



Dr. Oz's 9-Step Daily Wellness Routine

From building better sleep habits to cutting out sugar, dive into Dr. Oz's daily wellness routine to empower you to enhance your overall health and well-being.



Step 1: Optimize Your Morning Routine

Wake up at the same time every day so you can establish a routine.



Step 2: Take Your Supplements

Take your vitamins, including a [multivitamin](#) with methylated [B](#), a mineral combination with [zinc](#), and [omega-3 fatty acids](#) (DHA/EPA).



Step 3: Swap Sugar with Allulose

Have your coffee with [allulose](#) instead of table sugar, to get 70% of the sweetness with only 10% of the calories.



Step 4: Strategize Meal Timing

Balance your hormones and improve your health with intermittent fasting, and don't eat after 8:00 PM.



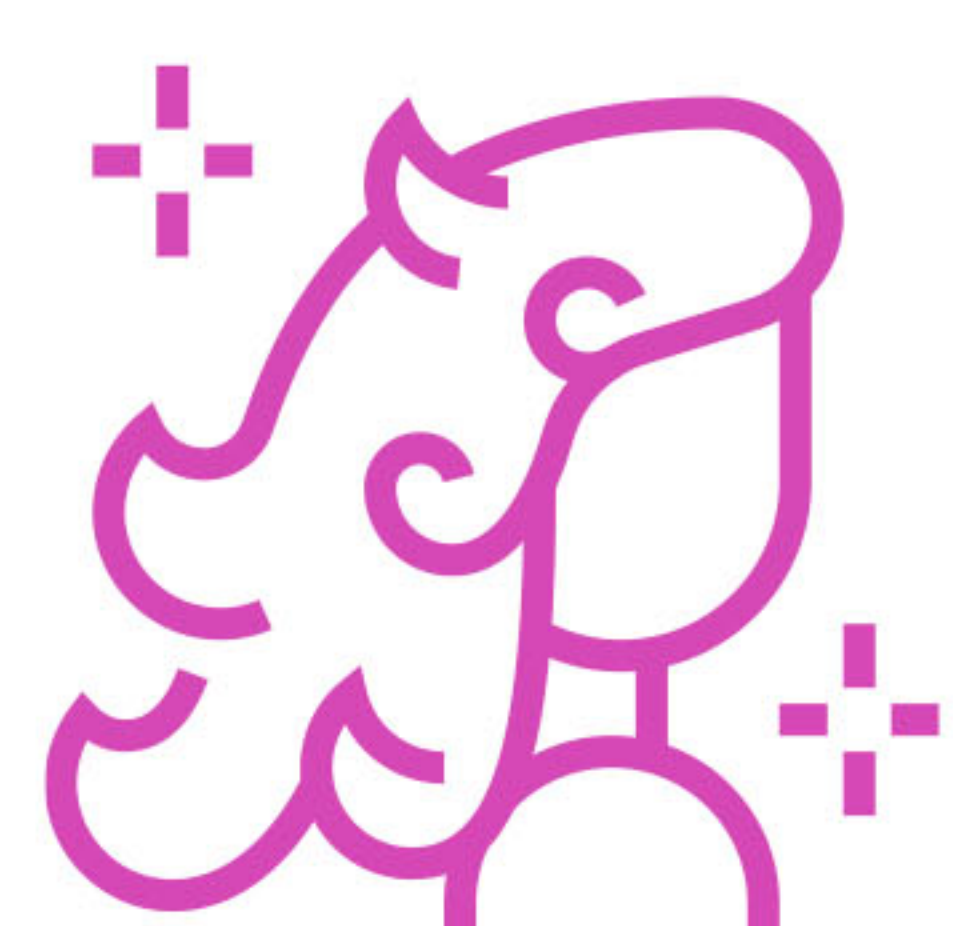
Step 5: Get Smart with Snacking

Wholesome foods throughout the day with limited extra carbs such as [nuts](#), [dark chocolate](#) and [coconut flakes](#) will balance your energy.



Step 6: Track Your Daily Steps and Strength Train

Aspire to walk 10,000 steps daily. Strength training for 30 minutes at least 3x weekly will build lean muscle that burns calories. Eat rich [protein](#) to help rebuild muscle.



Step 7: Take Collagen for Skin and Hair Health

Daily [collagen supplementation](#) is an easy way to help boost the health and appearance of your hair, skin, and nails.



Step 8: Dial in Your Sleep Routine

Try non-caffeinated teas that support sleep, like [chamomile](#) or [rooibos](#). If you struggle to fall asleep, [melatonin](#) can be helpful. Power down digital and TV screens at least 30 minutes before bedtime.



Step 9: Practice Gratitude

Write about any concerns you may have in a worry journal to take them off your mind. Also, write down something that makes you grateful or about a loved one to give you extra purpose to the next new day.