

8 WAYS TO NATURALLY BOOST YOUR ENERGY LEVELS

By Phoebe Jobson, Nutmeg Naturopathy



CONGRATULATIONS ON DECIDING TO FOCUS ON IMPROVING YOUR ENERGY! THIS IS THE FIRST STEP

What is fatigue?

Living in this modern world can leave many of us feeling like we just don't have the oomph to keep up. Fatigue can deplete us of our enjoyment, motivation, enthusiasm and overall quality of life.

We all know what it is like to be feeling tired from a poor night's sleep, big night out, or perhaps circumstances beyond our control. This is OK and normal. However, if you are feeling tired and lacking in energy more often than not, this isn't ideal and may be having huge negative effects on your life.

Feeling fatigued is literally lacking in energy, physically and/or mentally. And not only do you, as a whole, feel fatigued, all your billions and billions of cells will be lacking in energy too! Without sufficient energy, our cells are unable to function properly (fun fact here: our cells are responsible for every single function in our body).

For this reason, fatigue can present as an array of symptoms including lowered immune health, shortness of breath, lack of concentration, brain fog, muscular aches and pains, inability to recover from exercise, poor mental and physical performance, mood changes, sleep disturbances, digestive issues and the list goes on.



"fatigue can present as an array of symptoms including lowered immune health, shortness of breath, lack of concentration, brain fog, muscular aches..."

BUT WHY SO TIRED?

The reasons for fatigue and lack of energy are many. Working with your healthcare practitioner to discover and address the underlying drivers of your fatigue is the key to helping restore your energy levels. Some of the many potential reasons for your fatigue include;

- Nutritional deficiencies
- Chronic stress/inappropriate response to stress
- Chronic lack of sleep
- Restrictive eating/undernourishment
- Work-life imbalance
- Problems with cellular energy production
- Hormonal imbalances
- Lowered immune health
- Dehydration
- Blood sugar disturbances/insulin resistance
- Inflammation/infection



THE GOOD NEWS? THERE ARE SO MANY WAYS YOU CAN INTRODUCE ENERGY BACK IN TO YOUR LIFE - IT IS TIME TO FIGHT THE FATIGUE

Herbal/nutritional medicine, diet and lifestyle factors are crucial in supporting your energy levels!

Firstly, I do strongly recommend seeing your healthcare practitioner to take a thorough case, determine the drivers behind your fatigue and conduct further testing if required. Any nutritional deficiencies or particular health conditions and imbalances must be addressed and corrected.

But what can you do at home? Some of the many ways to help reduce your fatigue and boost your energy include;

HERBAL/NUTRITIONAL MEDICINE, DIET AND LIFESTYLE FACTORS ARE CRUCIAL IN SUPPORTING YOUR ENERGY LEVELS.

NUTMEG'S TOP 8 STRATEGIES TO HELP REDUCE FATIGUE AND BOOST ENERGY

1. Enjoy at least 30 minutes of moderate activity/movement each day

Performing at least 30 minutes of moderate exercise each day has not only been linked to the prevention, management and improvement of countless physical health conditions, but plays a huge role in boosting your energy. Have you ever noticed that you feel more energised after a work-out or moving your body? Regular physical activity helps maintain healthy cellular energy production! **Thus, choosing moderate-intense exercise/activities that you enjoy each day is guaranteed to boost your overall physical and mental vitality!** If you are currently experiencing chronic fatigue, it would be best to discuss with a health professional as to what exercise is best for you. Hint: start gently.

2. Eating magnesium-rich foods

Magnesium is an essential mineral used in hundreds of processes within our body, including the conversion of carbohydrates, proteins and fats into ENERGY! Some magnesium-rich foods include red and white meat, nuts, spinach, sesame seeds, tahini, bananas, cacao, prunes, parsley, sunflower seeds and legumes. Aim to include some of these foods on a daily basis. Supplementation may also be required, especially during times of fatigue – it is always best to chat with your health practitioner before starting any supplementation.

3. Eating foods rich in B vitamins

B vitamins all work together to help nourish your nervous system, brain functioning and energy production. Foods that increase your B vitamin consumption include; wholegrains (e.g. brown rice, barley, millet, quinoa), chicken, lamb, beef, dark green leafy veggies, nuts, nutritional yeast, bananas, seafood and eggs. Aim to include some of these foods on a daily basis. Supplementation might be required – it is always best to chat with your health practitioner before starting any supplementation.

4. Protein, Protein, Protein

Among its many roles, protein helps regulate blood glucose levels, providing you with energy throughout the day. Including a 'good' serve of a protein-rich food such as seafood, lean meat, organic cage-free eggs, legumes, organic tofu, full-fat dairy (if tolerated) or nuts + seeds with each meal and snack is vital. A 'good' serve of protein will roughly fit inside the palm of your hand. For example, 2 eggs at breakfast or a palm sized portion of firm organic tofu at lunch. If and when eating meat, make sure to choose (whenever possible), high-quality, organic, hormone/antibiotic-free and "grass-fed" meats. Similarly, 'wild-caught' for seafood.

5. Consuming foods rich in Iron

Iron is an essential component of our red blood cells which helps to transport oxygen around the body and to our cells - a vital part of energy production! With iron, it is always best to get a full iron study conducted to see where your blood iron levels are at - supplementation may be required to correct an iron deficiency. In terms of food, the best and most easily absorbed iron comes from animal sources e.g. beef, lamb and chicken, rather than plant sources e.g. spinach, nuts + seeds. If you follow a plant-based diet, consuming your iron rich plant foods with vitamin C rich foods will help assist absorption.



6. Hydrate!

Dehydration is an extremely common, yet often overlooked, cause of fatigue. Some of water's many vital functions include; carrying nutrients/waste products throughout the body, participating in numerous metabolic reactions, maintaining blood volume, regulating normal body temperature, helping with absorption of many vital nutrients + minerals, and delivering nutrients and oxygen to your cells. So drinking water is not just about "keeping us hydrated". The debate on the optimal consumption of water continues. What type of water is best and how much is enough or too much? Body weight, climate and activity all determine our need too. My motto? KEEP IT SIMPLE. Drink water, and drink plenty of it. Aim for eight to twelve glasses of water a day (ideally filtered) – that is roughly looking at 2 litres per day. Any other beverages (apart from herbal teas) e.g. black teas, juices & coffee, are not included in this figure. Another way to calculate your average water consumption is for every 1 kg you weigh, multiply it by 0.33. So a 60 kg person should aim for 1.98 L/day with an extra few glasses after intense exercise. One tip to consume more water: start your day with a big glass of water (aka not a coffee).

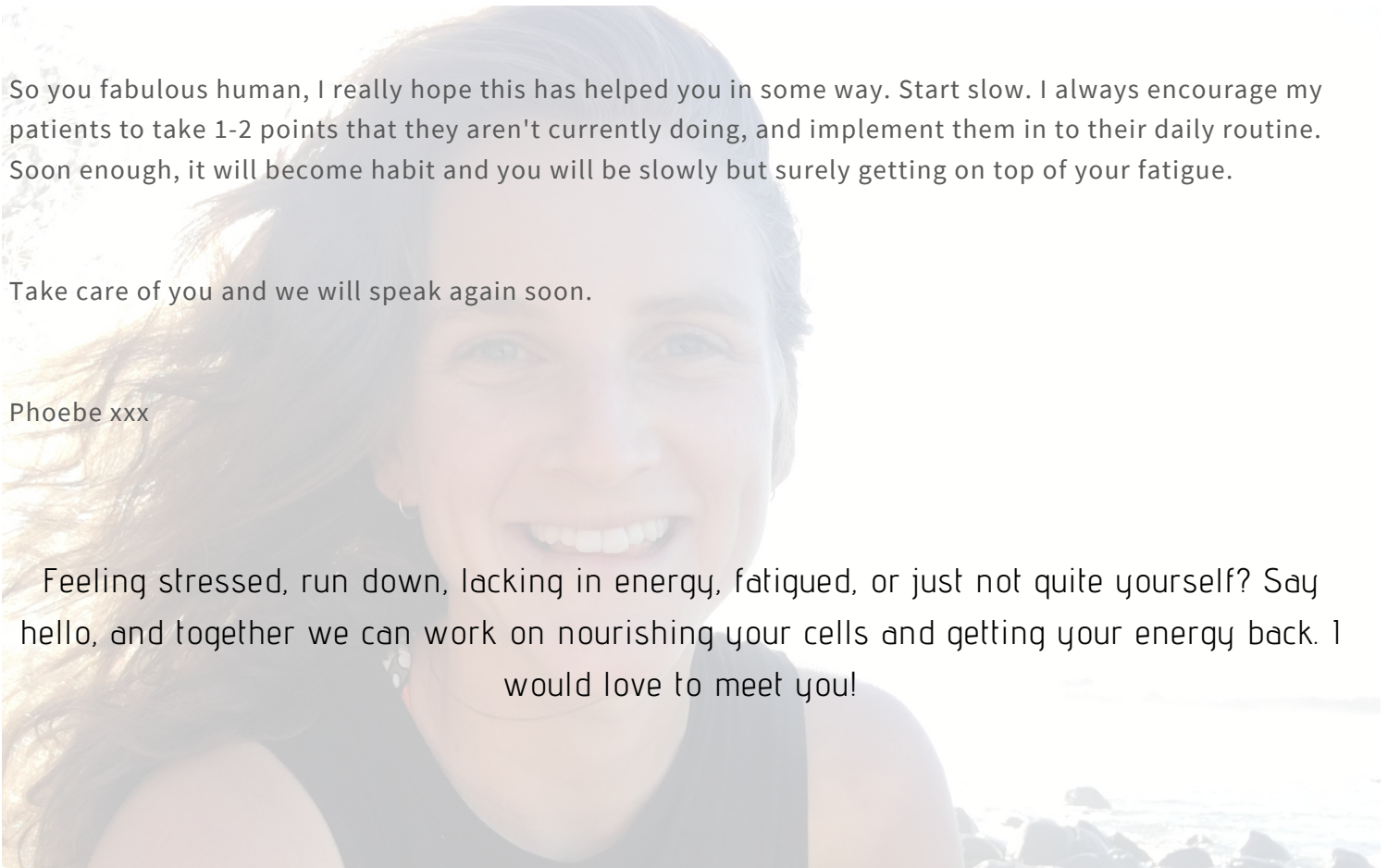
7. Get a good night's sleep

Sleep allows for our body systems to repair and regenerate. Sleep affects how we think, react, work, feel, learn, interact, heal, restore....and it certainly affects how energised we feel! Factors to help achieve a good night's sleep include; going to bed at the same time each night, waking up at the same time each morning, daily exercise in the sunshine, no screens at least 1 hour before bed, restful bedroom decor, aiming for approx. 8 hours sleep/night and not going to bed on a full or empty stomach (eating dinner at least 2 hours before you go to bed).



8. Avoid Stimulants and Processed Foods

Consuming highly processed foods (e.g. refined sugars, 'white' foods, processed meats, packaged goods) and stimulants (e.g. coffee, chocolate and energy drinks) can definitely be a temptation, especially when stressed and/or lacking in energy. While these options can taste delicious and can provide a short-term 'high', they end up leaving you crashing and burning later, contribute to 'under-nourishing' your cells and can be a reason for sustaining your fatigue. Instead, make sure to consume a wide VARIETY and VOLUME of nourishing WHOLEFOODS on a DAILY basis.







So you fabulous human, I really hope this has helped you in some way. Start slow. I always encourage my patients to take 1-2 points that they aren't currently doing, and implement them in to their daily routine. Soon enough, it will become habit and you will be slowly but surely getting on top of your fatigue.

Take care of you and we will speak again soon.

Phoebe xxx

Feeling stressed, run down, lacking in energy, fatigued, or just not quite yourself? Say hello, and together we can work on nourishing your cells and getting your energy back. I would love to meet you!

Phoebe Jobson
Naturopath

-  (02) 9969 7503
-  Suite 1/563 Military Rd Mosman 2088
-  admin@nutmegnaturopathy.com.au
-  nutmegnaturopathy.com.au

nutmeg
naturopathy 