



*Endless Energy!*



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— wellness —

# ENDLESS ENERGY

Do you find yourself feeling sluggish and lazy mid-afternoon, and you have to fight the urge to take the rest of the day off, struggling with adrenal fatigue? Or do you feel totally exhausted and tired for no apparent reason? Fortunately, there are easy and affordable ways to instantly shrug off tiredness and naturally raise your energy levels.

This guide will show you a few easy, natural ways to boost your energy levels so that you can skip the extra cups of coffee.

## Food:

- Hydration
- Coconut water
- Foods for more energy (must be dairy-free and gluten-free)

## Lifestyle Changes:

- Exercise
- Sleep
- Mindset

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# Food

Eating healthy food can help you in a wide variety of ways. It can help reduce weight and maintain a healthy lifestyle, eventually raising your energy level to the maximum. Include fruits and vegetables in your diet and avoid eating junk food as much as possible. This helps stave off diseases and strengthen your immune system. Bring some more positive changes to your life with the following ideas.

## 1. HYDRATION

The earliest signs of dehydration are fatigue and lack of energy; if you are feeling thirsty, you are already behind. Our bodies require a substantial amount of water to function properly, so not replenishing it appropriately can immediately impact your metabolism and your energy. Here are some tips to stay hydrated and maintain your energy levels.

- **Try to drink 10-12 glasses of water** a day. Avoid heavily sweetened or caffeinated drinks as much as possible, because they can actually have the opposite effect.
- **If you are having trouble drinking** that much water, try adding fruit to it, or try eating more fruits and vegetables with high water content.
- **If you work out regularly**, you may want to substitute water with a drink that helps replace the electrolytes your body is sweating out. Forget sports drinks loaded with high fructose corn syrup and additives; opt for coconut water or water naturally flavored with lemon and honey instead.

## 2. COCONUT WATER

Coconut water is an isotonic drink packed with electrolytes and potassium. It is ideal for proper rehydration and has great antiviral properties. It also contains kinetin, which aids in keeping the coconut “young” and fresh even with its constant exposure to the sun; it will have the same effect on your body!

## 3. FOODS FOR MORE ENERGY

The following foods can be added to your daily diet for boosted energy levels:

- **If you feel down** or have low levels of energy, you might be suffering from a deficiency of magnesium. Increasing your magnesium on daily basis will help alleviate fatigue and sluggishness.
- Start by choosing **a healthy diet**. Simple carbohydrates are digested quickly, requiring a lot of insulin for your body to balance them out, so consume them in moderation. On the other hand, complex carbohydrates are dissolved more slowly and are better for overall health. These are present in whole grain, brown rice, leafy vegetables, and oats, which are also full of vitamins and other nutrients.
- **Protein is essential** for the body to stay healthy, so add lean meat like chicken and fish. Legumes and nuts are also great sources of protein.
- Know the difference between **good and bad fats**. Unsaturated fats and omega-3 fatty acids are the “good” fats that don’t raise your cholesterol level. These are found in fish, nuts, and olive oil and in many other seeds. Saturated fats are the bad fats found in processed food that can raise your cholesterol level and cause heart disease, so avoid them as much as possible

Following these tips, you can maintain a nutritious, balanced diet that supports a healthy mind and body and maximizes your energy levels in the midst of a busy routine.

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# Lifestyle Changes

Consistent good health and high energy levels are results of lifestyle. You cannot expect to maintain a healthy, energetic life by going on crash diets or sporadic, high-intensity workout programs. Good health and high energy require steady, sustained changes, but those changes can be small and gradual.

## 1. **EXERCISE**

Exercise is important for keeping both your mind and your body physically fit. Exercise is also more than just weightlifting or spending hours on the treadmill in the gym. Exercise can be anything from walking or jogging in the park or around the block, to simple exercises you can do at home. Here are a few small changes you can try to make exercise part of your daily routine.

- **Change your mindset.** Think “active” instead of “lazy.” Stay motivated by remembering that you are setting an example for your friends and family.
- **Set a realistic goal** to achieve, like losing a certain amount of weight or being able to run three kilometers without stopping. Make a plan for how to get there.
- **Set a regular time** for your workout and stick to it.
- **Make exercising fun** and stimulating by playing loud music, or even listening to podcasts or audiobooks to keep your mind occupied.
- **Team up with a friend** or your partner to get better results.

## 2. SLEEP

Getting enough sleep is essential for boosting your energy levels. When you do not sleep enough—or get good quality sleep—you get annoyed at every little thing

and find it difficult to feel good about anything. This may affect not only you but also the people around you in a very negative way. Additionally, adenosine, a by-product of cell activity that's produced by the body, is believed to be a contributor to our perception of being tired. Adenosine builds up during the day but during sleep, our bodies clear it from our systems, helping us feel alert. Try to get enough good quality sleep time to feel fresh and healthy when you get up. Here are some tips to improve your sleeping habits and boost your energy:

- **Follow a set schedule** for going to bed and getting up. "Early to bed, early to rise" is an excellent adage to live by for good health.
- **Try to maintain this schedule** even on weekends, trying to fit in at least an hour of relaxation. Your mind and body become unbalanced by a changing routine.
- **An hour before sleep** should be spent in a calm environment. Avoid using the TV or mobile phone, and don't do any strenuous exercises. You are trying to get your body to relax and to start preparing for sleep.
- **Keep your bedroom cool**, clean and inviting. This also creates a calming environment for better sleep. You can also take a hot bath or enjoy a massage to help relax.

## 3. MINDSET

The old saying "Thinking is half the battle" could not be more true in relation to your energy levels. Energy and motivation are just as much about your mindset as they are about your physical stamina, and a positive mindset will take you much further than a negative one. A positive mindset can be that little extra boost when you hit a bump and can be the

difference between letting a challenge get you down or motivate you. Here are some things to think about to start changing your mindset.

- **Start believing** that positive thinking is a choice. You can choose how to perceive a situation, and you can choose how to react to it. You may not be able to control your situation, but your situation does not have to control you.
- **Find the positives** and be a “glass half full” person. Even in a negative situation, you can get something positive out of it. It might be that the only positive is that it won’t last forever; focus on that!
- **Share your positive mindset.** Don’t feel pressure to commiserate or complain just because others around you are doing it; words are powerful, and every negative word you say or negative thought you have can gradually drain your energy levels.

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Your energy levels are influenced by more factors than just that cup of coffee you have been drinking. Real healthy, sustained energy is also not something you can—or should—get from a can. Your energy is a product of your physical, mental, and emotional health; all three need to be in the best shape possible to maximise your energy levels. You will be amazed at how far a little extra energy goes and how it continues to recharge you, like the battery of a car. Today you have a little more energy to walk a little further. That leads to more energy tomorrow when you finish that task at work early. That leaves you feeling motivated to call up an old friend for a much-needed conversation, and so on. Make small changes today that will help boost and maintain your energy levels for your future health.

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