How do you make you feel better? How do you boost your health in a day? 11 simple suggestions that will make you feel better! We usually think we need money to be healthy. However, in reality you can reverse your life by adding a few new habits to your daily life and feel more healthy and fit. Here, we give you some tips in eleven items to make you feel better.

**How to Make you Feel Better**

In most cases, minerals and vitamins in food products help your body work better. Have you ever tried to whiten your teeth with strawberries? Or would you believe that grape juice can cure your migraine? These are simple examples of natural life that you can easily accomplish without spending to treat your body right and give yourself the value you deserve.

**10 Tips for Feeling Healthier**

1. Do you know the cause of migraine? It is often an imbalance in brain chemicals such as serotonin, and so drinking grape juice will be effective in preventing migraine. Grape juice acts as a protection, not as a painkiller.
2. Keep consuming salmon! Salmon is rich in vitamin D and omega-3 fatty acids, which are necessary to keep your hair and scalp moist. Omega-3 also helps keep hair follicles clean and healthy.
3. Lemon and salt water can accelerate your metabolism by increasing mitochondrial function. Lemon and salt water helps you to produce more energy without the need for calories in the body, and also helps you burn calories faster.
4. If your nails look yellow and you want to whiten them naturally, toothpaste will come to your rescue. Your toothpaste whitens, protects your teeth and can do the same for your nails. Because both are based on keratin.
5. It is important to have your breakfast within half an hour immediately after opening your eyes and drinking lemon and salt water. Even if you don't feel hungry, it's a big mistake not to have your breakfast, especially when trying to lose weight.
6. Collagen or even hydrolyzed collagen cannot penetrate the skin to the point where it binds with other proteins and improve your overall appearance. The best way to combat aging is to take supplements.
7. Something as simple as activated charcoal can whiten your teeth, treat acne and remove unwanted excess oil from your skin. It works in a very simple way; toxins stick to active coal only!
8. Apples act as natural stain removers because they help produce more saliva in your mouth and act as a self-cleaning agent. Fruits such as oranges help to neutralize the acidic structure that causes tooth decay.
9. Coffee is considered unhealthy, but in its purest form it is really quite healthy for you. One of the most important benefits of coffee is to keep the gallbladder healthy.
10. You heard right, there is a connection between the cleanliness of your phone screen and the condition of your face skin. If you do not regularly clean your phone with antibacterial cloths, you will be exposed to more bacteria than you could ever imagine.