



Eating For Energy: Fuel For Your Day

By Lori Kearney, Certified Integrative Health Coach, Wellness Educator + Owner, Mindful Health
www.mindfulhealthwithlori.com

Nourishment includes the food we eat as well as the choices we make in our lives. These choices can either energize us or drain us. Reflect below on how your energy impacts your life.

What would your life look like if you had an abundance of energy?

What activities would you be doing if you had more energy?

How would you be feel doing all of the activities you wanted?

How different is that from your life today?

What drains your energy?

TIPS TO INCREASE YOUR ENERGY NATURALLY

1. EAT REAL FOOD. Avoid products with a long list of unpronounceable ingredients. They tend to be highly processed foods, lack the nutrients your body needs, and are often loaded with empty calories. Changing how you eat - changes how you will feel.

2. FOCUS ON VEGGIES. Eat regular helpings of dark green, high in magnesium, leafy vegetables to help keep your energy constant. When magnesium levels are even a little low, energy can drop. If you feel an illness coming on, vegetable juice is a good choice to stop it in its tracks and keep energy up.



Eating For Energy: Fuel For Your Day

3. EAT ORGANIC OR LOCAL PRODUCE. Organic produce contains at least 2x the nutritional mineral content compared to conventional produce. Buying conventional produce from local farmers also has its benefits. Nutrition values in produce peak at prime ripeness.

4. EAT THE RIGHT KIND OF CARBS. While they do provide your body with quick energy, foods heavy in carbohydrates can leave you feeling sluggish. Simple carbs, like those found in sugary drinks, cookies, and processed foods, burn through your body quickly. Stick to whole-grain, low-glycemic carbohydrates that take the body longer to digest.

5. DRINK HERBAL TEAS AND REDUCE CAFFEINE. Coffee isn't the only option when you need a pick-me-up. Sipping on an herbal tea can provide an all-natural temporary boost in energy levels without the risk of scary stimulants or processed ingredients.

6. DRINK MORE WATER. Did you know that one of the first signs of dehydration is feeling tired or exhausted? That's right – not drinking enough water could be the reason your energy levels are low and you feel exhausted. Being even slightly dehydrated decreases your mental energy and can impair your memory.

7. EAT SUPERFOODS. Superfoods are the most potent, super concentrated and nutrient rich foods on the planet. Superfoods have the ability to increase the vital force and energy of one's body, boosts immunity, elevates serotonin, cleanses the body and reduces inflammation in the body.

8. GO COCO FOR COCONUTS. Coconut is a natural anti-inflammatory and can increase your energy by adding in this 90% saturated healthy, good fat to your diet. Add this superfood to your smoothies, cook with coconut oil and canned full-fat coconut milk, and drink coconut milk or coconut water.



Eating For Energy: Fuel For Your Day

9. EXPERIMENT WITH CHIA SEEDS. These little superfood seeds are nutrient dense and pack a punch of energy boosting power as they stabilize your blood sugar. Sprinkle these seeds on your yogurt, granola and salads. Soak them with a nut milk or water to boost their nutrient power.

10. ADD MACA ROOT. Maca is an adaptogen and a member of the cruciferous family. Like broccoli and cabbage, but due to its unique properties, it is considered one of the world's natural "super foods." The benefits include a positive effect on hormone balance, energy levels, and as a health booster.

11. ADD SPIRULINA. Spirulina is another nutrition packed "superfood" that grows in freshwater bodies. It is incredibly high in protein and a good source of antioxidants, B-vitamins and other nutrients. It is one of the most potent nutrient sources available to boost energy levels and even combat depression and anxiety.

12. GO NUTS. Feeling drowsy? Munch on an ounce of nuts and seeds (especially walnuts & almonds) or nut butter to keep you moving. Omega 3 and 6 fatty acids balance serotonin levels to boost mood and reduce inflammation.

13. USE PEPPERMINT ESSENTIAL OIL. If you need an easy way to stimulate your mind and increase focus, peppermint oil might be what you're looking for. This refreshing essential oil increases oxygen to the brain, which heightens focus and stimulates the mind.

14. GET QUALITY SLEEP. Spending your nights tossing and turning can definitely make you feel exhausted the next day. While you sleep, your body is restoring and repairing the day's damage.

Eating For Energy: Fuel For Your Day

15. EXERCISE DAILY. While it may seem as if moving about when you feel exhausted is the quickest route to feeling more exhausted, the opposite is true. Experts say that increased physical activity -- particularly walking -- increases energy. Engaging in physical activity sends oxygen and nutrients to your body's cells, helping your heart and lungs work more efficiently, and boost energy levels.

16. CONTROL YOUR STRESS. Stress-induced emotions consume huge amounts of energy. Even low chronic levels of stress erode energy levels. Over time, you will find yourself doing less and feeling it more. To reduce stress try talking to a friend, going for a walk, reading, practice meditation or yoga.

ACTION PLAN. Now that you have learned keys to increasing your energy and vitality, what is one thing that you'll commit to doing or eating differently? Or what is your top takeaway from today's class?

What roadblock may you encounter adding this goal to your life? What do you need to do to overcome that challenge and be successful?

FOLLOW-UP. Mark your calendar to remind yourself of your action plan/goals to increase your energy. Suggest 7 days, 14 days, 30 days and 45 day reminders.

Workshop written and presented by:

Lori Kearney, Certified Integrative Nutrition Health Coach + Wellness Educator,
Mindful Health

Cell: 612.720.1335

Email: info@mindfulhealthwithlori.com

Web: www.mindfulhealthwithlori.com

Summer 5-Day Cleanse: www.mindfulhealthwithlori.com/5daydetox (August 12-16, 2019)

Facebook Page: www.facebook.com/BMindfulHealth (Daily post of healthy inspiration)

Meet Up: <https://www.meetup.com/Mindful-Health-Nutrition-Wellbeing/> "Wanna-be-Healthy South Metro"



Mindful Health. Nourishment for mind, body + soul.