How To Never Forget Your Supplements Again Transcript

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Habit Stacking for Supplements

Good job. You're halfway there. I'm so excited for you. We are on tip number five of ten of how you can live a longer, healthier, more vibrant life. Okay, so I'm going to make this quick, but tip number five is all about habit stacking.

So a lot of people are like, man, I'm not good at taking supplements. I don't take supplements. I'm not. You know, I always forget. So what you want to do is you want to stack your supplements on another habit.

So every time that I make breakfast for the kids in the morning, right after that, the next thing that I do is I'm going to take my supplements. Some people are like, you know what?

I'm going to drink, you know, one glass of lemon juice, water in the morning or lime juice, water in the morning. Like like we just shared. Right. While they're doing that is I'm immediately going to be taking my supplements as well, right.

Well, I'm, I'm in my, in every lunch hour when I'm eating, I'm going to be taking the supplements that are needed to be taken with food at that time. So you stack, you figure out what is the one thing that you do in the day, whether it's drinking coffee or or eating your lunch or dinner, and you stack supplements on top of that.

And it's something that you do every single day. And it's it's like clockwork. After a while. So, next tip is going to be all about novelty.

Introduction to Novelty as a Longevity Strategy

And this is one of the most powerful longevity strategies that you could implement. This is tip number six. I hope you like it. You're doing great. Keep up the good work.

You're, You're well on your way to the ten tips to, understanding how to live a longer, healthier, more vibrant life.