

BOOST YOUR ENERGY

20 Natural Ways To Boost Energy

22 Energy Promoting Foods



Table of Contents

Are You Drowning In A Sea Of Fatigue	1
20 Natural Ways To Boost Energy	2
Get The Blood Flowing.....	2
Don't Skip Meals.....	2
Unplug.....	3
Reduce Stress and Deal With Anger	3
Increase Your Magnesium Intake.....	4
Eat An Energizing Snack	4
Have A Cup Of Coffee	5
Use Your Nose	5
Go Yoga!.....	6
Get Consistent Sleep.....	6
Sit Up Straight	6
Eat Fish	7
Get Some Sun	7
Stand Up.....	7

Keep Blood Sugars Stable	8
Meditate For 5 Minutes	8
Power Nap.....	8
Listen To Music.....	9
See Your Doctor For A Physical	9
Take Care Of Yourself	9
22 Energy Promoting Foods	10
Eat Whole Food	10
22 High Energy Foods	11

Disclaimer: This publication is for informational purposes only and is not intended as medical advice. Medical advice should always be obtained from a qualified medical professional for any health conditions or symptoms associated with them. Every possible effort has been made in preparing and researching this material. We make no warranties with respect to the accuracy, applicability of its contents or any omissions.

Are You Drowning In A Sea Of Fatigue

All of us at one point or another have felt tired. We live in a hectic world, where we are rushing from one place to the other, we are overwhelmed at work, and with home responsibilities and many of us rarely have the time to really relax and rejuvenate. Add to this the everyday stressors, and pressures, and it's the perfect storm of exhaustion, which ironically, eventually leads to diminished productivity.

One of the most important parts of being generally well, and enjoying a high quality of life is having energy, and this means energy to not only perform various duties, such as work, but also energy to enjoy life on a day-to-day basis, instead of dropping on the couch like a ton of bricks after work because we are absolutely spent and cannot fathom doing anything but watching television.



Is this really the life we want or deserve?

There are many things you can do to boost your energy, and live a higher quality of life, read on to learn more.

20 Natural Ways To Boost Energy

Get The Blood Flowing

Experiments (Thayer, et al) conducted at California State University found that something as simple as a brisk 10-minute walk boosted energy levels, and the effects lasted as long as two hours. Any physical activity promotes blood flow and circulation and physical activity in general greatly increases energy.

There are many things you can do to move at various times throughout the day

- Stretching
- Take a quick walk
- Sit ups
- Jumping jacks
- March in place
- Climb stairs
- Do 20 squats
- Dance around
- Mop the floor



Don't Skip Meals

Many studies have found that those who eat breakfast enjoy a better mood and more energy throughout the day.

Skipping meals only depletes your body of the fuel it needs to run efficiently so make sure to eat regularly throughout the day, and choose whole clean food that will give your body the nutrients it craves and needs to function at its best.



Unplug

Phone, tablet, PC, MAC, laptop, notebook, we spend much of the day staring at one screen or another. This completely zaps energy!

Take a break from tech, and just unplug. Take a walk outside, breath fresh air, meditate or simply sit with your eyes closed, and get away from all screens for at least 10 minutes a few times each day.

Reduce Stress and Deal With Anger

A big part of stress is anxiety, and anxiety greatly drains energy. Chronic stress not only causes physical exhaustion, it also drains the mind and depletes the spirit.

Getting stress under control is one of the most important ways to get your energy to optimal levels, and have it be so consistently.

There are many ways to get stress under control:

- Meditation
- Deep breathing
- Mindfulness Based Stress Reduction
- Living in the moment (mindfulness meditation)
- Exercise
- Yoga
- Relaxation
- Working less
- And many others



Increase Your Magnesium Intake

Magnesium is required for more than 300 biochemical reactions within the body, one of which is the breakdown of glucose into energy.

It is possible that you may have a magnesium deficiency if fatigue is a constant problem, ask your doctor. Women need 300 milligrams and men need 350 milligrams daily.

Food sources rich in magnesium

- Hazelnuts, cashews and almonds
- Bran
- Halibut
- Dark leafy greens
- Beans
- Avocados
- Bananas
- Dark chocolate



Eat An Energizing Snack

A combination of a protein and a carbohydrate is a good source of energy. A good ratio is 3 carbs to 1 protein or 4 carbs to 1 protein, for example:

- A protein powder shake with fruit
- Rice cakes with turkey breast slices
- Small piece of chicken with a side of beans
- Low or nonfat yogurt with a banana
- Whole grain pasta with tomato sauce and lean ground beef

Have A Cup Of Coffee

Caffeine will give you a quick energy boost, and it has many other benefits for health. Just don't overdo it as too much caffeine actually does the opposite.

Use Your Nose

The power of smell is powerful, it can conjure up memories from 20 years ago, and it can give you a great energy boost.

Get a quick recharge by sniffing some freshly cut citrus fruits, including lemon, lime, orange, and grapefruit. Fresh herbs like rosemary also work great.

Of course, essential oils used in aromatherapy for energy renewal are plentiful including:

- Orange Oil
- Eucalyptus Oil
- Cedarwood Oil
- Grapefruit Oil
- Peppermint Oil
- Spearmint Oil
- Cinnamon Oil
- Basil Oil
- Lemon Oil



Go Yoga!

Yoga as a mind-body exercise may just be especially effective for boosting energy. A British study found that one session of yoga per week for six weeks found subjects with improved energy, more confidence and clearer thinking and focus.

Besides the energy boost, yoga offers more than 80 health benefits for mind, body, and spirit.



Get Consistent Sleep

Get at least 7 hours of sleep each night, and go to sleep and wake up at the same time everyday so that your body becomes accustomed to the routine. Better rest at night, means more energy during the day.

Sit Up Straight

A shift in posture rewards you with an instant energy boost; this is because when we sit, the neck, shoulders and head are typically slouched forward bending blood delivery arteries out of shape and restricting blood flow to the brain.

Furthermore, a misaligned posture wastes energy because the muscles need to do the work of the bones. Ergonomics of office chairs is based on some of these principles.

It is very important to keep the posture properly aligned at all times to avoid high levels of fatigue.

Eat Fish

Fatty fish contains heart healthy Omega-3 fatty acids, which were shown to boost alertness levels in a 2009 study from the University Of Siena, Italy. The subjects in the study who took a fish oil supplement for 21 days had faster cognitive reaction times and more energy and vigor.

Get Some Sun

Sunshine energizes the body and also increases positive mood. According to, Dr. Lorraine Maita, author of *Vibrance for Life: How to Live Younger and Healthier in Short Hills, New Jersey*, all you need is to get out of the house or office for 15 minutes a day and get some sun on your skin.

Stand Up

According to Dr. Moshe Lewis M.D., of the California Pacific Medical Center sitting too long causes blood vessels to constrict, which depletes energy and causes undue fatigue.

This is something that often plagues those who are stuck at a computer or desk for hours at a time.

Standing up, and strolling around, even it is just for 5 or 8 minutes gets the heart and muscles going, making your feel more energized and improving productivity.



Keep Blood Sugars Stable

The customary 3 big meals a day may be draining you of energy. Instead of eating 3 big ones, try eating very small meals every three hours, as this helps keep blood sugars stable, and provides you a steady flow of nutrition based energy throughout the day.

Additionally, eliminate simple carbs, like sugars and white starches and always choose whole grains, as they are slower to digest and do not cause a flood of sugar to hit your blood stream.

Meditate For 5 Minutes

Mediation is not only relaxing, it also promotes clarity of mind, which is often the reason why fatigue hits during long days at work, hours of studying and other mind bending activities. Clearing your mind will give you an unbeatable energy boost, and will allow you to think more clearly.



Power Nap

Many studies have found what most of us already knew that overwork, information overload, and pushing the brain too hard can really drain our energy.

Multiple studies conducted by the National Institutes of Mental Health found 60-minute power naps to eliminate the effects of information overload, and improve cognitive retention. For many, even 10 minutes can be more than enough to recharge the brain and body.

Listen To Music

Music is very powerful, it can stir emotions, help us process feelings, boost our moods, and, yes it can energize us. There is a reason why fitness classes blast heart pumping tunes, because it motivates people to move, and in this same way, a jazzy upbeat tune can wake you up and reenergize you anytime you need it.

See Your Doctor For A Physical

If you suffer from constant fatigue, even when you get good sleep, there may just be a medical reason and so it is important to see your doctor for a complete exam, including blood work.

For women, thyroid problems can cause unexplained fatigue. Anemia can be another cause, where a reduction in red blood cells prevents the necessary flow of oxygen that is responsible for sustaining energy.

Take Care Of Yourself

Are you run down because self-care is the last thing on your to-do list?

If this is the case, you really need to evaluate your overall lifestyle, and make self-care a top priority, and why not, don't you deserve it?

Healthy diet, stress management, regular exercise, more relaxation, and addressing your own personal wellness needs can go a long way to improving how much energy you have throughout your days and how well you feel in general.



22 Energy Promoting Foods

Eat Whole Food

First, foremost and likely most important is to ditch the fast food and processed junk that provides no nutritional value, and therefore does not promote natural energy within your body or your mind.

Whole food is unprocessed and clean, and gives you only that which was intended by nature to fuel your body, and nourish your mind.

This means...

- Having a broiled chicken breast instead of chicken nuggets
- Grilled fish instead of versus fish sticks
- An apple instead of apple pie
- Strawberries instead of strawberry pop tarts
- Whole fruit instead of cereal bars
- Butter instead of margarine
- Brown or wild rice instead of white rice
- Whole grain bread instead of white bread
- Whole fruit instead of fruit roll ups
- Oranges or 100% pure orange juice instead of Sunny Delight or Tang
- Corn on the cob instead of corn chips
- Baked potato instead of potato chips
- Raw or grilled onions instead of onion rings
- Whole berries instead of preserves
- Black coffee instead of Mocha Frappuccino



22 High Energy Foods

1. Almonds (magnesium)
2. Greek yogurt (protein)
3. Black beans (carbs and protein)
4. Edamame (protein)
5. Whole grain high fiber cereal
6. Pumpkin seeds (protein, healthy fats, and fiber)
7. Goji Berries (help reduce stress, boost mind energy and blood circulation)
8. Eggs (protein)
9. Guarana Berries (natural caffeine)
10. Sweet Potatoes (carbs, vitamin A, vitamin C, iron, and other minerals)
11. Avocados (healthy fats)
12. Coconut oil (medium chain triglycerides)
13. Quinoa (amino acids, protein, folate, magnesium and phosphorous)
14. Bananas (fiber, B vitamins, and potassium)
15. Air-Popped Popcorn (whole grain carbs)
16. Asparagus (B vitamins, fiber)
17. Kale (L-tyrosine, antioxidants and fiber)
18. Hummus (fiber and protein)
19. Steel Cut Oatmeal (fiber and whole grain carbs)
20. Pistachios (protein, fiber and healthy fats)
21. Salmon (protein and omega-3 fatty acids)
22. Peanut Butter (protein, healthy fats and fiber)

