



# MARY-ELIZABETH'S FAVES for feeling more alive!

[Disclaimer](#)

**Hey! I'm Dr. Mary-Elizabeth Harmon**

Scientist turned storyteller, caregiver  
and founder of A Village for Life.

Taking care of our health pays us back in spades:

**The better we feel, the better life gets.**

The better we feel emotionally—which is easier when we feel good physically—the better we can access soul guidance, like curiosity, excitement, inspiration, vision and intuition, that can lead us toward lives of our dreams if we follow it. So, ...

**Sleep!**

Sleeping and hydrating are musts for good health. Drink water and check out [this sleep toolkit](#). If all you do is #1 on the list, your sleep will improve.

**Build muscles in minutes.**

The [Four-Minute Workout](#) is a new concept of exercise that revolves around the body's ability to use Nitric Oxide for muscle growth.

**Jump!**

Jumping on my mini trampoline (or [rebounding](#)) is my favorite way of exercising. [This is a good rebounder for a reasonable price.](#) 1-3 minutes a few times a day is enough to start. I like the free videos [here](#) but DON'T follow their nutrition advice.

**Stabilize your blood sugar.**

For nutrition advice, I trust biochemist Jessie Inchauspé (The Glucose Goddess). She offers "hacks" to stabilize blood sugar on [YouTube](#) and [Instagram](#).

My A1C (average blood sugar over the preceding three months) is the best it's been simply by changing the order in which I eat my food (protein and fiber first).

**That's it for Mary-Elizabeth's Faves vol. 1 🙌**

To learn about more resources, [get The Village Dispatch](#).