

Forum:[Hack Forums](#)

Thread: [What's a life-improving tip / app you'd like to share?](#)

Lyrical - March 14, 2022, 7:00 am

I'll start out with this one - if you have depression, try St. John's Wort.
Really, trust me.

I've NEVER been one for nature medicine, I'm not alternative in any way or shape, I'm probably a sucker for big pharma.

But St. John's Wort opened up my mind for this type of medicine. I was heavily depressed for 4 years, I tried every single prescription the psychiatrist could offer me, and most of them didn't work. Rightfully, a few did, but with extreme side effects.

With St. John's Wort, I took 2 capsules per day for 3 weeks, and boom - slowly getting my life back. No more crying myself to sleep, none of that stuff.

What's a life-improving tip / app you'd like to share?

xuanyio - March 14, 2022, 7:12 am

Might be a small one but I have a water reminder app. I often go for a while without water and instead just eat or soft drink which are both bad if there is a lot of it. Been drinking 2-3 litres a day for the last 2 years and have never felt better.

N - March 14, 2022, 7:46 am

[Lavish Living](#) and [Zero](#) both use an app to keep track of their gambling habits.

I've seen the improvements it's made in them.

SIM-2502833 - March 14, 2022, 1:15 pm

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It's how I digest mass amounts of books regularly, and it's cheap enough I don't feel like I am being scammed.

I would also recommend people try getting IFTTT, an automation application.

Other than that, quit the pot (I did this by switching to delta 8, then eventually just weaning myself off.) And try and find God in your life.

Lavish Living - March 15, 2022, 3:42 pm

(Mar 14, 2022 07:46 AM)Nixhxlax Wrote: [CITE](#) [Lavish Living](#) and [Zero](#) both use an app to keep track of their gambling habits.

I've seen the improvements it's made in them.

i've almost made it to 3 months for the first time since like 2019.

I always relapse around 1-2 months.

xPow - March 16, 2022, 12:44 am

Paw Paw Ointment - Best for cuts, scrapes and burns

On the app side of things, I think there is a need for Wallet Dump checkers.

If someone has a private key they want to check, provide a secure service to check all possible addresses for a balance and provide the public keys with balances

Not sure how this could be achieved securely

TB12GOAT - March 16, 2022, 6:03 am

Bitwarden password manager. Can't live without it, nearly impossible to properly track credentials for 100+ sites, manage 2FA and store my CC info. Highly recommend.

?OMEGA? - March 16, 2022, 6:13 am

(Mar 14, 2022 07:00 AM)moneyblog Wrote: [\[CITE\]](#) I'll start out with this one - if you have depression, try St. John's Wort.

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Fuck big pharma.

Nature medicine is the best.

I take gotu kola & lion's mane everyday helps me get sharper, better memory, helps on depression & anxiety.

Overall just grows me as a human.

Lyrica - March 16, 2022, 6:29 am

(Mar 16, 2022 06:13 AM)_OMEGA_ Wrote: [\[CITE\]](#) I've always been the other way around and stayed like that.

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I take gotu kola & lion's mane everyday helps me get sharper, better memory, helps on depression & anxiety.

Overall just grows me as a human.
I tried Lion's Mane tincture, and I straight up vomited.

Nullusia - March 16, 2022, 8:59 am

(Mar 14, 2022 01:00 PM)James Wrote: [\[CITE\]](#) A tip I have is for those who find themselves not wanting to make their own meals or often ordering take out/junk food. Check out Huel. It's a nutritionally perfect meal in a drink. One of the best changes I made to my diet.

I've seen so many ads about this, but never looked into it. Never known someone who actually used it, is it actually worth? What benefits have you experienced? Pricing?

Nullusia - March 16, 2022, 10:21 am

(Mar 16, 2022 10:15 AM)James Wrote: [\[CITE\]](#) To give you a bit more context, over the past year and a half, I've found myself more often than not ordering food on uber eats, grabbing pizza, etc., and just generally eating very unhealthily because I didn't want to cook and couldn't be bothered to cook. I'm not fat or overweight though.

Now, in the evening, instead of opening uber eats and ordering a pizza, I go to the fridge, grab a Huel, and drink that instead. It fills me up for that meal and leaves me feeling good and not feeling sluggish.

For one of the first times, I now consume balanced, nutritionally complete meals. They leave me feeling like I have more energy in the day. They save me time instead of cooking. They save me money when compared to the cost of ordering food.

The only downside to Huel is that the Huel Ready To Drink (which I get) can be kinda expensive, but compared to ordering food each evening, it's an improvement.

I hear of people who replace their entire diet with Huel. I don't think I could do that, I still like to have some real food during the day (sausage sandwich in the late morning).

I think of their target audience as people who don't want to spend time cooking but still want to consume a good, nutritional meal.

Damn thats crazy. Thanks for the insight, its nice to get an actual persons opinion on Huel other than just seeing the constant ads on my IG feed.

But from a fitness/gym point of view, especially for someone like myself, I've heard that liquid calories due to the composition are not as effective as wholemeal calories. Do you know much about this at all?

Nullusia - March 16, 2022, 10:29 am

(Mar 16, 2022 10:24 AM)James Wrote: [\[CITE\]](#) I don't even understand that question lol, I'm the wrong person to ask.

I guess I've heard that eating 5 bananas is different to blending 5 bananas as a smoothie and doing that. Something to do with liquids being absorbed much faster than solids and semi-solids, meaning you get an insulin spike that's much sharper. I haven't looked into it enough to understand it in more detail though.

afolabi - March 16, 2022, 12:04 pm

(Mar 16, 2022 10:29 AM)Nullusia Wrote: [\[CITE\]](#) I guess I've heard that eating 5 bananas is different to blending 5 bananas as a smoothie and doing that. Something to do with liquids being absorbed much faster than solids and semi-solids, meaning you get an insulin spike that's much sharper. I haven't looked into it enough to understand it in more detail though.

my leg is wide open give it to me please

Handsome - March 16, 2022, 4:06 pm

(Mar 14, 2022 01:15 PM)MrMcShroom Wrote: [CITE](#) try and find God in your life.

Best advice so far. People who are religious live longer lives, they're also usually happier.

DashPHP - March 16, 2022, 10:36 pm

Intermittent Fasting and Cold showers have genuinely changed my life..

I sit my ass on my PC 18 hrs easy, Intermittent fasting helps you moderately eat and it has a TONNE of amazing internal benefits. I personally have fasted over 13,500 hours in the last 2 years. avg 17hrs a day.

I have also opted in for Cold showers since the start of 2022. It was by accident though, the boiler stopped working for a week and i just hated the fact i would waste time dreading the cold water. I did some research and it turns out, cold showers has amazing benefits to it. I've been doing cold showers ONLY since the start of 2022. (75ish days) very happy with the results thus far.

I feel so fkin amazing... Despite working 18 hrs a day on my dream.

CryptoExotics - March 16, 2022, 10:39 pm

Honestly? Any todo list app

BL4CK98 - March 17, 2022, 1:19 am

Never give up on what you have started you will regret it later.