



5 KEYS THAT COULD RADICALLY IMPROVE YOUR ENERGY LEVEL AND QUALITY OF LIFE

Want to significantly improve your energy, but aren't sure where to start?

Here are Five Key areas to consider:

1



NUTRITION - Balance nutrition is key. Here is a short list of positive power foods: Eggs; 70 Calories each with 6 grams protein. Slow-release energy. Berries; Blueberries, blackberries, and raspberries. A sweet-hit with antioxidants. Complex carbs like veggies, fruits and whole grains. Healthy fats like salmon, avocados and nuts. In short, eat real, natural foods.

PHYSICAL MOVEMENT - Typically referred to as exercise, it can have a positive impact on many biomarkers including heart-rate, blood pressure, and inflammatory biomarkers. Start simple. Maybe a daily walk, then build from there.



2

Energy is realized through appropriate nourishment—food (including supplements), water, physical movement, sleep and energy-specific practices.

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3



ENERGY PRACTICES - There are certain practices that actually focus on increasing vital energy. Names for life energy include: Chi (as in NurtureChi), Qi, Ki, Prana, Pneuma, Reiki Energy and more. Some practices are more esoteric (Qi gong) and some have made a move towards the mainstream (Yoga). Definitely worth checking out: Chi Gung (Qi gong), Yoga, Tai Chi, Meditation, Pilates.

WATER - First: Dehydration is when you don't have enough water to complete normal body function. This can sap your energy and make you tired. The U.S. National Academics of Sciences, Engineering and Medicine recommends that adequate daily fluid intake is: About 15.5 Cups (3.7 litres) of fluids a day for men. About 11.5 cups (2.7 litres) of fluids a day for women.

Second: Choose water as close to nature as possible. In order of best to least is Spring water, then Aquifer / well water, purified water, tap water, and last distilled water. Focus on purity of available sources.

4



SLEEP - Sleep affects learning and memory, mood, blood pressure, blood sugar, motivation, reaction times, immune function, appetite, energy and more. You can see how important it is to get 7-8 hours sleep a night on a regular basis.

5



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