

Boost Your Energy

Are you tired of being tired? Here a few simple tips that can help energize you so that you are ready for Spring.

Sugar Balance: A large meal causes the blood sugar levels to spike, compared to a smaller meal. More blood is forced away from the brain with a big meal. The body needs all the blood diverted to the digestive tract to handle the large intake of food. This causes you to feel listless and less alert after a big meal.

To maintain healthy blood sugar levels, eat small frequent meals. Your meals should be spread evenly throughout the day. You should eat a mix of complex carbohydrates, good fats and protein.

Fiber Fuel: Make sure you have enough fiber and protein in your diet. Fiber helps to prevent temporary constipation that can make you feel more sluggish. The protein helps to feed your muscles and keeps them strong. Make sure that your diet is composed of organic whole foods.

Key Nutrients: You should incorporate foods that are rich in the B vitamins and iron. The molecule that carries energy for the cells is dependent upon these nutrients and others to function. Your body needs the nutrients from organic whole foods to metabolize and use the foods that you eat for fuel.

Vitamin B: If you eat too much sugar, your body has to use stored reserves of the Vitamin B complex to metabolize the sugar. A dietary imbalance of carbohydrates and proteins can result in a Vitamin B complex deficiency.

Foods high in the whole Vitamin B complex include grains like brown rice, millet, and wheat germ. Other foods include brewer's yeast, rice

bran, molasses, eggs, lean meats, liver, peas, broccoli and leafy green vegetables.

Nuts and seeds are also high in the whole food B complex. These include almonds, pecans, pistachios, peanuts, cashews, whole sesame seeds and sunflower seeds. If you do not get sufficient quantities of these foods in your diet daily, fatigue can be the result.

Iron: This mineral is essential in the body to attract oxygen and transmit it to all parts of the body. We cannot survive more than three minutes without oxygen. The red blood cells of your body carry the iron and oxygen to every part of your body. A deficiency of iron can make you feel fatigue, brain fog, decreased energy and vitality, a sense of a loss of well being, and creates an acid environment inside your body.

Iron cannot be dissolved or absorbed without sufficient digestive hydrochloric acid. A mild Vitamin B deficiency can cause decreased hydrochloric acid production in the stomach. A more severe Vitamin B deficiency can make the stomach two to three times more acid than normal, resulting in heartburn and gastric distress. Your body needs iron and the whole Vitamin B complex to function normally.

The highest food sources of iron include dulse and kelp, rice bran and wheat bran, and pumpkin and sesame seeds. Most dried beans like lima beans, chickpeas, white beans, broad beans, red beans, lentils and pinto beans also contain iron. Eating a healthy diet rich in organic whole foods will ensure that your body has sufficient iron and Vitamin B.

Fluid Intake: Dehydration can reduce your blood flow to the organs, including your brain. This can decrease function, and your ability to think

clearly. Drinking filtered water and the right amount of water is key to keeping your body hydrated. It is best if you drink water and herb or green tea instead of coffee and soda pop.

A healthy body needs half its weight in ounces of water in order to stay hydrated. Drinking less water than the body needs also results in liver stress, and an accumulation of stored unwanted toxins. Excess toxicity in the body contributes to fatigue, brain fog and depression.

Keep Active: Inactivity can trigger fatigue. Set aside time to exercise like you would for any other appointment. If you cannot see yourself exercising 30 minutes a day, there are other options. Start with three 10 minute exercise periods to get yourself into the habit. Make sure to drink more water when you exercise for increased energy.

Spread your exercise periods out throughout the day to give yourself an energy boost. Walk around the block during your lunch break and use the stairs instead of the elevator. A California State University study found that a 10 minute walk is enough to increase energy, alter mood, and affect a positive outlook for up to 2 hours. Exercise during the TV commercial breaks by walking in place, or stretching. Even 5 minute intervals of exercise can add up to feeling better with more energy.

There are simple non-invasive tests that can be performed to easily determine if your fatigue is related to dehydration, protein deficiency, or an iron or Vitamin B deficiency. These tests are done routinely during most consultations with a holistic wellness physician who is trained in nutrition and the hidden signs of vitamin deficiencies.

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