

Natural Energy



"The higher your energy level, the more efficient your body. The more efficient your body, the better you feel and the more you will use your talent to produce outstanding results"
Anthony Robbins

One of the most common questions I'm asked is, "How can I increase my natural energy". The first thing you need to do to increase your natural energy is kick the caffeine and sugar addiction!!!!

Our society is addicted to sugar and caffeine. A typical breakfast includes a bowl of cereal and a cup of coffee. By mid-morning fatigue sets in and you grab a donut and another cup of coffee. You work through lunch inhaling a sandwich and by 3 pm you feel like you could collapse. A quick candy bar from the vending machine holds you over till you get home where you grab a huge dinner and sit in front of the TV for the rest of the night. Sound familiar? It may sound exaggerated but it is reality for most Americans. Caffeine and sugar provide artificial energy to get through the day. It is a roller coaster ride of energy that too many Americans live and depend on.

Coffee and sugar are socially acceptable drugs that most Americans are addicted to. Without daily caffeine and sugar symptoms arise such as headaches and foginess. It is sad to think that the average fairly healthy American can not survive a day without an artificial energizer.

The vicious caffeine and sugar cycle may be ok temporarily but over time can cause serious health problems. The negative effects of over-stimulation of caffeine include anxiety, interference with sleep and irritation of urinary, gastrointestinal and other systems of the body. Not to mention the withdrawal symptoms, including headaches, shakiness and foginess. Refined sugar (sucrose) requires extra effort from the body to digest because it lacks vitamins, minerals and fiber. The body depletes its own store of minerals and enzymes to absorb sucrose properly. Therefore, instead of providing the body with nutrition, it results in deficiency. Sugar enters the bloodstream fast and wreaks havoc on blood sugar levels. Sugar first pushes blood sugar sky-high causing excitability, nervous tension and hyperactivity then drops blood sugar extremely low causing fatigue, depression, weariness and exhaustion.

The ups and downs of artificial energy throughout the day cause an emotional roller coaster ride that affects all activities and relationships in life. You may feel happy and energetic for a while and then suddenly, unexplainably, find yourself arguing with coworkers, friends, your kids or partner. You may feel on top of the world and then feel gloomy, depressed and worthless.

So what is the answer to increasing your natural energy. The first step is to get rid of caffeine and sugar. The best way to do this is to begin ?crowding out? the caffeine and sugar. This means that instead of just stopping caffeine and sugar cold turkey, add healthier habits to your daily routine. Begin drinking more water everyday. Carry water with you everywhere you go and drink it!!! Be prepared and bring healthy snacks of fruits and veggies to work to snack on throughout the day. Increase your intake of green veggies. Below are more tips to help you kick the habit:

Tips to cut the caffeine:

- Switch to green tea (less caffeine than coffee)
- Drink more water
- Eat whole organic foods that provide you with natural energy

Tips to cut the refined sugar:

- Snack on fruit
- Use natural sweeteners such as agave nectar or Stevia
- Eat sweet root veggies such as squash, carrots, parsnips

Source:

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