

BOOSTING *your energy* NATURALLY

AN EDUCATIONAL HANDOUT ON ACHIEVING ENERGY AND VITALITY



I hear many people saying, “I’m tired all the time”, “I can’t seem to get going in the morning,” or “I’m exhausted by mid-day.” People everywhere complain about feeling tired and not having enough energy. Our society is burned out, fatigued, overstressed, and over stimulated. The good news is proper nutrition plays a very big role in our energy levels. By eating regularly and choosing the right foods you can increase your energy dramatically. Regular exercise and sound sleep are

also important factors that should not be taken for granted.

Everyone wants to feel the mental alertness, motivation and drive that we felt in our youth. Unfortunately, most people seek a quick fix like caffeine, sugary snacks and energy drinks that leave us feeling more depleted just a few hours later. Examining all aspects of your life will help you determine where you may be able to either add or remove the things that are zapping your energy. Working with a Holistic Nutrition and Health Coach, may help you find strategies to put into effect immediately that will make a huge difference to your overall well-being and overall sense of energy and vitality.



What is *Energy & Vitality* ?

Energy: n 1) the capacity for vigorous activity; 2) Often an exertion of energy; effort; 3) forcefulness of expression; 4) Physics. the capacity to do work; 5) a source of useable power, as fossil fuel

Vitality: n 1) exuberant physical or mental vigor; 2) capacity for survival or continuation; 3) power to love or grow

The goal of optimal health is to feel younger while growing older!

WHAT TO EAT

for HIGH ENERGY



***Eat nutrient dense whole food.** It will keep you off the blood sugar roller coaster and provide you with sustained energy all day long.

***Eat protein at every meal.** It naturally activates the body's satiety mechanism. You are less likely to overeat which will help avoid the post meal slump.

***Add fiber to your diet.** At least 25 to 35 grams a day! It will keep you feeling full and satisfied and will keep your blood sugar levels steady throughout the day.

***Kick the sugar habit!** Sugar is one of the biggest energy zappers. If you crave sweet add fruits to your diet which are naturally sweet and high in fiber.

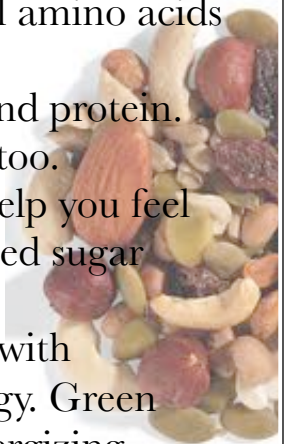
HIGH ENERGY SNACKS

◆**Whey or Hemp Protein Shake** Whey is one of the most absorbable sources of protein in the world and contains all the amino acids a body needs for balance. Hemp is a plant protein that also contains all the essential amino acids and is an excellent source of calcium and iron!

◆**Seeds** are incredibly rich in essential fats, minerals, vitamin E and protein. No wonder so many animals eat them! Trail mix is a great choice too.

◆**Nuts and Nut Butters** have protein, fiber and minerals and help you feel full and stabilize your blood sugar. Watch out for butters with added sugar though!

◆**Wheat Grass Shot or Greens Drink** Wheat grass is loaded with chlorophyll and can contribute to a feeling of well-being and energy. Green drinks are low in calories and packed with nutrients. They are energizing, alkalizing, detoxifying and immune enhancing.



Don't hold onto anger hurt or pain. They steal your energy and keep you from love. - *Leo Buscaglia*

my favorite energy snack:

ENERGY balls



- 1 c whole raw almonds
- 3/4 c raw pumpkin seeds
- 3/4 c of raw sunflower seeds
- 1/2 c hemp seeds
- 2 c dried cranberries (or raisins or, 1 c of ea)
- 2 tablespoons maple syrup
- 1 tsp vanilla extract
- 1 tsp nutmeg (I uses cinnamon)

- 1/2 c of coconut flakes for coating



Place the nuts and seeds in a food processor and pulse until coarsely ground. Add the dried fruit and pulse again 3 to 4 times then add the maple syrup vanilla and spices. Continue to pulse until the mixture begins to stick together. Roll the nut and fruit mixture into balls. (if not sticking add a bit more syrup). Roll the nut and fruit balls in coconut flakes to coat. Store in airtight container. Makes 20 balls

- ♣ Meditation
- ♣ Aromatherapy
- ♣ Listen to Upbeat Music
- ♣ Get a Massage
- ♣ Dance to your Favorite Song

5 simple

ENERGY

restorers



10 tips TO INCREASE YOUR ENERGY *naturally*



- Get physically active!
- Fit in fresh air and sunshine everyday.
- Get more sleep, rest and relaxation.
- Drink ample amounts of fresh water throughout the day!
- Eat every 3-4 hours (add a little bit of protein to avoid the spikes in blood sugar).
- Reduce or eliminate caffeinated beverages from the diet.
- Consider a dietary supplement with B12 such as **Isagenix Ionix Supreme**.
- Read labels and avoid added sugars in your foods, especially salad dressings, condiments, tomato sauce and breakfast cereals!
- Focus on foods that are alive. They have life force, which gives you natural energy.
- Consider Panax Ginseng for Cognitive Performance Improvement considered to be the “energy herb” in many parts of the world.

Most people spend more time and energy going around problems than trying to solve them.

Henry Ford

Healthy4Life 

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