

Health Advice 20 Optimize Your Energy Levels

When energy levels run low, we generally feel lousy and our quality of life often suffers. Although there are some cases due to illness where low energy cannot be improved, most of the time it can be helped once the cause is determined. For example, it is not uncommon for unhealthy food choices, obesity, or poor sleeping habits to be the cause of frequent fatigue or low energy.

Rule Out Illness and Hormonal Imbalances

Fibromyalgia and chronic fatigue syndrome are complex conditions that leave people feeling exhausted most of the time. In addition to other illnesses, hormonal imbalances can cause fatigue and can sometimes be difficult to diagnose.

Diet

A common cause of low energy is poor eating habits. If we don't provide our body with the fuel it needs at the right time, it won't run properly. Skipping meals and relying on sugary snacks and caffeine to get you through the day gives you a false sense of energy. Eventually you will "crash" once your blood sugar comes back down and the caffeine wears off. You can prevent the crash by eating 3 small meals with 2-3 snacks a day. Eating every 3-4 hours helps regulate blood sugar levels and is better for maintaining energy.

Deficiencies

Being deficient in certain vitamins and minerals can lead to fatigue. Two very common deficiencies include vitamin B12 and iron which can lead to different types of anemia. Vitamin B12 is found only in foods from animal sources such as meat, eggs, and dairy. Vegans who follow a strict-animal free diet are at risk and must make sure they get their B12 from fortified foods or supplements.

Dehydration

can make you feel tired so drink plenty of water. Limit regular sodas and juices as they can spike blood sugar levels and cause you to later crash. Try not to drink more than one to two caffeinated beverages a day. **Drink the healthy coffee which costs you 50 cents for a large coffee mug and tastes like regular coffee!**

Uncover Hidden Allergies and Sensitivities

Hidden food or environmental allergies can be a cause of fatigue.

Get Moving

Exercise is a great way to boost both physical and mental energy levels.

Manage Stress

Excess stress can take a toll on your body, interrupt sleep and zap energy. Some popular stress-reducing methods include meditation, exercise, yoga, painting, walking outside, laughing, drink a cup of healthy tea, chocolate or coffee with a friend and light up a nice candle.



To your health! Anima Sana in Corpore Sano (a healthy mind in a healthy body)

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