

of the Week...

Natural Energy Enhancement

If your body is functioning inefficiently, it takes more effort and more energy just to get through your normal activities of daily living. Since the nervous system coordinates function in the body, it makes sense that an inefficiently functioning body results from an inefficiently functioning nervous system. Chiropractic patients report increased energy levels.

Sustain High Energy All Day Without Caffeine

America is hooked on caffeine. And, while there may not be a relationship between one or two cups of coffee in the morning and the mid-afternoon energy slump that many experience every day...let's look at ways to get through the slump with good energy and without adding more caffeine to the equation.

Here are some suggestions:

1. Skip the caffeine and sugar in the morning to start with so the body can function more normally.
2. Eat a good, nutritious breakfast every day. Avoid sugary cereals and breads.
3. Drink plenty of water throughout the day.
4. Avoid having a high carbohydrate meal for lunch...stay away from breads,

pastas, sodas.

5. Do eat a high protein lunch. Try salads with a lean source of protein like fish or a chicken breast.
6. Start getting a good night's sleep every night. Recent studies suggest that 7 hours is ideal for most people.
7. Take a walk...a brisk walk...to and from lunch. Perhaps even a couple of turns around the block before getting back to work.
8. However, if you are restricted to the confines of your cubicle at work, getting in a work out can be a dilemma. Try some desk based exercising every few hours. According to the University of California, this will ease tension and get your blood flow going.

The Bottom Line...The Bottom Line...The Bottom Line...

To prevent the mid-afternoon slump and keep cognitive function at its highest, it is essential to allow your body to recharge. "Our energy is not a limitless resource, but it is something we can invest back into so we aren't running on fumes," said Heidi Hanna, Ph.D., CEO of the Synergy Foundation for Brain Health. This is a concept we have discussed in the past. Are you adding destructive or constructive survival value to your life through your actions every day?

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