

NATURAL ENERGY BOOSTING TIPS

A reported 71% of people feel tired after 12pm on a typical working day. The good news is that there are small adjustments you can make to feel more energised.

AVOID THE BLOOD SUGAR ROLLERCOASTER

Blood sugar fluctuations across the day can impact energy levels. Aim for each meal to be nutritionally balanced:

25%

Complex carbohydrates / root vegetables

25%

Protein source

50%

A variety of colourful vegetables

Avoid snacking unless hungry, but if you do, go for protein snacks: nuts, seeds, hummus

MINIMIZE COMMON ENERGY DRAINERS

1. Sugar and / or processed food
2. Alcohol
3. Too much coffee – the half-life of coffee is 6 hrs.
4 pm coffee = 50% in your system at 10 pm
4. Emotional stress
5. Excessive screen time – women more likely to experience Zoom fatigue

NUTRIENT DEFICIENCIES TO TEST FOR

Iron

– esp. in women who experience heavy menstrual cycles and/or follow a plant-based diet

Vitamin D

– 40% Europeans reported to be deficient

B12

– especially if you follow a plant-based-only diet as B12 mostly from animal sources

RULE OUT MEDICAL REASONS FOR FATIGUE

- Underactive thyroid
- Diabetes
- Infections
- Depression or anxiety
- Anaemia
- Coeliac disease
- Sleep apnoea
- Chronic fatigue syndrome
- Glandular fever

If low energy persists, consult your Doctor

KEEP HYDRATED

80% of our brain is made up of water, even moderate dehydration of 2% can impact concentration and brain function

LIFESTYLE BOOSTERS

Take a 'green' break – a 20-min walk in nature can reduce stress cortisol levels by 21-28%

Move more – 10 mins walking up & down stairs can make you feel more energised than a cup of coffee or can of soda

Prioritise sleep – both quantity AND quality
Sleeping for < 6hrs a night = x 4 more likely to get a cold

POWER UP YOUR CELLS

The mitochondria are the powerhouses of our cells and are responsible for producing ATP, the fuel that runs our cells. Toxin exposure, poor nutrition and stress can damage mitochondria.

Beneficial nutrients:

B vitamins - brown rice, eggs, beets

Magnesium - c. 70% reported to be deficient - green leafy veg, almonds

CoQ10 - sardines, strawberries, lentils

Carnitine - meat, fish, cheese

Polyphenols – aim for 30 different varieties of colourful veg/fruit in a week

Lifestyle techniques:

Coldwater exposure, particularly post-exercise. 29% reduction in sick days with daily hot-cold showers

Fasting - try a 12hr fast overnight

SUPERFOOD ENERGISERS

Matcha green tea – 1 cup of green tea can boost working memory & cognitive performance

Cordyceps mushrooms – can help increase energy production and aerobic capacity. VO2 max increased by 11% after 3 weeks

Cacao powder – can help increase mental alertness & mood