

12
ENERGY
BOOSTING
TIPS

NO CAFFEINE
REQUIRED

FEEL HEALTHIER, LIGHTER, BETTER!

WHEN WAS THE LAST TIME THAT YOU FELT 100%?

Are you fed up with feeling tired all the time? This is actually a term called TATT. The stresses and pressures of modern life have left many of us feeling exhausted, overwhelmed and with little time or energy to take care of ourselves. Now our bodies are beginning to pay the price.

Sure, that chocolate bar or cappuccino might make you feel great for, ooh, about five minutes, but after that quick high wears off, you'll crash and burn and feel even more drained.

So what's the secret to long lasting energy and keeping sluggishness at bay? Simply follow these 12 fatigue fighters to put a spring back into your step.

TIP 1 EAT A NUTRIENT RICH DIET

The first step to boosting your energy is a healthy, nutrient rich diet. Your body needs nutritious food as fuel to work efficiently.

So that means filling up on lots of protein, healthy fats and fibre, which take longer for your body to break down, ensuring you have a consistent dose of energy throughout the day.

Eating protein (meat, fish, eggs, dairy products, tofu, lentils, chickpeas, beans, nuts and seeds) is also a great way to stabilise blood sugar levels. Pair this with leafy greens and cut back on starchy carbs (white potatoes, white pasta, white rice and white bread) for a new, improved energised you.

Eating a healthy nutrient rich real food diet (leave the processed food alone!) means also that you are taking care of your gut microbes, which are very important in energy production.





TIP 2

DON'T FRUIT BOMB YOUR SNACK TIME

When we're trying to be healthy, it's easy to think that knocking back tons of fruit will do us a world of good. But while you need some naturally occurring sugar in your diet (as opposed to the dreaded 'added sugar', which is in EVERYTHING), fruit bombing yourself at snack time could actually make you more tired. This is because the older we get, the harder it is for our bodies to break down the fructose in fruit, which, unmetabolised, stays in your system and slows it down, making you feel lethargic.

To avoid this, pick one piece or serving of high water content fruit, like watermelon or blueberries. Team this up with some nuts to balance the sugar.

While on the 'S' subject, filling up on sugary treats when you're tired isn't doing you any favours. It's just going to make your blood sugar shoot sky high followed by an inevitable crash, which will leave you feeling worse than ever. Avoid it as much as possible and your body (and sanity) will thank you!

TIP 3

INVEST IN SUPERFOODS

Remember no one single food is super on its own, it is about getting a variety of nutrients from a variety of nutrient rich foods.

So when we talk about superfoods, we mean nutrient rich foods which have antioxidant and anti-inflammatory properties, bringing a host of health benefits including regulating blood sugar levels, and boosting your energy.

Foods containing plant chemicals called flavonoids – in particular quercetin have been shown to help regulate blood sugar levels, and consequently energy levels. Foods with these flavonoids include berries, grapes, tomatoes, broccoli, kale, citrus fruits, green tea to name a few. A lot of these foods also contain vitamin C, very important for energy as it aids the absorption of iron and protects cells from chronic stress.

Lignans are antioxidants that help neutralise the free radicals produced when you're under stress. Flax and sesame seeds contain the highest levels, but lignans are also found in cruciferous vegetables like broccoli and cabbage, asparagus, apricots and strawberries. They are linked to promoting good cardiovascular health as well blood glucose metabolism.



TIP 4

MAKE VITAMINS VITAL

Some vitamins and minerals are particularly useful when you want to boost your energy levels, because they help you get a handle on stress. And as anyone feeling stressed out will know, emotional exhaustion can be just as crippling as physical tiredness. As well as making you feel low, anxiety and depression drains your energy and affects your sleep patterns, making you feel more tired when you're awake. Counteract the fatigue by stocking up on the following:

B VITAMINS

eggs, leafy greens, legumes, nutritional yeast, fortified cereals.

MAGNESIUM

brown rice, quinoa beans, nuts, seeds, leafy greens, avocados, dark chocolate

VITAMIN E

nuts (especially almonds and peanuts), sunflower seeds, olive oil, avocado, green leafy vegetables, salmon, rainbow trout.

VITAMIN C

cherries, red peppers, kale, parsley, broccoli, Brussels sprouts, watercress, cauliflower, cabbage, strawberries, spinach, oranges, lemons, mangoes, asparagus.



TIP 5

SWAP 'ENERGY' DRINKS FOR INVIGORATING HERBS

Want to feel more energised? Brace yourself - it's time to ditch the coffee, Diet Coke and energy drinks. Caffeine in small amounts can improve alertness but overuse will likely cause energy crashes and disturb sleep.

Instead one herb that could help is ashwagandha, an Ayurvedic herb, which helps us handle stress better by cutting back on the adrenaline the body produces and reducing the 'fight or flight' response we get when we're anxious. It's also been known to help relieve depression (a big drain on energy), stabilise blood sugar and reduce inflammation.

Eleuthero (Siberian ginseng) is another clever herb that not only helps the body to use what energy it has more effectively, it also boosts stamina, reduces tiredness and is a powerful antioxidant.

NB. Avoid eleuthero if you have high blood pressure.





TIP 6

JUST QUIT

Both alcohol and nicotine disrupt the body's natural balance.

Alcohol interferes with sleep quality, hydration and blood sugar levels, leading to fatigue. Nicotine may initially give a short energy boost, but later causes energy crashes and reduces oxygen flow due to blood vessel constriction.

Cutting back on both alcohol and nicotine (quit it out completely if you can) will help restore better sleep, oxygen circulation, and metabolic balance, leading to more consistent, natural energy throughout the day.



TIP 7

DRINK WATER

Dehydration is one of the biggest causes of tiredness. When you think about it, your body is about 60% water, so you need to keep topped up to make sure it's working efficiently.

Aim for 2 litres a day of filtered water (that way you're not filling your body with chlorine and fluoride from tap water, which can play havoc with your body). Hate the taste of water? Try adding a small piece of fruit or vegetable, like a slice of lime, cucumber, strawberries to add a little flavour. Beware of most shop bought fruit juices as they are full of added sugar so it is not advised.

TIP 8

GET MOVING

Yes, we know, having a workout is often the last thing on the to-do list when you're run down and low on energy. Sticking to a regular exercise routine is one of the easiest ways to beat fatigue and feel full of zest.

When your body becomes more active, internal mechanisms like metabolism and blood flow speed up.

It's as if you're waking your body up from the inside! Getting your heart rate up also helps produce those lovely endorphins, the happy hormones that trigger a positive feeling in the body.

Make a regular movement routine, pick something you enjoy, whether it's a walk in the park, a long woodland hike, some light jogging, a cycle or a swim. If you love to dance, that's a great movement practice too!





TIP 9

FOLLOW THE SUN

The body makes vitamin D from sunlight, and a lack of it can make you feel lethargic, sleepy and less motivated to exercise or make healthy food choices. The so-called ‘sunshine vitamin’ is vital for keeping energy levels high, and one of its many roles is to help with regulating mood, boosting immune function, and reducing inflammation and pain, which is bound to make you feel a bit better in yourself.

We should get outdoor time every day (yes, really!) to get

the ‘white light’ on our skins to boost serotonin levels and release a supply of the ‘happy hormone’. That can be from walking, gardening, playing with the kids in the park, whatever it takes to get some sunlight on your body.

The downside of getting older is that your body is less efficient at making vitamin D than in your younger years, so you might want to ask your GP about getting your levels tested to see whether you need to supplement.

TIP 10

HAVE A DIGITAL DETOX

When we're feeling tired and drained, it's harder to take proper care of ourselves.

We tend to isolate ourselves from the things and people that make us feel good. We stay in more and spend hours glued to the TV, our phones and tablets.

But physically disconnecting from the real world can actually make us feel worse and even more tired! So while you might not feel like leaving the comfort of your sofa and going out, it's one of the easiest ways to boost your mood and feel energised.

Ask yourself: Am I looking after my emotional health? Am I eating more junk food, drinking alcohol and not exercising? Am I spending excessive time online instead of seeing people?

It is easy to reverse these behaviours and feel better. You just need to switch off the telly and put down the wine glass, phone and/or tablet and go surround yourself with positive people.





TIP 11

PRIORITISE SLEEP

It's obvious, right? If you haven't slept well, you're going to be tired. And when your sleeping patterns are out of whack, it puts stress on the adrenals, which can lead to brain fog and more serious health problems. Sleep is when the body restores itself and melatonin levels rise, aiding in the body's natural sleep cycle. Aim for eight hours a night if you can.

If you're struggling to fall asleep, some foods which could help include almonds, walnuts, turkey, tart cherry juice, kiwi, chamomile tea.

Introduce a bedtime routine to calm the mind ready for sleep – that means switching off all electronic devices ideally at least an hour before bed, practice some meditation, journal your thoughts or read a few pages of a good book. You'll soon find your eyelids getting heavy and you'll drift off into the Land of Nod.



TIP 12 CONSULT AN EXPERT

If you feel you're doing everything right and yet you're still exhausted, I'd love to help you get your energy levels back. There can be many reasons why you're struggling with tiredness and fatigue, and we can address the imbalances. I work with clients just like you to get to the root of the problem and help them put in place the diet and lifestyle changes needed to be on their wellness path to achieving optimal health and feeling great!

I warmly invite you to book a free introductory consultation with me to discover the first steps you can take to get back on track.

Let's Fine Tune Your Body and bring you Intrasympphony!

Laminn