

Summer Energy Boosters

By Dr. Carol Ann Fischer, BS, DC, ND

Are you tired of being tired? Boost your energy in time to enjoy America's birthday celebration and all that summer time offers.

Sugar Balance: Large meals causes the blood sugar levels to spike, compared to a smaller meal. More blood is forced away from the brain. 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.

Maintain healthy blood sugar levels by eating small frequent meals spread evenly throughout the day. Avoid eating excess refined carbohydrates and sugars. Sugar can cause a temporary energy boost, but it is as short lived as the beauty of a firework on the 4th of July. 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 you from feeling sluggish and constipated. Eating protein helps to feed your muscles and keeps them strong. Your diet should be composed of fresh organic whole foods.

Key Nutrients: Incorporate foods that are rich in the B vitamins. Your body needs the nutrients from organic whole foods for digestion and to generate energy.

Vitamin B: Taking non-food sources of B vitamins and eating too many carbohydrates and sugars can result in a Vitamin B complex deficiency. Your body has to use stored B Vitamin reserves to metabolize sugars. A dietary imbalance of carbohydrates, sugars and proteins can cause 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.

If you need help there are simple non-invasive tests that can be performed to easily determine if your fatigue is related to dehydration, protein deficiency, 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.