



# Exploding Energy Levels!

## 'TUESDAY TALKS' w/ Dr. Doug

Emergency Room visits related to energy drinks has DOUBLED from 10,000 to 20,000 visits/yr!

- BP & heart rate shoots up, heart skipping, panic attacks, irregular heart rhythm, etc
- Drastic reduction in blood flow (40% LESS) to the brain! Experts say that 40% less is still 'within normal limits!?!' *I personally don't like the sound of 40% less blood to my brain!!!*

The single most influential impact on your energy levels is your BRAIN.

The only nutrient that's been shown to enhance performance of ANY strenuous activity is WATER.

- Your body is made up of 80% water. You dry up and so goes your energy.

### **Start Your Day Off Right:**

- Get a great night's sleep!
  - o 8 hours minimum, Complete darkness, Turn alarm clock away from you, Get the electronics out of the room, Allow your brain to shut down
- Take a shower. Use cold water for some of it!!!
- Dress in bright colors!
  - o Studies show those who dress in bright clothes are more positive & have more energy
  - o If you wear dark, somber colors, you project a dark, somber attitude & people will respond to you with a somber attitude. If you wear bright, happy colors, you'll get that attitude projected towards you, which will boost your own mood & energy levels!
- Open the blinds & let the sunshine in!
  - o Low Vitamin D levels will zap your energy stores. Supplement when the sun's not out.
- Eat a solid breakfast
  - o Protein, carbs & fat!
  - o Oatmeal w/coconut shavings
  - o Hard boiled egg with whole grain toast & olive oil
  - o Green tea, hot water w/ lemon
    - Green tea is loaded with antioxidants & catechins which help enhance your mood

### **Change Your Habits:**

The brain responds to novel experiences by releasing a rush of neurotransmitters such as dopamine, which make you more alert.

- Vary your routine
  - o Take a different route to work
  - o Switch up your exercise routine
  - o Change your meals. Learn some new recipes
  - o If your right handed, brush your teeth with your left.
- Take a hike! Literally
  - o Park in the furthest parking spot at work, grocery store, mall, etc.
  - o Go for a power walk on your lunch hour.

### **Eat & Rest For More ENERGY:**

- Veg out! ALL DAY LONG!
  - o Snack throughout the day.



- Eat a variety of colorful vegetables. They are loaded with antioxidants & nutrients
  - Cauliflower, cabbage, brussels sprouts, watercress & kale are nutrition powerhouses. The fiber helps stabilize blood sugar & insulin levels
- Avocados & assorted nuts. Helps prevent spikes in blood sugar & insulin as well as providing your brain with healthy omega 3's
- Take a power nap
  - Studies show that a 30 minute power nap has the ability to reduce stress, increase energy levels & improve memory

### **Stretch & Exercise:**

3-5 minutes of stretching a day is enough to give you a boost of energy

- Reach up as high as you can overhead and lean to one side, then the other holding for 5 sec.
- Chest & shoulder stretches – lean thru a door opening with arms stretched out for 15+ sec.
- Hamstrings – Everyone knows this one! Just don't bounce it and hold for 20-30 sec.
- Posture – hands clasped behind your back, straighten elbows, squeeze shoulder blades together, drive your hands down toward the floor and extend your head! AWESOME stretch!!
- Wall angels – Stand against a wall w/ heels, butt, shoulders, head, elbows and wrists against the wall. Lift hands/arms overhead (like you're doing a snow angel against the wall) & hold for 2 sec at the top. Repeat 10 times
- Exercise Daily

### **Mental Health:**

- Watch your mouth!
  - How you feeling? Not bad. Ok. Getting by. Hanging in there.
  - How about saying? Pretty good. Great. Awesome.
    - Better yet - Near perfect & closing the gap!
- Watch your ears! Actually the 6 inches between your ears...
  - Studies suggest that up to 80% of fatigue is mainly due to PSYCHOLOGICAL factors
  - Listen to inspiring music
  - Listen to the comedy channel
  - Turn off the news. It's never good anyway
- Surround yourself with positive people
- Breath
  - In 4, hold 8, out 8
  - Use lavender as an essential oil aromatherapy

### **Nervous System Health:**

- See your chiropractor!
  - The #1 IMPROVEMENT noted among ALL patients is an INCREASE in ENERGY LEVELS!
  - Adjustments reduce stress in the nervous system allowing your body to function more efficiently
  - We can objectively measure this with nervous system scans

### **Supplements**

- B-Vitamins
- Magnesium
- Vitamin D
- Omega 3's
- Ginseng
- CoQ10

