

[IMAGE]

## Give Yourself a Natural Energy Boost

By Editorial Staff

Energy can be a tricky thing – some days you have it, some days you don't. Countless factors can affect your energy levels throughout the day, week to week and even longer term. Fortunately, in the absence of an underlying health condition, there are simple strategies to ensure you've got energy when you need it – which in general, means all the time. Here are some great natural energy boosters to raise you up when you're feeling low:

1. *Stress Less*: Easier said than done, right? Stress, particularly chronic stress, may be the No. 1 cause of low energy. Why? Because all your available energy - physical, mental, emotional - is occupied by whatever's got you stressed out - your relationship, your finances, your job, etc. And stress leads to all the other energy drainers mentioned below: poor diet, lack of exercise and sleep issues. *The Fix*: Yes, "Stress less" is still the solution. Here are some great ways to reduce stress and boost your energy levels in the process.

2. *Rethink Your Diet*: Many people don't have a clue that what they eat has a direct and dramatic impact on their energy levels. The main culprits: eating too much, eating too much sugar / simple carbohydrates or not eating enough, particularly of the right foods. All three lead to low blood sugar levels, making you feel sluggish and drained. *The Fix*: Eat less carbs, more protein, and low-GI foods (vegetables included) that give you sustained energy throughout the day. Eat something every 3-4 hours to avoid blood sugar depression.

energy boost - Copyright â Stock Photo / Register Mark 3. *Less Butt, More Feet*: This isn't as funny as it sounds; exercise (or lack of it) has a profound impact on energy. Interestingly, while many people (usually non-exercisers) fear exercising because they believe it will expend too much energy, it actually has the opposite effect. *The Fix*: In the short term, exercise energizes; in the long term, particularly as you drop pounds, tone and tighten, and start to see results, it can be downright motivating. What's more, physical activity increases your metabolism – the body's ability to burn calories at rest. Now that's energy in action.

4. *Recharge*: Sleep is the mechanism by which the body and mind refresh, recharge and revitalize. Unfortunately, even people who think they're getting enough sleep probably aren't. Watching TV or

checking your emails for an hour before bedtime, waking up multiple times, or tossing and turning because of an improper mattress / pillow, sets the stage for disturbed, disrupted and interrupted sleep. Nothing worse for your energy levels than a night of poor sleep. Even worse when it happens night after night. *The Fix:* Take [these steps](#) to ensure you get a good night's sleep every night, and watch your energy levels soar.

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