

# Boost Your Energy!!

Richard Collins, MD  
"The Cooking Cardiologist"  
Susan Buckley, RDN, CDE



## Boost Your Energy

- Do you feel exhausted before the day is over?
- Too pooped to play on weekends?
- Can't even *begin* to think about exercising or sex, or you run out of gas before working up a sweat?
- Fatigue is the No. 1 complaint many physicians hear from their patients



## Boost Your Energy

- Work and school demands, money pressures, maintaining a household, caring for relatives, sustaining personal relationships, personal health concerns . . .
- Fatigue has become the norm for many people
- Our crammed lives reinforce the normalcy of tiredness
- Many people simply accept feeling tired for months or even years on end
- Of course, there may be a medical reason for your exhaustion, such as **chronic fatigue syndrome** or **thyroid disorder**, so it's important to talk with your health care provider about any severe fatigue.

## Boost Your Energy

- Many people blame their AGE when it is actually their LIFESTYLE that has the biggest impact



## Vibrant Health

- For roughly 2 million years—humans ate mostly **fish, meat, fruits, vegetables, nuts, seeds, and some starchy tubers**.
- We ate **NO** processed, high added sugar foods
- We were physically active throughout the day, we didn't sit for long periods, and we **lived in sync with the natural rhythms of light and dark, in direct contact with nature, in tight-knit tribal, social groups**

## Vibrant Health

- Today, Americans get **more than 60%** of daily calories from processed foods like flour, sugar and industrial seed oils that are virtually devoid of nutrients.
- We **sit for long hours** at work, and increasingly sit during our leisure time—watching TV, browsing the internet, or playing video games.
- We're **sleep deprived**; one-third of Americans now get fewer than 6 hours of sleep a night, despite overwhelming evidence indicating that most of us need 7–8 hours to function properly.
- We're **chronically stressed**. Americans are working an average of 12–13 hours more per week than we were 50 years ago.
- Even when we do manage to get away, we rarely unplug. **64% of workers check their work-related email on vacation.**

## Vibrant Health



- It is a mistake to assume that modern diseases—diabetes, heart disease, depression, autoimmune disease, etc.—are **unrelated conditions** that don't share a **common cause**.
- The truth is that while these conditions do have unique features, they all share a common origin: **the modern lifestyle**.
- Poor diet, nutrient deficiencies, stress, lack of sleep, lack of exercise, too much sitting, and environmental toxins all directly contribute to the problems that are ruining our health and making us **TIRE**D!

## What Does Vibrant/Energized Health Feel Like?

- You have energy throughout the day.
- Your mind is clear and alert.
- You enjoy and participate in a wide range of activities.
- Your emotions are stable.
- You maintain a comfortable weight.
- You sleep well and wake refreshed.
- You move with ease and without pain.
- There is a sense of purpose in your life.
- Can you **IMAGINE** that kind of life?



## What Contributes to Vibrant Health?

### VIBRANT

- 1. Eat **REAL food** – not “edible-like food substitutes”
- 2. Don't skip Breakfast
- 3. Drink More **Water**
- 4. Check Your **Magnesium**
- 5. Nix The High Sugar Foods
- 6. Choose The **Right Snacks**

### HEALTH

- 7. Drink **Green Tea**
- 8. Eat More **Fish**
- 9. Have Some **Walnuts**
- 10. **Watch The Alcohol**
- 11. **Movement** is Medicine
- 12. Get **Quality Sleep**

## Vibrant Health

- One of the first things we may notice when our health is **NOT** vibrant is a **lack of energy**
- Do you wake up feeling rested and energetic?
- Do you have plenty of energy to make it through your day?
- If you answered “no”, you may want to take a look at some lifestyle changes that can help you feel more energetic and vibrant

## Vibrant Health

- We all know what all-out energy drain feels like -- that exhausted day (or night) when no matter how enticing that new movie, get-together with friends, or family barbecue is, we **just can't psych ourselves up to go**.
- What can be harder to recognize is a **low-grade energy drain**.
- You may not necessarily feel the classic signs of exhaustion -- like achy muscles or that all-over tired feeling.
- What you do experience is an **increasing lack of get-up-and-go** for many of the activities you used to love.

## Vibrant Health

- You may also find it **harder to concentrate** on everyday tasks
- Eventually, you can also find your **patience grows short** and your level of **frustration rises**, even when confronted with seemingly simple challenges
- Is this starting to sound familiar?
- **Energy zappers are all around us**, some obvious, some need a little detective work.

## Vibrant Health

- If you're constantly low on energy -- especially if you feel sluggish even after a good night's rest -- talk to your doctor about a blood test for **thyroid dysfunction**, **sleep apnea** as well as **anemia**.
- **Hypothyroid** can be a particular problem for women -- it often develops after childbirth and frequently during peri-menopause but can happen at any time of life
- A **blood test** can verify if this is your problem
- In **anemia**, a reduction in red blood cells can mean your body isn't getting the level of oxygen necessary to sustain energy - so, you tire easily.
- Sleep apnea is a risk factor for heart disease and if you are waking up tired or your partner says you have a hard time breathing during the night, talk to your doctor about **sleep apnea**

## 12 Steps to Boost Your Energy!



## 1. Eat Real Food!

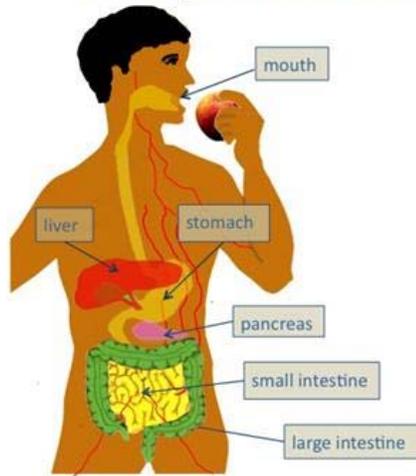
- Our energy comes from the **foods we eat and the liquids we drink**
- The 3 main nutrients used for energy are **carbohydrates, protein, and fats**, with **carbohydrates** being the most important energy source.
- The body can also use protein and fats for energy when carbs have been depleted.
- When you eat, your body breaks down nutrients into smaller components and absorbs them to use as fuel. This process is known as **metabolism**.

## Eat Real Food

- Carbohydrates come in two types, simple and complex, and **both are converted to sugar (glucose)**.
- The body breaks the sugar down in the blood and the blood cells use the glucose to provide **energy**



## Food, Glucose and the Body

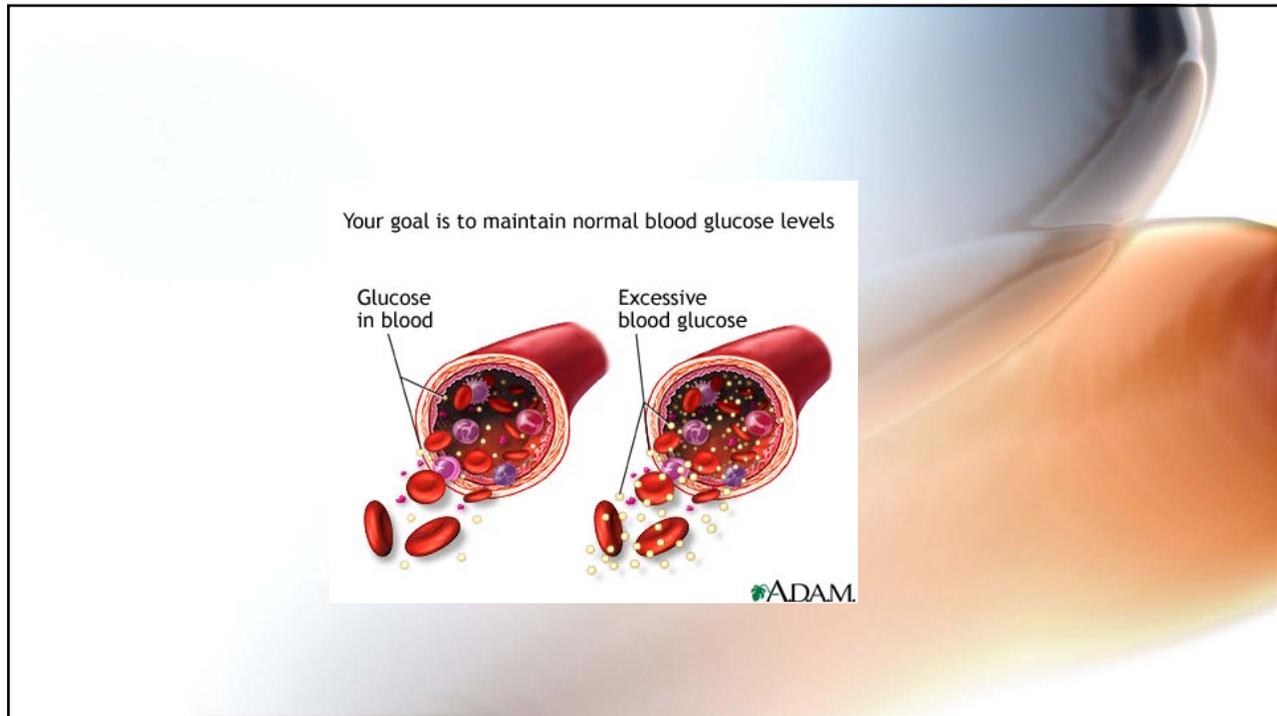


- Glucose comes from food that contains carbohydrate (eg, starch, sugar, rice, pasta, bread, cakes, etc.)
- The mouth, the stomach and the small intestine digest (break down) food to glucose
- Glucose enters the blood stream from the small intestine
- The blood then carries glucose to muscles and the brain

Image: R. Kousar & M. Mayhew, Australian Community Centre for Diabetes, 2011

## Eat Real Food

- Complex carbohydrates such as high-fiber cereals, whole-grain breads and pastas, dried beans, and starchy vegetables are the best type of foods for **prolonged energy** because they are digested at a slow, consistent rate.
- Complex carbohydrates contain **fiber**, which takes a longer time to digest in the body as it is **absorbed slowly**
- Complex carbs also **stabilize your body's sugar level**, which in turn causes the pancreas to produce less insulin. This gives you a feeling of satiety and you are less hungry.

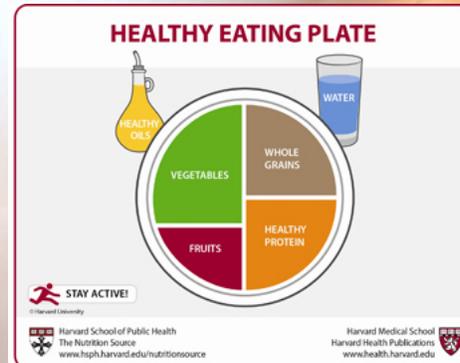


## Eat Real Food

- Also important in a healthy, energy-producing diet is **protein** (preferably chicken, turkey, pork tenderloin, and fish), legumes (lentils and beans), and a moderate amount of healthy monounsaturated and polyunsaturated fats (avocados, seeds, nuts, and certain oils)
- **Adequate fluids** are also essential for sustaining energy
- **Dehydration can cause a lack of energy.** The average person needs to drink six to eight 8-ounce glasses of water each day."

## Eat Real Food

- Try to include something from **each food group** at every meal, remembering that foods high in fiber, protein, and fat **take a longer time to digest**.



## Eat Real Food

- Humans require about 40 different micronutrients (i.e. vitamins, minerals, and trace minerals) to function properly.
- In fact, **every single process** that happens in the body—from your eye blinking to your heart beating to your brain comprehending this power point depends upon these micronutrients.
- When you don't get enough of them, your body can't function as it should and disease begins to develop

## Eat Real Food

- Unfortunately, nutrient deficiency is widespread even in the relatively affluent industrialized world.
- **More than half** of Americans are deficient in zinc, calcium, magnesium, vitamin A, vitamin B6, and vitamin E.
- Approximately **one-third** are also deficient in riboflavin, thiamine, folate, vitamin C, and iron.
- In many cases, these aren't mild nutrient deficiencies; up to 50% of Americans consume **less than half** of the recommended daily allowance (RDA) for several micronutrients.

## Eat Real Food

- **Nutrient deficiency** is associated with a long list of problems, including:
  - Weakened immune function.
  - Premature aging.
  - Cancer and cellular damage.
  - Cardiovascular disease.
  - High blood pressure.
  - Lipid (cholesterol) abnormalities.
  - Depression and anxiety.
  - Infertility.

## Eat Real Food

- The most nutrient-dense foods are real, whole foods, and all of the **least nutrient-dense** foods are processed and refined foods.
- Minimize your intake of **flour, sugar and other sweeteners, and industrial seed oils**: soybean, cottonseed, sunflower, safflower, corn, and canola oils—
- These oils contain high amounts of a fatty acid called linoleic acid (LA).
- When LA is **exposed to heat**—as it inevitably is during food processing or cooking—harmful compounds are formed which contribute to a process of cellular damage called “**oxidative stress,**” and are associated with a variety of **inflammatory diseases**

## Eat Real Food

- Several studies have been done comparing the nutrient content of pasture-raised and grain-fed animal products.
- **Pasture raised animals** have a better fatty acid profile, and higher levels of vitamins and other micronutrients
- Grain-fed animals have **lower levels of anti-inflammatory omega-3 fats like EPA and DHA.**
- The more grain in an animal’s diet, the lower the omega-3 levels in their meat.
- Grass-fed beef typically has 3 times more omega-3 than grain-fed beef.

## Eat Real Food

- In the case of fish, farmed fish contain less omega-3 relative to linoleic acid (omega-6).
- For example, **wild salmon** contains 10 times more omega-3 than omega-6, whereas farmed salmon has less than 4 times the amount of omega-3 than omega-6.



## Eat Real Food

### Dirty Dozen

- Celery
- Peaches
- Strawberries
- Apples
- Blueberries
- Nectarines
- Bell Peppers
- Spinach
- Cherries
- Kale/Collard Greens
- Potatoes
- Grapes (Imported)



### Clean 15

- Onions
- Avocado
- Sweet Corn
- Pineapple
- Mangos
- Sweet Peas
- Asparagus
- Kiwi
- Cabbage
- Eggplant
- Cantaloupe
- Watermelon
- Grapefruit
- Sweet Potato
- Honeydew Melon

## 2. Don't Skip Breakfast – or Any Other Meal!

- Studies show that folks who eat breakfast **report being in a better mood, and have more energy throughout the day**
- Breaking the fast soon after rising supplies your body with a **jolt of fuel** that sets the tone for the whole day.
- Moreover, studies published in the journal *Nutritional Health* found that **missing any meal during the day led to an overall greater feeling of fatigue by day's end.**

## Don't Skip Breakfast – or Any Other Meal!

- Food is **ENERGY!**
- When you wake up your **blood sugar is LOW!**
- One of the biggest mistakes people make at breakfast time is not eating enough.
- In the morning, your energy stores are depleted by as much as 80% from the night before.
- Without food, your body begins to conserve energy and burn fewer calories—making your metabolism take a nosedive.
- That may be why, in one study, **breakfast skippers were nearly 5 times more likely to be obese than breakfast eaters.**

## Don't Skip Breakfast – or Any Other Meal!



- Eat a breakfast that is **packed with nutrients**—fiber, omega-3s, calcium, and vitamin D—a power combination that burns fat and keeps blood sugar (and energy) levels steady
- Greek yogurt with fruit and nuts
- Omelet with veggies and fruit
- Hot whole grain cereal with fruit and nuts and protein powder or unsweetened soymilk
- Protein shake with fruit and handful of spinach

## 3. Drink More Water

- It's easy to confuse signals of hunger with thirst (we think we need food when we really need water).
- **Thirst can also masquerade as fatigue**
- Even **slight dehydration can leave you feeling tired** and lethargic.
- The solution is simple: a tall, cool glass of water.
- This is particularly important to boost energy **after exercise**, when your body is likely to be craving fluids

## Drink More Water

### How Much?

- Women: 8-9 glasses of water per day
- Men: 10-12 glasses of water per day
- Includes: Water, coffee, tea, juice
- Try this for a week and see if your energy level improves!



## Drink More Water

### Drink

- **Water** is necessary for digestion, absorption, and the transport of nutrients for energy.
- EVERY process in your body depends on water
- Being dehydrated DRAINS YOUR ENERGY!

### Water



## 4. Check your Magnesium

- Magnesium is needed for **more than 300 biochemical** reactions in the body, including breaking down glucose into energy
- When levels are even a little low, **energy can drop**.
- In a study done at the Department of Agriculture's Human Nutrition Research Center in Grand Forks, N.D., women with magnesium deficiencies had **higher heart rates and required more oxygen to do physical tasks** than they did after their magnesium levels were restored.
- In essence, their bodies were working harder which can leave you feeling depleted.
- The recommended daily intake of magnesium is around 300 milligrams for women and 350 milligrams for men.

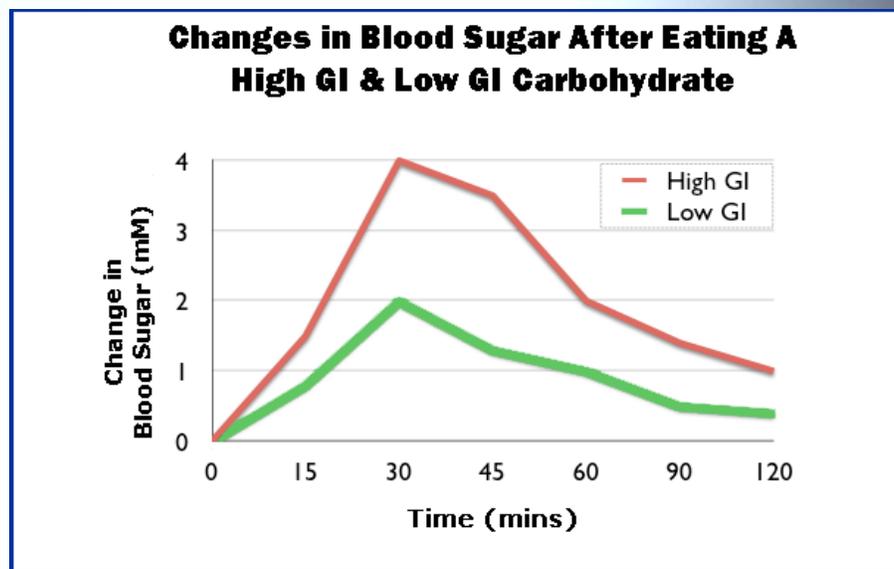
## Magnesium



- Proton Pump Inhibitors (Prilosec, Nexium, etc.) can **deplete** your magnesium
- The U.S. Food and Drug Administration (FDA) is informing the public that prescription proton pump inhibitor (PPI) drugs may cause **low serum magnesium levels** if taken for prolonged periods of time (in most cases, longer than one year).
- To make sure you're getting enough magnesium, add a handful of almonds, hazelnuts or cashews to your daily diet.
- Increase your intake of whole grains, particularly bran cereal.
- Eat more fish, especially halibut.

## 5. Nix the high sugar foods

- Cut **WAY** back on sweets and high glycemic foods
- **Sweet foods spike blood sugar**, which gives you an initial burst of energy
- But that's followed by a **rapid drop in blood sugar**, which in turn can leave you feeling very **wiped out and fatigued**
- If you do that several times a day, by evening you're feeling **exhausted**.



## Slow Carbs – Not No Carbs!

- Carbs = crash, right?
- Yes—but only if you eat the **stripped-down kind** that modern foods favor.
- White flour will give you a boost, but then a crash so you feel sluggish
- But **whole grains, fruit and legumes can give you real energy**
- In fact, people who replaced three servings of refined carbs with whole grains each day reported an increase in energy, a recent study in the journal *Appetite* found.
- **More isn't better, though:** Those who worked in six servings of good carbs just felt sluggish. Why? OD'ing on whole grains triggers a surge of serotonin, which makes you feel drowsy

## What is a Serving?

- 1 slice of bread
- 1/2 English muffin, bun, small bagel, or pita bread
- 1 6-inch tortilla
- 4-6 crackers
- 2 rice cakes
- 1 ounce ready-to-eat cereal
- 1/2 cup cooked cereal, pasta, or bulgur
- 1/3 cup cooked rice



## Slow Carbs – Not No Carbs!

- If you eat meals and snacks that provide **protein, slow-releasing carbs and healthy fats**, it will provide a slow and steady release of fuel,
- Your energy will be **consistent and balanced**, so by day's end you'll feel less tired
- A study published recently in the *American Journal of Clinical Nutrition* found that eating more whole grains helped **increase the body's sensitivity to insulin**, allowing for that slow and steady release.



# Carbohydrate Coma!



## 6 Power Lunches Under 400 Calories



## 6. Choose the Right Snacks!

- **Power snacking** is more than just eating between meals
- Eating small amounts **every 3-4 hours** helps to avoid over-eating at meal-time and to keep your blood sugars up in between meals.
- Snacks like fruit and nuts, string cheese, or a couple scoops of cottage cheese and fruit will satiate your hunger and boost energy levels.
- **Combine protein, a little fat and some fiber** -- like peanut butter on a whole-wheat cracker, or some yogurt with a handful of nuts and 2 Tablespoons of granola
- The carbs offer a quick pick-me-up, the protein keeps your **energy up**, and the fat makes the energy last

## S.U.P.E.R Snacks Formula

**S:** Simple to find

**U:** Under 200 calories per snack

**P:** Protein is included (6-8 grams)

**E:** Energizing nutrients (fruits/veggies, whole grains)

**R:** Ready to pack and go



## Snack Ideas



Apples & Trail Mix

The best time for a snack is 3 hours after a meal and 3 hours before your next.



Greek Yogurt & Grapes



Cheese, crackers and carrots

## Choose the Right Snacks!

- Get your energy from **chia seeds**.
- They're packed with a revitalizing combo of B vitamins, fiber, and protein, so they pick you up without making you jittery.
- You can simply stir them into your yogurt or cottage cheese or protein shake



## Snack on Edamame



- Edamame could be one of the **smartest** picks of all for a snack.
- Not only is it perfectly balanced with slowly digested fiber, complex carbs, and healthy fat, it packs a whopping 16 grams of protein per cup for less than 200 calories.
- Plus, it's rich in magnesium and B vitamins that our bodies need to **convert carbohydrates into energy**.
- Make your own snack packs by parceling cup-sized portions of frozen edamame into baggies. They'll defrost just in time for a late morning nosh.

## 7. Drink Green Tea



- Green tea is rich in **L-theanine**, an amino acid that makes you feel alert and invigorated without the jitters that some people get from coffee.
- L-theanine may also **protect against energy-robbing illnesses like the common cold or the flu** according to a 2007 *Journal of the American College of Nutrition* study
- When volunteers took a green tea supplement twice daily for three months they were 23% less likely to be sidelined by either of these illnesses for more than two days.

## Coffee



- If you have to have coffee with caffeine, pair it with the sustaining power of protein by having a **low-fat latte** instead of just a cup of coffee
- The milk turns your java into a **protein drink**, which provides more sustained energy,
- Combine it with **an ounce of almonds** and the healthy fat will really tide you over

## 8. Eat More Fish

- Studies show the omega-3s in foods like tuna and salmon can help fight depression, leaving you **happier and more energized.**
- Don't like fish? Try eating more walnuts and flaxseed, or pop a 1,000 mg fish-oil supplement instead.



## Have some Crab

- This crustacean isn't just a tasty source of superlean protein, it's also packed with **vitamin B12**, which balances mood and **fight fatigue**.
- B12 also keeps red blood cells healthy so they can **ferry oxygen to our brains**, helping us think clearly and stay energized.
- B12 is only found naturally in animal foods like meat, chicken, and fish, so it might be easy to fall behind on daily needs
- Consider crab as an efficient (and delicious) source: One tiny 3-ounce serving dishes up nearly **a third of the B12 you need each day** for only 71 calories and less than a gram of fat.
- Buy it canned for a speedy addition to salads, risotto, and pasta or splurge on fresh lump crabmeat for company-worthy crab cakes.

## 9. Have some Walnuts

- Walnuts are one of nature's few sources of **melatonin**, a hormone that our bodies naturally produce in the evening after the sun goes down.
- Melatonin helps regulate your body clock and makes you sleepy.
- And when you **sleep more soundly** you feel more vibrant and have more get-up-and-go during the day.
- But as we age, our bodies produce less and less of it.

## Have some Walnuts

- Walnuts are a smart nighttime snack.
- For a double dose, mix a small handful with some tart dried cherries, another **melatonin-rich food**.
- Walnuts also make a great topping to a fresh salad or sprinkled over a fruit and yogurt



## 10. Watch the Alcohol

- While alcohol initially helps you fall asleep, it also **interferes with deep sleep**, so you're not getting the rest you think you are -- even if you sleep a full eight hours
- Alcohol prevents your body from entering REM sleep (the most restful sleep phase).
- So, even if you're getting plenty of sleep each night, you may not feel fully rested.

## Watch the Alcohol

- By cutting down on alcohol before bedtime, you'll get a better night's rest, which is bound to result in more vibrant energy the next day.



## 11. Movement is Medicine!

- People who don't exercise tend to be more tired than people who DO
- It may seem as if moving about when you feel exhausted is the quickest route to feeling *more* exhausted, but the opposite is true.
- Experts say that increasing physical activity -- particularly walking -- **increases energy**



## Exercise

- In experiments conducted by Robert Thayer, PhD, at California State University, **a brisk 10-minute walk** not only increased energy, but the effects lasted up to two hours
- When the daily 10-minute walks continued for three weeks, **overall energy levels and mood were lifted.**



## Movement is Medicine

- Too much sitting and sedentary time is harmful **even if you're getting enough exercise.**
- This means you could be meeting the recommended government guidelines for exercise (that is, thirty minutes of moderate to vigorous activity five days a week) but still be at high risk of heart disease if you **sit for long periods each day.**
- A large study involving over 100,000 U.S. adults found that those who **sat for more than 6 hours a day had up to a 40% greater risk of death** over the next fifteen years than those who sat for less than three hours a day regardless of whether the participants exercised.

## Movement is Medicine

- People who engage weekly in some kind of moderate to vigorous physical activity have a longer life expectancy — no matter what their weight, a study published in the journal [PLOS Medicine](#) has found.
- Led by researchers at the National Cancer Institute, the study analyzed data from six large cohort studies involving more than 650,000 people, most of whom were over the age of 40.
- They found that those in the study who engaged in 2.5 hours of moderate-intensity aerobic exercise or 1.25 hours of vigorous exercise weekly (the minimum amount recommended by the World Health Organization's) lived, on average, 3.4 years longer than those who didn't exercise at all.

## Movement is Medicine

- Here are a few ways to **reduce your sitting time**:
- Get a standing desk whether at work or at home
- This isn't always possible, depending on your work environment, but many employers are now allowing it.
- Take standing breaks. Stand for at least two minutes every forty to fifty minutes.
- Take a brief walk or do some light stretching. Even short breaks like this make a big difference.
- Stand up at long meetings

## 12. Get Quality Sleep

- Insomnia has reached epidemic proportions.
- It's estimated to be the **#1 health-related problem in America**.
- More than 1/3 of Americans have trouble sleeping every night, and 51% of adults say they have problems sleeping at least a few nights each week.
- 43% of respondents report that **daytime sleepiness** interferes with their normal daytime activities.
- The number of adults aged 20 to 44 using sleeping pills has doubled and the number of kids ages 1-19 who take prescription sleep remedies has jumped 85% dramatically
- Prescriptions for sleeping pills topped 56 million in 2008—up 54 percent from 2004—with over \$5 billion in sales in 2010.

## Get Quality Sleep

- It's absolutely essential for **basic maintenance and repair of the neurological, endocrine, immune, musculoskeletal and digestive systems**.
- The hormone melatonin naturally increases after sundown and during the night in a normal circadian rhythm, which increases immune cytokine function and helps protect us against infection



## Get Quality Sleep

- A full night's sleep:
- Enhances memory and mental clarity.
- Improves athletic performance.
- Boosts mood and overall energy.
- Improves immune function.
- Increases stress tolerance.



## Get Quality Sleep

- **Damaging effects of sleep deprivation:**
- **Impaired immune system:** A study from the University of California found that even modest sleep loss weakens the immune systems response to disease and injury.
- **Overweight and obesity:** Recent studies have shown that even one night of poor sleep can result in dramatic changes in appetite and food intake. Others have shown that restricting sleep to **5 hours a night** for just one week **impairs carbohydrate tolerance and insulin sensitivity**. Researchers now believe that sleep deprivation is the single best predictor of overweight and obesity in children

## Get Quality Sleep

- **Cognitive decline:** Sleep deprivation negatively impacts short-term and working memory, long-term memory, and the generation of nerve cells, all of which effect our ability to think clearly and function well.
- **Mood and mental health:** Insomnia is associated with depression. Insufficient sleep shuts down the pre-frontal cortex and can cause or exacerbate a number of psychological conditions, ranging from anxiety to PTSD to depression.
- **Systemic inflammation:** Sleep deprivation causes chronic, low-grade inflammation. And we now know that inflammation is the root of all modern disease.
- **Increased risk of death:** Last, but certainly not least, not getting enough sleep shortens your lifespan.

## Get Quality Sleep

- Make sleep a priority. Allow between 7-8 hours for sleep each night.
- Reduce your exposure to artificial light at night and don't use the computer at least an hour before bedtime
- Don't go to bed too hungry, or too full.
- Sleep in a cool, dark room
- Consider magnesium or melatonin
- Drink some chamomile tea before bed

## Shake up your routine

- The brain responds to novel experiences by releasing a rush of neurotransmitters, such as dopamine, which make you more alert.
- No need for a morning cliff dive—just take something ordinary and switch it up: If you're right-handed, use your left hand to brush your teeth.



## Watch a funny YouTube video

- It's official: We give you permission to watch that dancing panda bear video at work.
- A good laugh raises your blood pressure slightly and boosts heart rate, too, which can pump you up when you're feeling sluggish, says Robert R. Provine, PhD, author of *Laughter*.
- Practice stress reduction techniques like tai chi, yoga, or meditation to reduce stress

## Vibrant Health

- Make **pleasure a priority**.
- **Make a list** of activities you find pleasurable.
- Do at least one of the activities on your list **each day**



## Worst Foods For Energy & Vitality

- **Energy drinks** are in the news again, but the reason is a major downer: The Food and Drug Administration is investigating reports that caffeinated energy drinks, including the popular Monster brand, potentially killed five people.
- ConsumerLab.com testing found that many popular brands contain caffeine at levels higher than what's listed on the cans, but it's the other ingredients that concern researchers, too.

## Energy Drinks

- Keep in mind that energy drinks also contain a variety of other substances, including **sugar or sweeteners, amino acids, vitamins, and an assortment of poorly researched herbal extracts**
- There's relatively little research about how some of these herbal extracts interact with each other or with caffeine.
- **The FDA does not regulate these products**
- In some cases, all we really know about their effects is what the company chooses to tell us, or what we can dig up on the Internet.

## Fried and Fatty Foods

- Fatty and fried foods are **more difficult to digest**.
- Your internal organs **pull blood away from your extremities** to aid digestion, which can take anywhere from six to eight hours.
- With your energy directed toward this process, you will feel **less energetic**.
- Fatty foods also **negatively impact your short-term memory and muscle function**, making it hard to find your keys after eating fish and chips!

## What Contributes to FEELING ENERGIZED?

### VIBRANT

- 1. Eat **REAL food** – not “edible-like food substitutes”
- 2. Don't skip Breakfast
- 3. Drink More Water
- 4. Check Your Magnesium
- 5. Nix The High Sugar Foods
- 6. Choose The Right Snacks

### HEALTH

- 7. Drink Green Tea
- 8. Eat More Fish
- 9. Have Some Walnuts
- 10. Watch The Alcohol
- 11. Movement is Medicine
- 12. Get Quality Sleep