

Leaves of Life

www.leavesoflife.com

614-888-4372

Tips for Improving Energy

by Patty Shipley, RN, Naturopath

Lifestyle Tips:

Control stress. Stress-induced emotions consume huge amounts of energy.

Lighten your load. One of the main reasons for fatigue is overwork.

Pace yourself. Don't wait until you're falling over to take a break.

Exercise in the morning or mid-day increases blood flow and oxygenation to the cells.

Balance your life with social activities, down-time and fun!

Listen to uplifting music – singing along can also give you a boost!

Take a nap, or at the very least, sit down and elevate your legs to hip height.

If you're working, make sure the lighting is bright, but not too bright. Overly bright light overstimulates and fatigues the brain. Dim lighting strains the eyes and can cause headaches.

Keep temps between 68-72 degrees. Above or below that, you're likely to be sleepy.

Replace fluorescent lights – they disrupt the endocrine system and suppress melatonin, impacting sleep.

Bring nature into your space or hang out near a big picture window.

Laugh – it also boosts your immune system

Deep breathing oxygenates the cells and increases vitality.

Look at or wear the color red – it stimulates energy levels.

Take regular vacations—and make sure to leave work at home.

Diet Tips:

Change your diet. From elimination diets to Keto or Paleo, oftentimes just changing things up can help.

Eat a diet that balances low glycemic carbs, proteins and healthy fats to optimize blood sugar levels.

Reduce high-glycemic carbs—the dip in blood sugar triggers cravings and a drop in energy.

Avoid junk food, which requires nutrition to process, but doesn't provide any.

Increase your micronutrient intake by eating the colors of the rainbow. Each color represents different nutrients the food is rich in.

Don't overdo stimulants, such as coffee, black tea or prescriptions—these lower energy over time with chronic use.

Avoid artificial sweeteners—they cause spikes in insulin that, over time, will create insulin resistance, which can lead to diabetes, which is characterized by poor conversion of sugar into energy.

Supplement Tips:

Adaptogenic herbs such as ashwagandha, holy basil, rhodiola, ginseng and licorice root can help quickly!

Stay hydrated with water and electrolytes—electrolytes help carry nerve impulses for muscle contraction and can help prevent edema or dehydration.

Optimize B vitamins, especially B12—if adding these helps, your body is lacking!

Inhale or diffuse lemon or peppermint essential oils. Both are energizing and uplifting.

Try MCT oil – it can provide an instant boost of energy. Don't use long-term unless you modify carbs.

Test your nutrient levels and address what you're deficient in.

Try COQ10—it's an important antioxidant for the heart—if you feel better taking it, you need it!

Healthcare Considerations:

Balance your sex, adrenal and thyroid hormones

Optimize glucose and insulin balance

Address chronic pain

Identify and treat chronic infections

Address anemia or iron overload if present

Correct nutritional deficiencies

Identify and address organ imbalances

Detoxify regularly—spring and fall at minimum and more often if you've never detoxed before.