



5. DRINK EARL GREY TEA

Earl Grey tea has some properties that are extremely beneficial in the cold winter months! Besides being a warm beverage, Earl Grey tea is chock full of antioxidants that help fight off oral infections, improve digestion, and decrease anxiety.



6. BUY A SUN LAMP

Missing the summer sun? Bring the heat into your living room! A sun lamp is a form of light therapy designed to imitate natural sunlight, which helps your brain release serotonin and melatonin. These chemicals help regulate your sleep cycle, reduce anxiety, and improve your overall mood.

7. WASH YOUR FACE WITH RICE WATER

There are many natural remedies that can fortify your skin, but did you know that rice water is one of the base chemicals in most commercial skin products? Using fermented rice water to wash your face is a popular Korean home remedy to prevent wrinkling, protect the skin from sun, and reduce dark patches.



8. UNPLUG

Two hours before bed every night, either turn off your phone or put it in airplane mode. The average person spends about three hours and 15 minutes on their phone every day. We all could benefit with a little less screen time simply as a way to stay present. However, unplugging for bed has actually been proven to improve your sleep. The blue-tinted light of the smartphone screen tricks the mind to believing it is still daytime. Consequently, this disrupts the brain's natural production of melatonin, making it more difficult to fall asleep. The easy answer to this? Turn off your phone before bed.



9. SMILE BRIGHTER

Oil pulling, otherwise known as Kavala Graha or Gundusha, is the ancient Ayurvedic practice of swishing plant-based oils in the mouth. Substituting coconut or sesame oil for mouthwash has been known to improve oral health by getting rid of oil-soluble toxins and bacteria that build up in the mouth. Not only will it clean your mouth and brighten your teeth, but it can also strengthen the immune system by stopping toxins from spreading into the body.



10. HONE IN ON YOUR UMAMI

Known as the fifth taste, "Umami" is a Japanese word meaning "delicious and savory." This sense is triggered by foods high in glutamate, such as shellfish, cured meats, cheese, and green tea. Researchers found that experiencing "Umami" got saliva flowing and led to improved digestion.

