

# Conor Essential Health tips

## Face moisturiser

- Beef tallow
- castor oil

## cooking

- pans use stainless steel or cast iron
- Oils use butter, tallow or olive oil

## essential daily habits

- Sunlight before screen light
- get 10-20 mins of sunlight on your skin to boost vitamin d levels
- Nose breathing

## essential supplements

- Vitamin C & D for a good immune system
- Zinc for guys
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## Home changes

- Use incandescent lights over led and halogen
- get a red light filter on phone and computer screens

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Revision #4

Created 12 April 2025 12:54:53 by Conor

Updated 14 April 2025 23:21:12 by Conor