

ENERGY BOOST

5 ways to naturally increase your energy level



**NUTRITION
THERAPY
INSTITUTE**

*Written by:
Haley Halteman
MNT, BCHN *candidate*

CONTENT



03 WELCOME



04 SUNSHINE



05 HYDRATION



07 B VITAMINS



08 ADAPTOGENS



10 EXERCISE

WELCOME

Whether living a highly active lifestyle or relatively sedentary, I think everyone can agree they'd love to have a little more energy. Well, the good news is that it's possible. There are simple, natural tactics that compound over time to help give you that extra boost. Here in this Ebook we are going to be discussing five different strategies that you can begin implementing TODAY to achieve your most active, focused, and energized summer yet!

Ready to get started?





SUNSHINE

One of the simplest ways to boost your energy level is to get more sunshine. Sunshine, particularly in the morning, helps set the body's circadian rhythm. This is responsible for regulating wakefulness during the day and sleep at night. Natural light exposure in the morning can help eliminate that groggy feeling. Proper circadian rhythm also helps the body wind down and feel more tired at night. This promotes better sleep, which in turn boosts energy(1).

In addition to circadian rhythm regulation, sunshine is also responsible for producing Vitamin D in the body. The UVB radiation from the sun triggers a photosynthetic reaction in the skin to produce Vitamin D3(2). This process is critical as this essential nutrient can be difficult to come by while eating a standard American diet. Among its many functions in the body, Vitamin D has been shown to improve energy levels and reduce self-perceived fatigue(3).

Clearly, our bodies need sunshine!

For an additional morning boost:

Incorporate it into your morning routine. Even just a few minutes of sun exposure on your skin first thing in the morning can have profound effects on your daily energy level.

HYDRATION

Extra emphasis on hydration during these hot summer months is critical. Optimal hydration is important for both cognitive function and physical performance(4). Therefore, energy slumps throughout the day could be a result of dehydration. Before reaching for that afternoon coffee, try a glass of water instead. An easy way to track adequate water intake is to keep an eye on the color of your urine. It should be a straw yellow color. If darker, it's a sign to drink more water. If clear, it's a sign you've consumed excess water.

Important note:

It's possible that you've drank an abundance of water and your urine is clear, but you still feel thirsty and lethargic. This is because *optimal hydration involves more than just water. It is about proper electrolyte balance as well.*



So, how do we achieve optimal hydration?

- Add a mineral water into the drink rotation if water isn't satisfying your thirst
- Infuse your water with citrus fruits or cucumber
- Add a clean electrolyte mixture to your water post-workout or during periods of extreme heat
- Consume more fruits and vegetables that have high water contents

Need to stay cool this Summer?

Try these hydrating foods:

cucumber, celery, carrots, radishes, watermelon, kiwi, pineapple, oranges, grapefruit, and berries



B VITAMINS

Food is a major factor for energy. It provides the building blocks for all bodily functions. While all nutrients are essential for life, right now we're going to focus in on B vitamins. B vitamins support mitochondrial energy production and metabolism(5). The mitochondria are considered the powerhouse of the cells. They provide the energy the cells need to survive and thrive. Our entire system relies on cells to perform their proper function. Therefore, increasing consumption of foods rich in B vitamins is a natural way to provide sustained energy throughout the day.

Top sources of B vitamins:

- Grass-fed meats
- Wild-caught fish
- Free-range eggs
- Pasture-raised chicken
- Pasture-raised turkeys
- Dairy products like yogurt
- Green leafy vegetables
- Nuts and seeds
- Spirulina
- Nutritional yeast
- Beans
- Legumes





ADAPTOGENS

While acute stress provides a boost of energy as our bodies prepare to fight or flight, chronic stress leads to HPA axis dysfunction and chronic fatigue(6). Unfortunately in today's society, chronic stress seems to be the norm. Our bodies are not properly handling the stressor and we are getting stuck in this sympathetic state. This negatively impacts quality of sleep, and as a result we wake up in the morning already exhausted.

What do we do?

Since we can't always control the circumstances in our life, our focus needs to be on supporting the body's ability to adapt and cope with stress. There are many stress-reduction techniques including yoga, breath work, meditation, and adaptogen use. For now, let's dive into adaptogens...

Adaptogens have the incredible ability to help bring the body back into balance. These adaptogens in particular are wonderful for reducing the effects of stress:

- Ashwaghandha
- Panex Ginseng
- Holy Basil

These can be taken in supplement or tea form. Tea is a great way to begin incorporating these herbs! Make afternoon tea your new go-to at work.



Want an additional energy boost to aid in your physical performance?

Try Cordyceps!

Cordyceps are mushrooms with adaptogenic properties. They have been shown to increase cellular energy, lung capacity, and overall physical stamina(7).

EXERCISE

Increasing blood flow is an easy way to boost energy. This occurs as a result of both high intensity exercise and gentle movement. Incorporating some type of movement daily is not only important for overall health and wellbeing, but also for energy. Case studies reveal a link between physical activity and a reduced risk of low energy and fatigue when compared to those with a sedentary lifestyle(8). *Sometimes a simple walk can be just the jumpstart you need both physically and mentally.*

Try this out:

A quick trick to boost mental clarity is to get upside down! While handstands and headstands are typically the first thought, they are not the only inversions. For instance, down dog has the same effect! All you need is to get your head below your heart. This will send a rush of oxygen-rich blood to your brain to help combat some of the sluggishness you may feel.





NUTRITION THERAPY INSTITUTE

For More Information

To learn more about NTI, the Nutrition Therapist Master Certification and the Natural Food Chef Program, please call 303-377-3974 or visit our website:

www.ntischool.com

Our admissions counsellors would be happy to meet with you, either in-person or on the phone. We welcome you to visit the school and sit-in on a class.

Nutrition Therapy Institute

Creating Optimal Health Through Nutrition Education

5613 Olde Wadsworth Blvd

Arvada, CO 80002

303-377-3974

office@ntischool.com

REFERENCES

1. Mead MN. Benefits of sunlight: a bright spot for human health [published correction appears in *Environ Health Perspect*. 2008 May;116(5):A197]. *Environ Health Perspect*. 2008;116(4):A160-A167. doi:10.1289/ehp.116-a160
2. Wacker M, Holick MF. Sunlight and Vitamin D: A global perspective for health. *Dermatoendocrinol*. 2013;5(1):51-108. doi:10.4161/derm.24494
3. Nowak A, Boesch L, Andres E, et al. Effect of vitamin D3 on self-perceived fatigue: A double-blind randomized placebo-controlled trial [published correction appears in *Medicine (Baltimore)*. 2017 Jan 20;96(3):e6038]. *Medicine (Baltimore)*. 2016;95(52):e5353. doi:10.1097/MD.0000000000005353
4. Popkin BM, D'Anci KE, Rosenberg IH. Water, hydration, and health. *Nutr Rev*. 2010;68(8):439-458. doi:10.1111/j.1753-4887.2010.00304.x
5. Kennedy DO. B Vitamins and the Brain: Mechanisms, Dose and Efficacy--A Review. *Nutrients*. 2016;8(2):68. Published 2016 Jan 27. doi:10.3390/nu8020068
6. Mariotti A. The effects of chronic stress on health: new insights into the molecular mechanisms of brain-body communication. *Future Sci OA*. 2015;1(3):FSO23. Published 2015 Nov 1. doi:10.4155/fso.15.21
7. Tuli HS, Sandhu SS, Sharma AK. Pharmacological and therapeutic potential of Cordyceps with special reference to Cordycepin. *3 Biotech*. 2014;4(1):1-12. doi:10.1007/s13205-013-0121-9

Photo References

Rawpixel.com/shutterstock.com
George Rudy/shutterstock.com
Image Supply/shutterstock.com
dan vojtech photographer/shutterstock.com
DronG/shutterstock.com
Rawpixel.com/shutterstock.com
lzf/shutterstock.com
George Rudy/shutterstock.com
Foxy's Forest Manufacture/shutterstock.com
Shaiith/shutterstock.com
fotohunter/shutterstock.com
Yuliia Mazurkevych/shutterstock.com