

My Top 12 Home Health and Wellness Purchases for Happiness and Longevity.

I could go on and on about purchases that have made my life better. From books, to toys, to supplements, to trips, and so on. But when it comes down to it, there are some purchases that are so impactful on our overall health, that they should be researched, budgeted for, purchased, and utilized on a daily basis, for optimal health and happiness. Here is a list of 'non-negotiables' that would make a massively positive impact on your life. I know some of it is expensive, but maybe just trade in your coffee shop habit? - sorry, I won't lecture you in this article... Enjoy!

1. E-Bike: This is definitely my most favorite purchase ever. When you look at the Blue Zones and see what makes these people the longest living and happiest, 'walkability,' is always on the list. They move around more in nature. This is exactly what an E-bike allows you to do. You can get further in less time which increases your chances of doing it. Biking to work during sunrise is my meditative time that changes my whole outlook on the day. Drive less and bike more for happiness and longevity! Do your research on this one. I highly recommend a 'cargo bike' so you can carry more stuff, but whatever suits you best. Surely and Pedago have great cargo bikes.



2. Whole Home Water Filtration System: Hydration is the most important piece of nutrition. Water makes up the majority of our bodies and a clean source is essential for optimal health. Drinking and showering in unfiltered water is most likely accumulating the majority of the toxins in your body of all your lifestyle practices. Adding a whole home water filtration system is an easy way to optimize your

health and actually save some money. It will pay off in the long run by saving on bottled waters, not to mention the hospital bills that dirty water will eventually cost you. We have the Aquasana Whole Water Filtration system at home. [Aquasana Whole House Water Filter System - Carbon & KDF Home Water Filtration - Filters Sediment & 97% Of Chlorine - 1, 000, 000 GI - EQ-1000 - - Amazon.com](#)

3. Vitamix: Big ass shakes are the only way I have found to get all of the nutrition in required to be optimal. If you are going there, makes the shakes badass! A Vitamix is the gold standard for blenders and worth the investment. I have had the same one for over 10 years and it is used multiple times a day for shakes as well as food prep. I do recommend the new Stainless-Steel version of their classic.

Classic Vitamix: [Amazon.com: Vitamix 5200 Blender Professional-Grade, Self-Cleaning 64 oz Container, Black - 001372: Electric Countertop Blenders: Kitchen & Dining](#)

Stainless Steel Container: [Amazon.com: Vitamix Stainless Steel Container, 48 oz: Kitchen & Dining](#)

4. Air Doctor: The only thing more important than quality water is quality air. A good air purifier can filter out pollutants and allergens that are keeping you inflamed. If we all agree that sleep is a non-negotiable, then putting a quality air purifier in the bedroom at night will improve sleep quality allowing you to wake up more rested. That is priceless! [Amazon.com: AIRDOCTOR 4-in-1 Air Purifier for Home and Large Rooms with UltraHEPA, Carbon & VOC Filters - Air Quality Sensor Automatically Adjusts Filtration! Captures Particles 100x Smaller Than Ordinary HEPA: Home & Kitchen](#)

5. Chilipad: Speaking of sleep, the Chilipad is unbelievable for optimizing sleep. Most sleep experts agree that dropping your core body temperature a few degrees at night will help with sleep quality. The Chilipad does just that. You can control your temperature with a water-cooled mattress topper. This is much cheaper than always cranking down your thermostat at night. [Amazon.com: OOLER Sleep System – ME and WE Zones – Cooling and Heating Mattress Pad – Precise Temperature Control, Perfect Sleep Regulation, App and Sleep Schedule Integration \(Half Cal King \(84" L x 36" W\)\): Kitchen & Dining](#)

6. Hatch Restore: The Hatch is the best alarm clock, hands down. Fully controllable light and sounds make waking up actually pleasant. I use mine for reading with red lights at night and the sunrise option to wake up in the morning with Tibetan Bells. Total game changer! [Amazon.com: Hatch Restore - Sound Machine, Smart Light, Personal Sleep Routine, Bedside Reading Light, Wind Down Content and Sunrise Alarm Clock for Gentle Wake Up: Kitchen & Dining](#)

7. Quality Cookware: Assuming you cook a few times a week, quality cookware is a must. The toxic materials in most coated cookware is storing in your body causing disfunction on the cellular level. Every time you cook at high heat, these toxins leach into the food you are consuming. This is very bad!!! Find a quality set that uses quality stainless steel or cast iron. Salad Master cookware is my favorite but there are many good brands out there.

8. Pyrex: Plastics leach into your food just like Teflon and alike. Make the move to glass for storage. The less toxins we accumulate the better off we are going to be. [Amazon.com: Pyrex Simply Store Meal Prep Glass Food Storage Containers \(18-Piece Set, BPA Free Lids, Oven Safe\), Multicolored: Kitchen & Dining](#)

9. Yeti Rambler: This is just a continuation of number 8. Drinking water out of plastic or Styrofoam will contribute to your toxic load. I like the 64oz Yeti due to the size. Two of these a day with some quality sea salt keeps me hydrated clean and mineralized. [Amazon.com: YETI Rambler Vacuum Insulated Stainless Steel Half Gallon Jug with MagCap, Stainless Steel: Sports & Outdoors](#)

10. Yeti Cooler: 99.9% of the time, eating out is bad. You are worse off for it on every level. Yes, there are a few organic cafes and sushi restaurants around that are exceptions, but not many. So, get a good cooler and pack a healthy lunch time to time, in Pyrex. You have the time! It will save you lots of money and inflammation too in the long run! [Amazon.com : YETI Hopper M30 Portable Soft Cooler, Navy : Sports & Outdoors](#)

11. Blue Light Blocking Glasses: They just work! Put them on after sunset and you will sleep better that night. Blue lights are disrupting your sleep and a good pair of blue light blocking glasses will block out the majority of this. Remember, again, that quality sleep is probably the most important piece of the longevity puzzle and anything you can do to optimize it should be done.



I like the Classic Swannies: [Amazon.com: Swanwick: Classic Night Swannies - Premium Blue Light Blocking Glasses - Orange Tint for Superior Blue Light Blocking from Gaming PC, Laptop and Smartphone Screen Glare - Sleep Support: Health & Personal Care](#)

12. Squatty Potty: What would an article be without a piece on pooping? This little stool, no pun intended, puts your body in a more natural position for an epic movement. Like I always say, good sleeping and good pooping are the backbone to a badass day! [Amazon.com: Squatty Potty The Original Bathroom Toilet Stool, 7 Inch height, White: Health & Personal Care](#)

****Quality shoes and mattresses are also totally non-negotiables since you spend over half of your life on them. I just didn't think they were quite unique and novel enough to make the list. But make no mistake, I spend lots of money with no regrets on these two things. Do your research and get a good version of both, often. Essentia mattresses are a good option if you are in the market...*