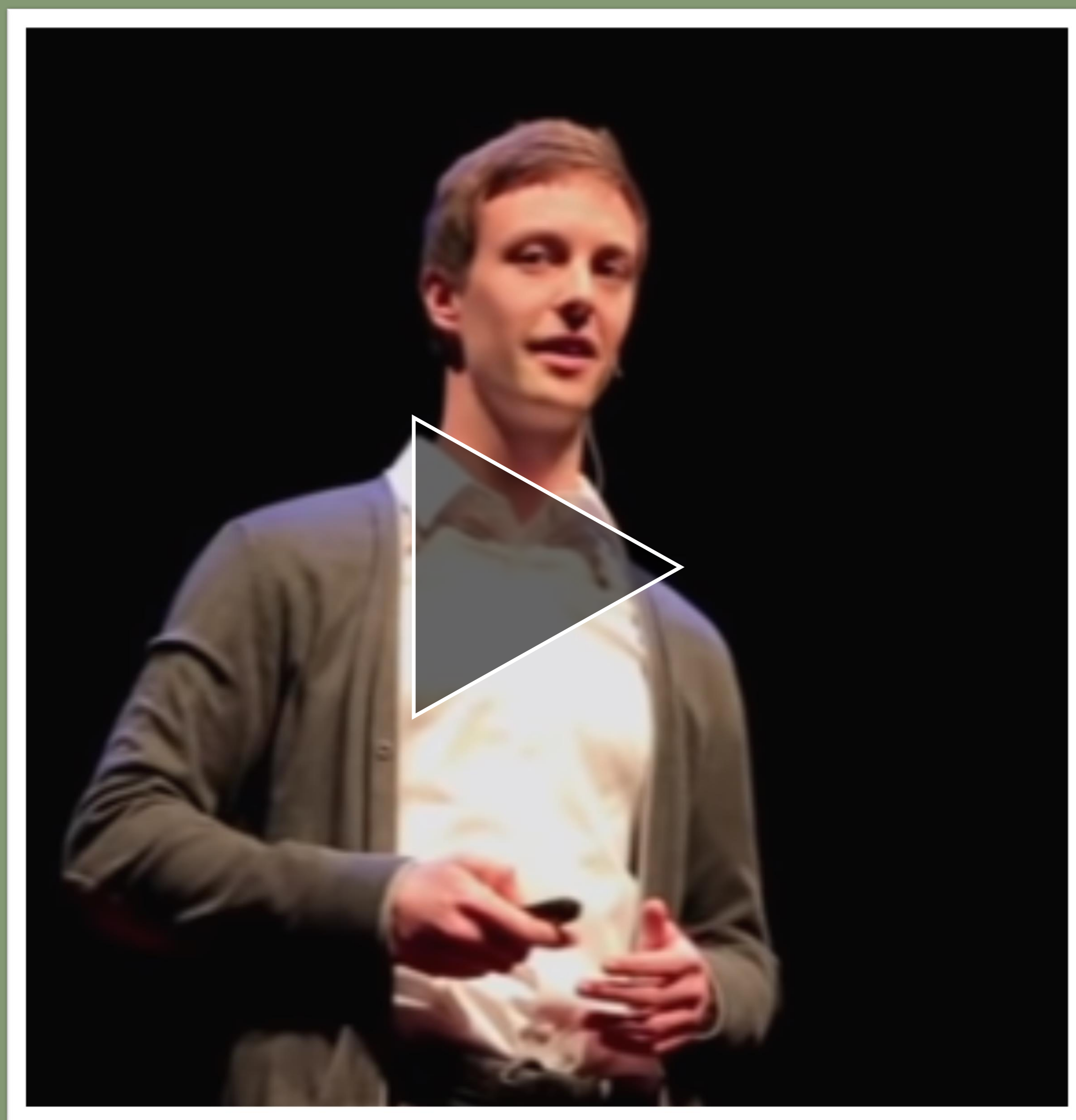


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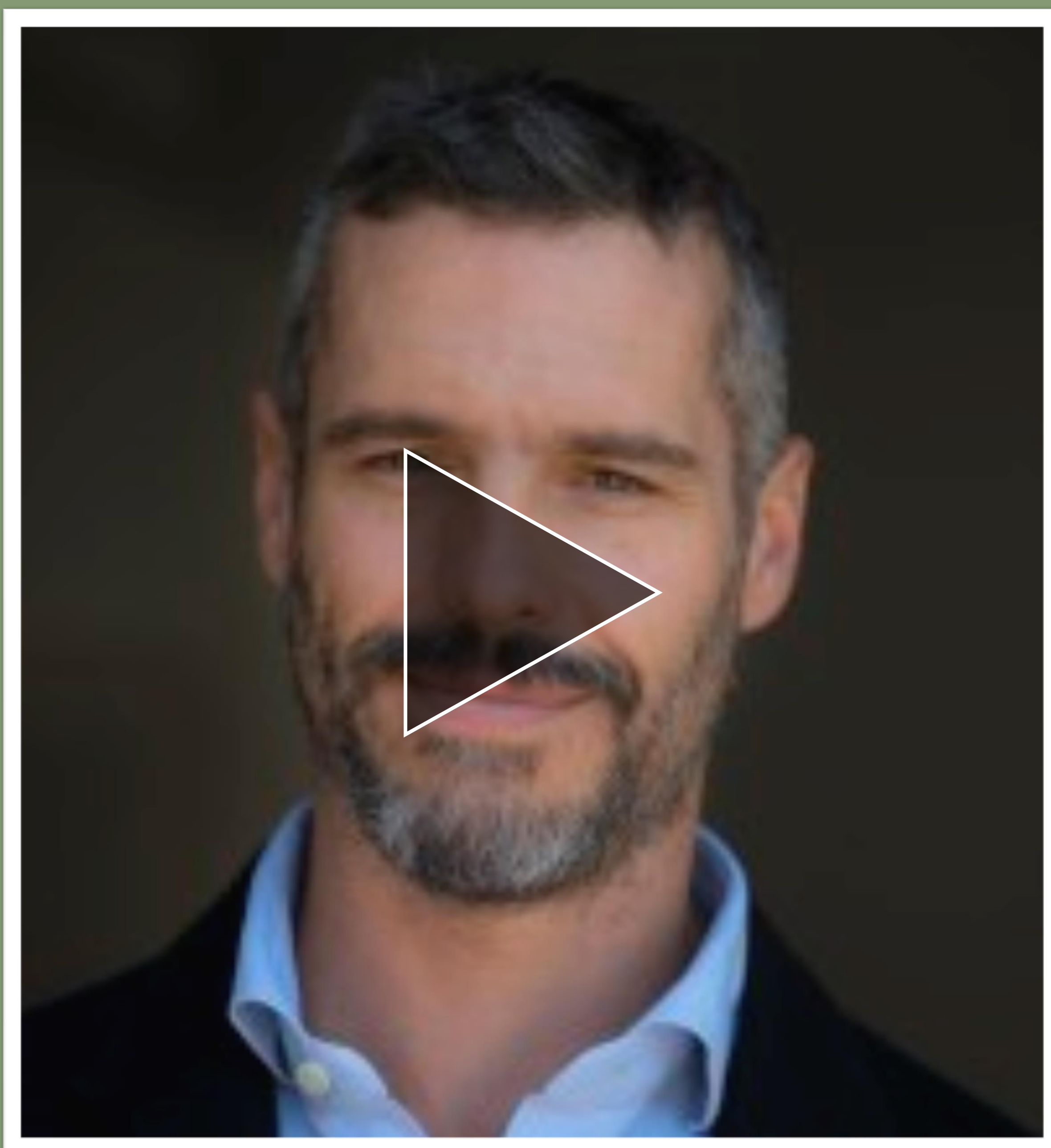


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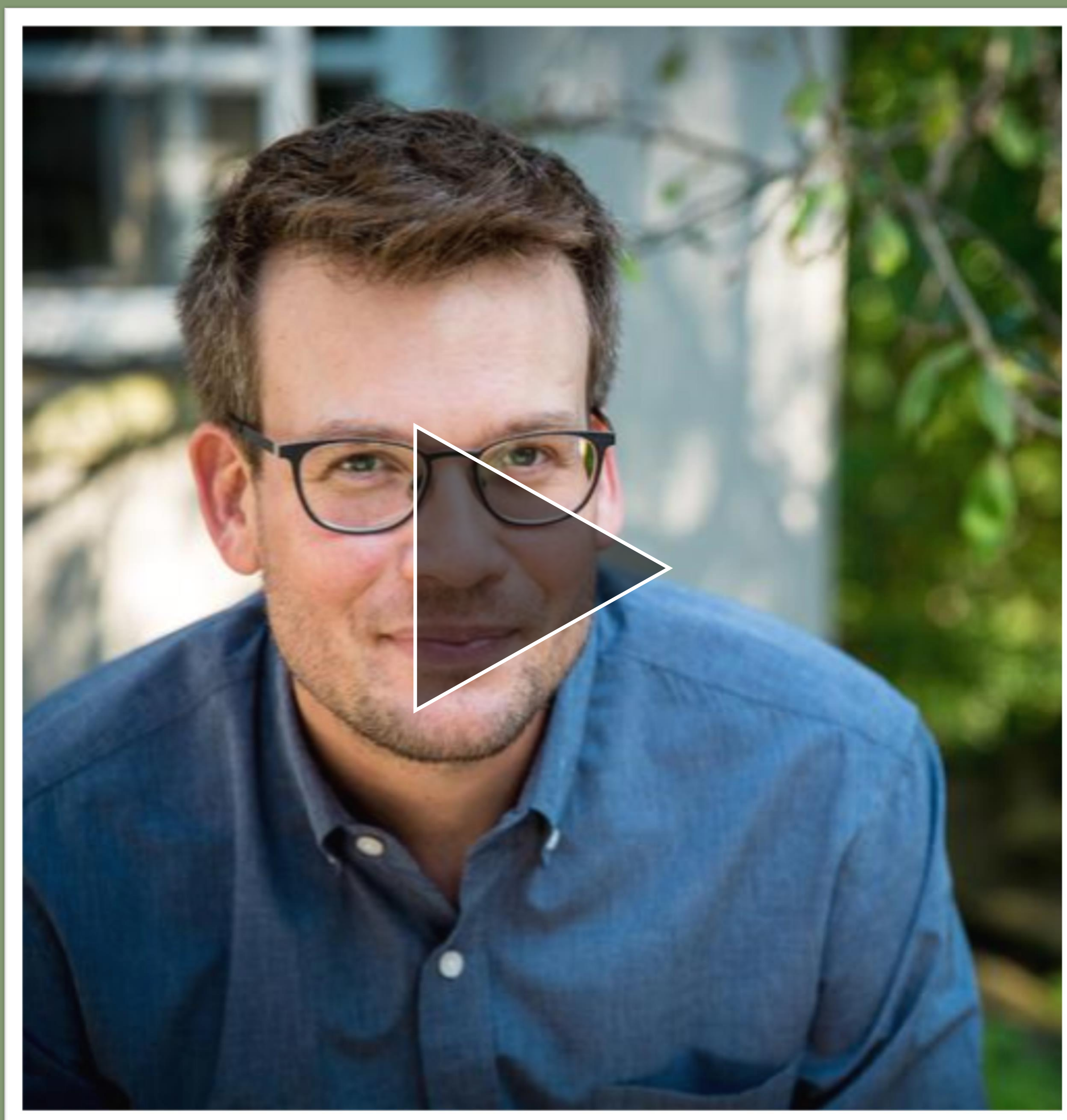


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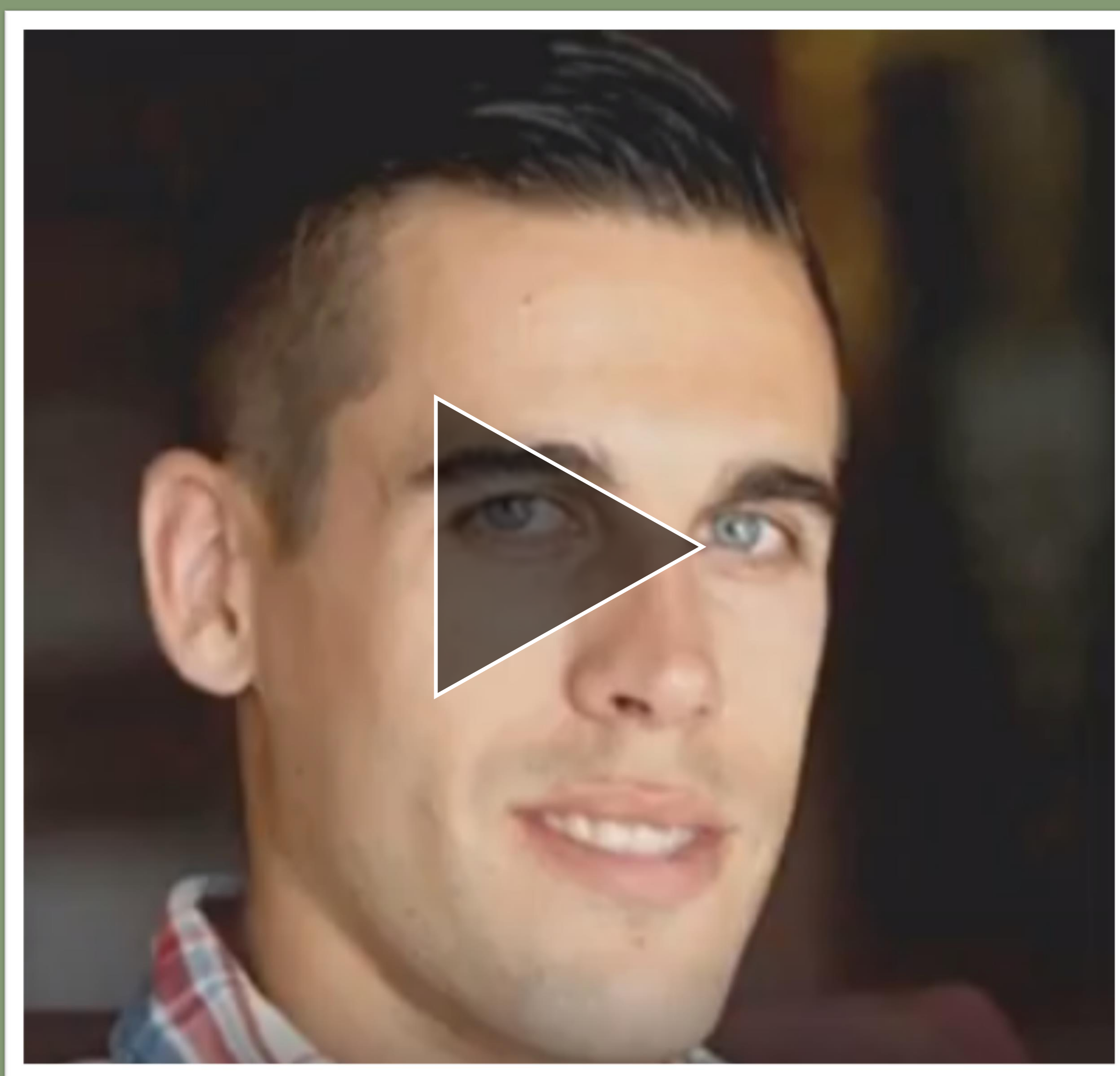


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\*You can now get your own lab tests without a doctor at Any Lab Test Now & similar sties.\*

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- [AVOID FOMO](#)



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# SET ACHEIVABLE GOALS WITH ARINA NIKITINA

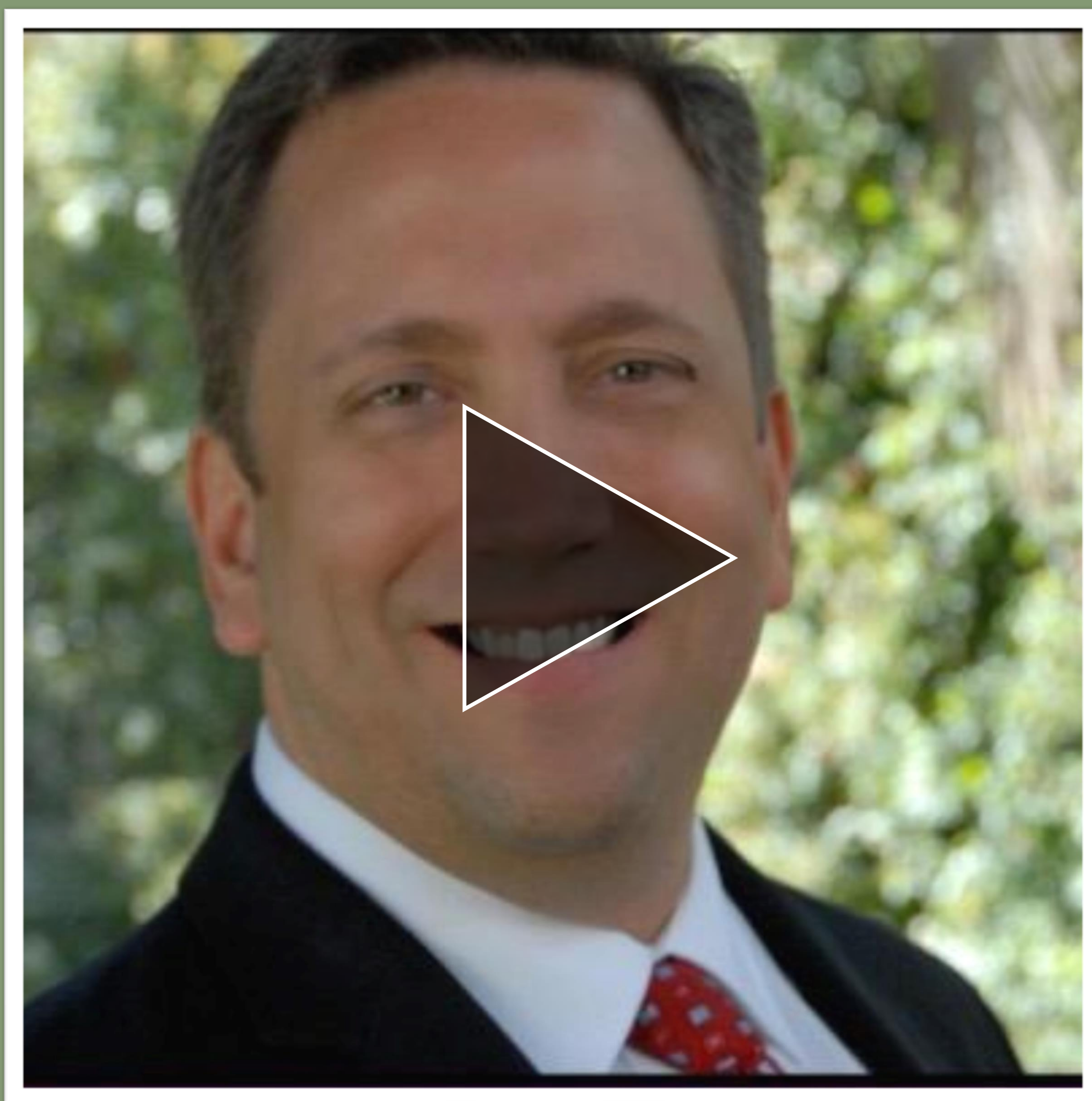


- [AVOID LIQUID SUGAR](#)
- [CHEW YOUR FOOD](#)



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# KNOW YOUR PURPOSE WITH CHRIS LEE



- [LEARN TO FORGIVE](#)
- [MAKE A CHOICE](#)



# FOCUS ON WHAT'S IMPORTANT WITH STEPHEN R. COVEY



- [HOPE FOR THE BEST, PLAN FOR THE WORST](#)
- [KEEP A FOOD/MOOD JOURNAL](#)



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# PRACTICE GRATITUDE WITH DR. RICK HANSON



- [CELEBRATE SPECIAL OCCASIONS WITHOUT GUILT](#)



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# WIN THE MORNING WITH TIM FERRISS



- [STRETCH YOUR MUSCLES](#)
- [TAKE WALKS](#)



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## GET YO' H2O



- [SET ACHEIVALE GOALS](#)
- [EMBRACE THE PROCESS](#)



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# EMBRACE THE PROCESS WITH PRESTON SMILES



- [TAKE THE ART OF PERSONAL SCIENCE CHALLENGE](#)



# THE ART OF PERSONAL SCIENCE

You want to live a healthy lifestyle, but aren't exactly sure how to begin, how to fit it in, or how to make it stick.

I used to be (very) sick & dead-broke & I had to figure that ish out for myself. Now I'm on the other side, formally educated & eager to help you uproot your resistance and figure out the best solutions for your own life.

Darlin', we're a match made in heaven. <3

I got lots of good news for you.

Check it out at [www.theartofpersonalscience.com](http://www.theartofpersonalscience.com).



XOXO,

*Tiffany*

TIFFANY ANNE SMITH  
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INTERNSHIP, FUTURE R.D. (2019)

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