



6 Weeks to Abundant Energy

Week One



Regina Zwilling

Week One

Movement



What you should do:

Within 30 minutes of getting out of bed in the morning, walk or dance or do something to get your heart rate up for 10 minutes.

Before your saboteur (that little voice inside your head that tells you can't do it because you don't possibly have time, need to get the kids out the door, make your coffee/shower/check email/feed the cat, fill-in-the-blank with whatever it is holding you back) tells you it's not possible, take a deep breath and ask yourself, "What if it is possible? How would my life be better if I actually got up a little earlier and moved my body first thing in the morning?"

The Saboteur (we all have one) is quite skilled at logically and rationally explaining why we can't achieve our goals. This Saboteur is there to keep us safe. So say "Thank you" to your Saboteur and imagine what it will be like to feel great. And then let's take the steps to make it happen!

Why you should do it:

Here's a short list of the ways movement is good for us:

- Helps us maintain healthy body weight
- Reduces the risk of a whole host of chronic illness
- Gives us more energy
- Elevates our mood
- Helps us sleep better
- Boosts our immune system
- Makes us smarter
- Slows the aging process
- And makes us sexier. That's right, exercise makes you sexier. And who doesn't want to be sexier??

To have more energy, you need to move your body. It's that simple. Making daily movement a priority in your life is critical to feeling your best.

Why should you move your body first thing in the morning? Our bodies have a built-in bodyclock, called circadian rhythm, that tells us when to eat, when to sleep, when to rest and when to move. These rhythms are controlled by hormones.

To your abundant health and energy!

www.zwillinghealth.com

Copyright 2018. All rights reserved

The hormone that helps us wake up every morning is cortisol, and exercise increases cortisol. This increased cortisol gives us a burst of energy in the morning that boosts our mental and physical performance throughout the day. That same boost of cortisol too close to bed can make it harder to fall asleep at night.

Pro-tip:

Invite friends and family to join you. A brisk walk first thing in the morning while you catch up with a friend you don't see as often as you might like is a great way to start the day. Or walk your pet, or even a neighbor's pet. If the weather is rainy or too cold, dance around with your sweetie or a kid in your life. Making movement fun is a sure-fire way to make it stick!

Pitfalls:

There are lots of reasons we don't move our bodies on a regular basis, and many of them are psychological. It's true that practical concerns like overly-full schedules or poor health can make exercising a challenge, but ultimately most of our biggest barriers are excuses. "I don't have enough time. I'm too tired/uncoordinated/fat. I don't have/can't afford a gym membership." You get the idea. We are creatures of habit.

Most of us have a sedentary, couch-potato habit. Start with a small, new habit of just 10 minutes a day, first thing in the morning, to develop a strong foundation that you can build on over time.

Solutions to the Pitfalls:

With only 24 hours in a day, making your health a priority means some other activities need to take a back seat. How much time a day do you spend watching TV or surfing the internet, scrolling through your Facebook feed or watching cat videos? So many of the time-fillers in our lives are not really all that important.

First, get clear on your priorities. (More on that in a bit). Having clear goals and reasons for why you want to have more energy will help you understand where to best invest your time and energy. If you tend to stumble to your computer or grab your phone first thing in the morning to check email and see the latest posts on Facebook, put that time to better use by stumbling out of bed and into your sneakers and get moving. At lunchtime, ask a friend or co-worker to grab a healthy snack and walk to a nearby park with you and eat in nature rather than checking Instagram or your Twitter feed.

Another strategy is to commit to paying yourself (rather than a gym) every day you succeed at moving your body. Or use a point system. Get a jar, and put in \$1 or five points (or \$2/20 points or whatever feels right) every time you go for a walk, dance, or move for at least 10 minutes.

To your abundant health and energy!

www.zwillinghealth.com

Copyright 2018. All rights reserved

At the end of the six week plan, get yourself a massage, a pedicure, a new workout outfit or whatever will feel good to you to celebrate!

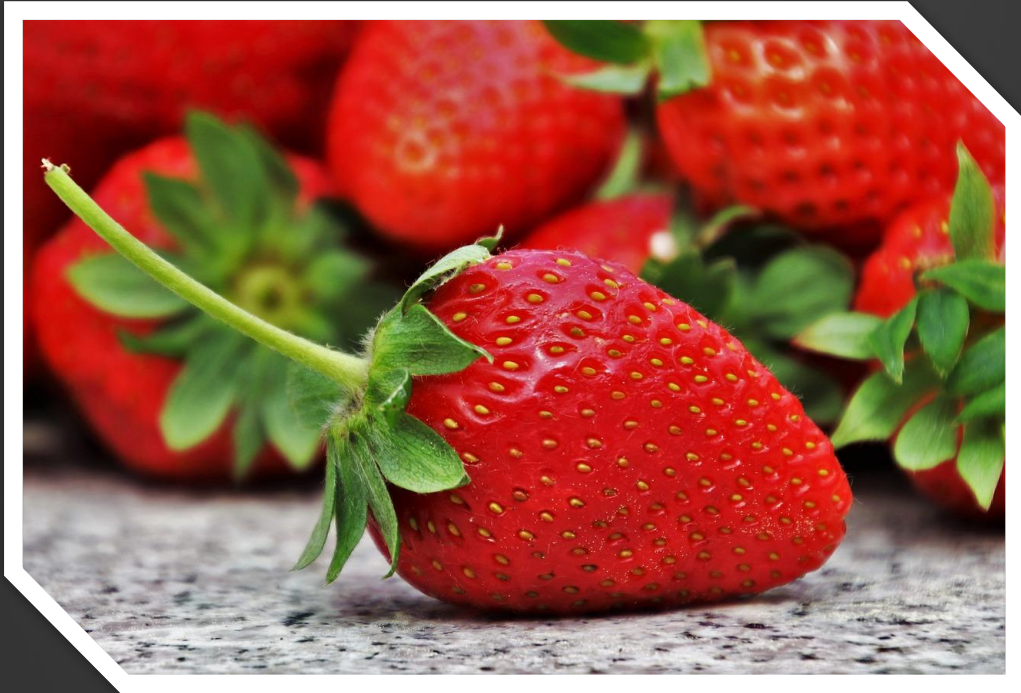
Or maybe it's a long hot soak in a bathtub with candles and music, watching a movie you've been wanting to see, or get that book you've been dying to read from the library. Or all of the above! The point is to be creative and make it fun and motivational.

To your abundant health and energy!

www.zwillinghealth.com

Copyright 2018. All rights reserved

Nutrition



What you should do:

Drink only water for the entire six weeks of this course. That's right. No coffee, tea, soda (diet or regular), alcohol, kombucha, energy drinks, juice (even homemade!), or smoothies. Just water. But not with meals. You can do it! It's only for six weeks, not forever.

Why you should do it:

We consume a lot of sugary, caffeinated, dehydrating beverages. These lead to a host of serious health problems. The following is a very short list of medical issues linked with the consumption of soda, energy drinks and other sugary beverages, including coffee drinks like lattes with syrups and other flavorings:

- A single can of soda (just 12 ounces) is loaded with as much as 11 teaspoons of sugar that make our insulin skyrocket. This leads to an inevitable "crash" within an hour or so after drinking the soda and a spike in blood sugar and a corresponding spike in insulin, which over time can lead to diabetes, obesity, heart disease and other problems.
- The phosphoric acid in soda interferes with digestion and nutrient absorption, which in turn leads to problems like osteoporosis and tooth decay. Read more about how soda damages bones [HERE](#).
- Diet sodas are no better. The artificial sweeteners have been linked to seizures, multiple sclerosis, mood disorders and more. And although diet sodas don't contain sugar, they are still linked with metabolic syndrome, which means increased belly fat, high blood pressure and increased risk of heart disease. The sweet taste of artificial sweeteners tricks your body into thinking insulin is needed to help shuttle the incoming sugar rush into your muscle, liver and fat tissue
- The high sugar and caffeine content in most sodas and energy drinks leads to dehydration. Chronic low levels of dehydration have other damaging consequences such as headaches, dry skin (and wrinkles!), and lack of focus and ability to concentrate

Drinking water and hydrating our bodies well offers the following benefits:

- Helps to maintain a healthy body weight
- Gives you glowing, clear skin
- Helps you properly digest food and absorb nutrients from food

To your abundant health and energy!

www.zwillinghealth.com

Copyright 2018. All rights reserved

- Decrease muscle and joint pain and inflammation
- Have better circulation
- Helps you to flush out toxins to gently and naturally detoxify your body

Pitfalls:

Giving up our favorite beverages is challenging. Especially if we rely on caffeine to get ourselves going in the morning. This one is just for the six weeks of the plan. So give it a try and find out how much better you feel.

Solutions to the Pitfalls:

Carry a big bottle of filtered (not tap or bottled water) water with you so it's easy to sip on when you feel thirsty. Add a squeeze of lemon for a bit of flavor. Most tap water contains a cocktail of chemicals, including medications such as antidepressants, statins and other drugs you don't necessarily need or want to consume.

Chlorine is added to water to make it safe to drink, but consuming the chlorine has a host of negative health effects when we drink it. Fluoride is also added to much of the water supply in the US, and this does nothing to help prevent cavities, and it is a neurotoxin.

Pitcher-type filters remove flavors and odors from tap water but don't do a very good job of removing contaminants, chemicals, and medications from water. I love my Berkey filter, which removes 99.9% of pathogenic bacteria, heavy metals, chemicals and other contaminants. It leaves just great-tasting water. Check it out [HERE](#). If you live in a town or city that fluoridates the water, please consider getting a special filter to remove the fluoride. Berkey makes an excellent fluoride filter, available [HERE](#).

More information:

Try drinking a glass of water 30 minutes before a meal. Add a splash of fresh-squeezed lemon or a tablespoon of raw, organic Apple Cider Vinegar as a digestive aid. Yes, ginger or peppermint tea (among others) are wonderful digestive aids, but it's so easy to add a little honey to a cup of tea, then a little more, then next thing you know you're slurping down a grande latte at your local coffee shop. (Or is that just me?) It's just six weeks of the plan, so stick to plain ol' water.

Make sure you get a good filter to get the toxins out of your tap water, and carry your own bottle of filtered water around in a stainless steel or glass bottle so you don't need to use plastic. Plastic bottles (even the BPA-free ones) leach toxic chemicals into the water and are disastrous for the environment. Drink water. Save money. Save calories.

To your abundant health and energy!

www.zwillinghealth.com

Copyright 2018. All rights reserved

How much water to drink?

That old saying about drinking eight 8-oz glasses of water every day is based on... well, nothing. Drink a big glass of water first thing in the morning. This will help get your bowels moving, and a daily bowel movement is an important part of being healthy.

After that, drink water when you feel thirsty. One of the objectives of this six-week program is to get you in touch with your body and what it needs, rather than listening to what “experts” have to say about what is right for you. So, if you feel thirsty, drink water. If you don’t feel thirsty, don’t force your body to have something it doesn’t need or want. The goal is to have light-colored urine, not dark yellow which is a sign of dehydration.

One More Caveat:

We often feel hungry when we are really just thirsty. If you get mid-afternoon munchies, try drinking a glass of water before reaching for a snack even if you don’t feel thirsty. Wait 15 minutes before eating to feel if the “hunger” passes. We will talk more about between-meal snacking in week three, but for now, give the water instead of snack trick a try. If, after drinking a glass of water and waiting 15 minutes, you still feel hungry, go ahead and have a snack.

To your abundant health and energy!

www.zwillinghealth.com

Copyright 2018. All rights reserved

Lifestyle



What you should do:

Get 8 - 9 hours of sleep every night.

Why you should do it:

Getting your full quotient of sleep every night is critical to feeling your best.

- Sleep is the time our bodies and brains restore and repair themselves.
- Sleep is when our brains perform memory consolidation. This is the process of converting short-term memory into long-term memory.
- The third critical aspect of sleep is its importance in our metabolic health.

Pitfalls::

Many of us have the false belief that we can sacrifice sleep in order to get more done, but the cognitive, mental, physical and emotional declines that take place from chronic sleep deprivation mean we don't perform at our best. Sleep deprivation makes us inefficient and foggy, and the drop in performance erases any gains from working more. Even worse, many of us spend far too much time on activities that drain our energy and disrupt or eliminate our sleep.

If you are concerned about not having enough time to get things done if you sleep more, remember that when we are sleep-deprived, we don't function at our best. We are more focused, more efficient, more patient, more energetic, more aware, more productive when we are well rested. Something that may take you two hours late at night when you are tired may take you only 30 minutes when you are well-rested and clear.

For those of you with kids, I understand all too well the challenge of getting a full, uninterrupted night's sleep. (To all you tired parents out there, I salute you!) That said, the following tips are still relevant to getting the best night's sleep you can. Following the guidelines below will help your littles, if you have those in your life, get better sleep, too. It's also really important to teach your little ones good sleep habits.

To your abundant health and energy!

www.zwillinghealth.com

Copyright 2018. All rights reserved

Solutions to the Pitfalls:

Here's a list of ways to get more sleep:

1. **Turn off the screens at least an hour before bed time.** Make a plan to sleep 8 hours every night. Let's say 10 pm to 6 am fits your schedule. Turn off all screens at 9 pm and cozy up with a good (relaxing!) book. Or do some light stretching and meditate.

Write in your gratitude journal (more on that in Week 5), trade foot rubs with your sweetie, or take a warm bath. Screen time is disruptive for a couple of reasons. It makes our mind too active at a time when it should be winding down. And the blue light from the screen disrupts melatonin production. Yes, there are blue-light blocking glasses and screen apps to reduce the blue light. Just turn off the screens and go to bed.

- 2.
3. **If reading in bed sounds like a helpful way to get sleepy**, try using an amber-colored light bulb in your lamp. While blue light blocks melatonin, amber/red light does not. Himalayan Salt lamps are great, or you can buy special amber-colored lights for your bedroom lamps, like [this one](#).

- 4.
5. **After this six week plan**, when you start to integrate beverages other than water back into your routine, don't consume any caffeine after noon and no alcohol less than 3 hours before bed. So if you are going to bed at 10 pm, no alcohol after 7 pm.

Be aware that caffeine is in LOTS of places you would not expect. It can be hidden in energy waters, pain relievers, sodas, and chocolate. Even decaf coffee or tea can have some caffeine. When you eliminate caffeine for a while and then consume it again, you realize what a powerful drug it really is. A little bit at the wrong time of day can be really disruptive for some people. So read labels and be aware of what you are consuming.

6. **When you eat is critical to get a good night's sleep.** Eating less than three hours before bedtime can lead to poor digestion, disrupted sleep, and it even speeds the aging process. Be sure to eat your last meal of the day at least 3 hours before bedtime. And that means no snacking, no little nibbles, nothing after you finish your meal. Except water. Read [this post](#) to learn more about the benefits of giving yourself plenty of time between your final meal of the day and bedtime.

To your abundant health and energy!

www.zwillinghealth.com

Copyright 2018. All rights reserved

- 5. Try taking Magnesium.** Magnesium is a mineral that is used in hundreds of bodily functions every day. It is a critical nutrient for our muscles to be able to relax and it helps us overcome the negative effects of stress. Most of us are magnesium-deficient due to our food being grown in depleted soil. If you have trouble falling asleep, using a supplemental magnesium before bed is often very helpful to fall asleep and stay asleep

[This magnesium supplement](#) has helped many of my clients get a good night's sleep. There are different flavors you can try, but be sure to get the plain magnesium. Don't get the kind with calcium ([read this post](#) to learn why supplemental calcium is actually very bad for you) or with melatonin ([read this post](#) to learn why supplemental melatonin is not a good idea).

- 6. Get outdoors every day, even if for only half an hour.** Our bodies' circadian rhythms, the body clock that tells us when to sleep, eat, wake up, and regulates many of our bodily processes, are set by things like sunlight and temperature. Most people spend a lot of time indoors and don't get enough bright light to help set their body clocks every day. We don't get enough bright light exposure (i.e, outdoors light) during the day, and we get too much artificial light exposure at night.

This throws off our melatonin production and throws our circadian rhythm into disarray. Get out at lunch time and take a walk – you get to move your body (exercise helps you sleep too!) and get natural light to help keep your circadian rhythm humming.

- 7. Keep your room pitch black when sleeping.** No night lights and no screens. Watch out for blinking lights or green “on” lights on all sorts of electronic devices, and cover them with a small piece of electrical tape. Better yet, get them all out of your bedroom, including phones. If you have an alarm clock, drape an old t-shirt or some other fabric over the digital numbers so the light doesn't disturb your sleep, but the sound of the alarm will still wake you up. Use blackout curtains to keep outside light from leaking in.
- 8. Keep your bedroom cool.** Research suggests that the ideal temp for sleeping is 65 – 68 degrees Fahrenheit. Throw an extra blanket on your bed to stay warm.
- 9. Speaking of blankets, try a weighted one.** Weighted blankets help to calm the nervous system, relieving stress and anxiety. They can help you get a deep, restorative sleep. [This is a great blanket](#) that I use every night. Read the description to make sure you get a weight that is appropriate for you.

To your abundant health and energy!

www.zwillinghealth.com

Copyright 2018. All rights reserved

Mindset



What you should do:

Define your “why.” Why are you undertaking this six-week course? Sure, the idea of more energy sounds great, but why do you want it? What will you do with all the extra energy following this course can give you?

Write it down and be as specific as you can be.

You can complete this phrase as a starting point:

“Having more energy will allow me to _____”.

Examples might be:

- Play a favorite sport again.
- Go biking with my kids.
- Learn a new language.
- Travel the world.
- Go back to school and finish my degree.

There are no right or wrong answers here, so dream big and write down all the ways having more energy will make your life better for you. Keep your list of “why”s handy and review them every single day.

•

Why you should do it:

There a difference between motivation and inspiration. Motivation is avoiding what we don't want (I want to lose weight = I don't want to be overweight). Inspiration is moving towards what you do want: for example, I want to play with my grandkids when I'm in my seventies and eighties; I want to live a long, healthy, productive life with my partner.

Motivation may be powerful in the short term, but inspiration will carry you further, faster and for the long-haul. Losing weight seems like a good idea until the co-worker brings in donuts for everybody to share.

Playing with your grandkids is a goal that is more important than the fleeting indulgence of donuts. The “why”s you identified above are your inspiration.

To your abundant health and energy!

www.zwillinghealth.com

Copyright 2018. All rights reserved

Pitfalls:

We are not usually taught how to identify what we really want in life. For many of us, our paths are set from a young age: go to school, get into a good college, get a good job, work till you retire, then maybe you get to enjoy life.

Daydreaming, imagining, envisioning are not taught in most schools. But they are important elements of knowing what you really want out of life. The straight-and-narrow path can be draining all on its own. Setting aside the expectations of others and diving into your own wishes and desires can be scary and exhilarating and exciting all at the same time.

Solutions to the Pitfalls:

Devote some time to just daydream about how your life would be different if you had copious amounts of energy. Imagine waking up refreshed every day, jumping out of bed ache- and pain-free, ready to rock and roll through another day.

- What would you do?
- How would you act with your loved ones, friends, family and co-workers?
-
- Would you be more patient, more creative, more productive? How? In what ways?

Really feel and see the images in your mind and body and write it down so you can refer back to it for inspiration when temptations arise.

To your abundant health and energy!

www.zwillinghealth.com

Copyright 2018. All rights reserved

There you have it, Week 1 is all yours! Just making the changes in this first week will have you well on your way to feeling great. Moving your body every day and getting a good night's sleep every night are two of the most important steps you can take to feel, and be, your best, every day.

I'm proud of you!

To Your Abundant Health and Energy!

If you have questions or you want to make enquiries, feel free to send me your mails to regina@zwillingham.com

Regina Zwilling