

A woman with long dark hair, wearing a purple hoodie and black leggings, is captured mid-jump with her arms raised and a joyful expression. She is positioned on the right side of the frame. The background is a vibrant sunset sky with shades of purple, pink, and orange, and a dark, textured ground surface at the bottom. The text is overlaid on the left side of the image, enclosed in a white L-shaped frame.

**Your
Guide
to
Boosting
Energy
Levels
Naturally**

Do you feel like you are glued to your mattress when your alarm goes off in the morning? Are you **struggling to keep your eyes open** come 4pm and have to reach for the coffee to get you through your shift at work?

Fatigue can be caused by many different things including **nutrient deficiencies** (especially B vitamins and magnesium), a **sluggish thyroid** gland, **chronic infections**, **lack of sleep** and **food sensitivities**. These things are important to rule out, especially if your fatigue is persistent.

Let me tell you, it is possible to wake up in the morning and not feel like a zombie! You don't have to rely on caffeine and sugar to keep you going. **You can feel energised and motivated** to workout at the gym and cook healthy foods for yourself!

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#1 Get 7-9 hours of sleep

Yes...every night! We need high quality, restorative sleep if we want to feel energised, happy and healthy. How do you expect your body to run efficiently when you haven't let it rest and recover? Fatigue is your body's way of telling you to slow down and rest, but what do we do? We ignore the message and instead reach for the chocolate and caffeine to keep us going. If you have difficulties falling or staying asleep, check out my **free sleep guide** on my website.

An evening routine can be very helpful in setting the scene for a great nights sleep. Turn off the devices, wear some blue light blocking glasses, grab a mug of herbal tea and take an epsom salt bath. Ideally we should aim to be in **bed by 10pm!**

#2 Remove the stimulants

Sounds counterintuitive, but using stimulants like caffeine, sugar, chocolate and energy drinks gives us a boost of energy in the short term, but

we soon come **crashing down**. It is

recommended to wean yourself off these stimulants slowly over a week or two if you use

them daily as it can cause **withdrawal**

symptoms if not. Replace your coffee with herbal teas such as holy basil (tulsi) and your chocolate bar with a homemade coconut fat bomb (google recipes)

Your body creates it's own energy within the **mitochondria** (powerhouses of cells) when we eat, therefore we need to make sure we are providing enough nutrients and fuel in order to do this process correctly.

#3 Move your body

Even though you probably don't feel like it, getting up and moving your body is going to be one of the best things you can do for fatigue. In the morning when you wake up, put on your trainers and head outside for a **brisk walk** or head to the gym after breakfast for a quick workout. When we are inactive, **our 'energy/qi' and lymph flow stagnates.** This can lead to a range of issues from depression, oedema, weight gain and acne. Obviously don't push yourself too much with an intense bootcamp class, you just want to **get your heart pumping** and work up a bit of a sweat (or glow!) If you have a sedentary job, then take short **movement breaks every hour** or so to stretch, grab a drink or head to the bathroom. I also like to recommend tools like dry body brushing, massage and rebounding as a way to stimulate lymph flow.

#4 Get more magnesium

Our body uses magnesium as a cofactor in over **350 enzymatic reactions** in the body, meaning that if we are lacking in this mineral, there are 350+ things our body cannot do well. One of its main functions is assisting in the production of **adenosine triphosphate (ATP)**, which is the main energy currency of the body. **Magnesium rich foods** include dark leafy green vegetables, legumes, cacao, nuts and seeds. Due to our modern lifestyles, deficient soil and high stress levels the majority of the population are lacking in magnesium. A supplement containing **200-400mg magnesium** citrate or glycinate may be helpful at boosting levels. Epsom salt baths deliver magnesium sulphate via the skin.

#5 Balance your blood sugar

Imbalanced blood sugar levels can lead to feelings of fatigue, anxiety, tiredness after eating and sugar cravings. Consuming **too many carbohydrates** (sugar) and/or **not enough protein** and healthy fat can lead to spikes and crashes of our blood sugar. Aim for **3 balanced meals** during the day, containing **protein/fat/carbs/fibre**.

Constant snacking also disrupts our insulin sensitivity and puts fat burning on hold.

However, if you are dealing with thyroid issues, low blood sugar or adrenal stress, you may need to snack until things rebalance. Avoid refined carbohydrates and sugars as these are **low in fibre** and can leave us feeling hungry within a couple of hours.

#6 Increase B vitamin intake

Along with magnesium, B vitamins are very important for **energy production**. Foods rich in B vitamins are high quality meat (red meat in particular), organ meats, pasture raised eggs, avocados, dark green leafy vegetables, nuts & seeds. If you are following a vegan or vegetarian diet it can be very difficult to get all of the nutrients you need through diet alone, so it is recommended you supplement with a **methylated B complex**.

We also need healthy digestive systems to absorb nutrients from our food, therefore it is important to address **gut health** if you are also dealing with issues such as bloating, constipation, diarrhoea or pain. Our **beneficial gut bacteria** actually produce certain B vitamins for us!

#7 Stay hydrated

If we don't drink enough water, our **brain function, energy levels** and **detoxification** systems suffer massively. We need to stay hydrated in order to flush out toxins and waste from our eliminatory organs. 92% of our blood plasma is comprised of water, therefore we need to consume enough so that oxygen and nutrients can be delivered to our cells. Aim for **2-3 litres of filtered water** or non-caffeinated herbal teas per day. Adding a pinch of **Himalayan pink salt** or Celtic sea salt to water can further improve cellular hydration. Over-hydration can also lead to fatigue by creating electrolyte imbalances, so try not to consume more than 3 litres per day. If you struggle to consume enough fluid during the day, add some **fresh cucumber or mint** to your water for some extra flavour!

#8 Get sunlight

As soon as you wake up in the morning **expose your eyes to bright sunlight**. Open your curtains while you get ready, then outside for a quick walk. This signals your body to produce the **'awake' and 'alert' hormone cortisol**. Sadly, we don't spend a lot of time outdoors these days and this really affects our energy levels and mental health. Get a **vitamin D test** from your doctor, as low levels can lead to fatigue, depression, joint pain and hormone imbalances. Ideally you want your levels to be around **80-125nmol/L**.

Getting sunlight exposure during the day can actually help us sleep better at night as it regulates our **circadian rhythm** (body clock) and helps us to produce healthy levels of melatonin in the evenings, which is our main sleep hormone. The better sleep you get at night, the better your energy the next day!

Get in touch!

As you now know, low energy levels can indicate a lot about our health. If you are **still struggling with ongoing symptoms** after implementing these recommendations, you may be dealing with an **underlying health condition.**

Schedule a **free 30 minute call** with me to discuss your health issues further, and I will let you know how **I could help you 1-on-1.**

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