5 Tips to Boost Your Energy Level

Ever wonder why you're so tired? Does it seem like no matter how much sleep you get, or how many cups of coffee you drink, you're exhausted before the day is half over?

If you're asking this question, you're not alone.

The Centers for Disease Control and Prevention reported that 15.3% of American women feel tired or even exhausted on a consistent basis.

If you have dreams, ambitions and responsibilities, you can't afford to be a part of this statistic. The good news is, you don't have to. Any woman, at any age, can dramatically boost her energy level simply by changing a few of her everyday habits.

In this newsletter, we'll share five simple tips that will help you do this. Apply these tips, and you can become more alert, confident and productive than you've been in years.

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I: “Sync” Your Sleep Patterns

It’s common to assume that if you’re tired, you’re not getting enough sleep. However, modern science is challenging this assumption with a recent series of rigorous studies on sleep and the human circadian rhythm.

In his book “Sync,” author Steven Strogatz cites multiple scientific studies which reveal two astonishing facts about sleep and alertness.

First, the studies found that our sleep patterns aren’t controlled by how tired we are or how much sleep we’ve had or even how long we’ve been awake. They’re controlled by regular fluctuations in our core body temperature.

“How long a subject stayed asleep did not depend on how long he had been awake beforehand;” writes Strogatz on page 82, *“it depended on when he fell asleep in relation to his cycle of body temperature.”*

And he continues…

“Whenever subjects happened to go to bed near the peak of their temperature cycle, the subsequent sleep episode was always very long, averaging 15 hours. Conversely, when they fell asleep near the time of minimum temperature, they slept much less, about 8 hours on average.”

This is astonishing. It goes against long held “common sense,” about what really controls our sleep/wake patterns. It suggests that most of the things we do to get ourselves on a “regular sleep schedule,” aren’t working.

Again, on page 83, Strogatz writes…

"When subjects go to sleep later in their body temperature cycles, they actually sleep less, even though they have been awake longer."

Wow! Imagine that. All this talk about getting your "sleep schedule," in order, and it turns out that your body temperature is what you should be managing.

This is NOT to say that you can get away with sleeping only two or three hours a night. But it does challenge conventional ideas about whether getting a sufficient amount of sleep will boost your energy level and alertness.

Speaking of alertness, the studies also revealed that our body temperature cycles control how alert, or drowsy we feel during certain periods of the day.

"The results showed that alertness goes hand in hand with body temperature," Strogatz writes on page 84, *"It's low when temperature is low and high when temperature is high."*

Later, on page 85, he writes…

"Field studies show that from 3 to 5 A.M., workers are slowest to answer a telephone, slowest to respond to a warning signal, and most apt to read a meter wrong. It's a bad time to be awake, especially if you are required to do something monotonous and important. Shift workers call it the zombie zone."

Next, Strogatz makes this astonishing statement that flies in the face of what most of us have accepted as common sense…

“The later you stay up, the groggier you become. At some point, usually between 3 and 6 A.M., your eyes start to itch. The desire to sleep becomes overwhelming. After even more sleep deprivation, out of nowhere comes a second wind and you start to feel better. You’ve just gone through the trough of your circadian cycle. Now alertness starts to rise, along with temperature and cortisol secretion.”

So even if you stay up all night, as body temperature rises, your alertness rises and the urge to sleep declines dramatically.

We’ve all had at least one night where we couldn’t sleep and decided it would be better to stay up instead of trying to squeeze in two hours. Now we know why.

If you can make it past the wee hours of the morning, your alertness mysteriously returns, even if you haven’t slept a wink.

These studies revealed that body temperature cycles impact a person’s sleep/wake cycles, even when they’re living underground, without clocks and with no way to tell whether it’s day or night.

This means that if you want to be more alert during the most productive parts of your day, managing your sleep schedule is secondary to managing your core body temperature.

The good news is, managing body temperature cycles is easier than trying to force yourself into a regular sleep schedule using raw will power, sleeping aids, alarm clocks and the like.

You can start simply by taking your temperature during the day. Once in the morning when you wake up, twice during the day and once before you lay down to sleep at night. This will make you aware of how the tips below impact your energy and alertness.

II: Eat Your Way to High Energy

Your diet has a dramatic impact on your body temperature. You'll notice this as soon as you start monitoring and recording your temperature during the day. Since your alertness level rises and falls with your body temperature, the goal is to eat foods that will increase your body temperature in the mornings.

This makes a cup of iced coffee a great way to start the day out. This might sound backwards, but Lauren Minchen, a registered Dietician and Nutritionist from New York City, explains it like this...

"Caffeine increases metabolism by stimulating the release of fatty acids from the body's fat tissues, which in turn can increase body temperature."

Other foods which raise your body temperature include...

- Bananas.
- Whole grains and complex carbs.

- Lean meats like poultry and pork.
- Ginger, cumin, cinnamon and cayenne pepper.

Obviously, as your day starts winding down, you want to reverse this by choosing foods that will help bring your temperature back down again and prepare you for going to sleep. Foods which lower your body temperature include…

- Lemon.
- Watermelon.
- Coconut water.
- Mind and peppermint.
- Most fruits and vegetables.

You can find more of these foods as you do your own research, but it's important to pay attention to the way that certain foods influence your body temperature.

This is why it's so important to take your temperature a few times a day, especially after meals. Everyone's body is a little different and the best way to tell how your diet is affecting you is to keep track for yourself.

Another thing to consider is how the size of your meals might influence your body temperature. Ever eaten a starchy meal (like a

bowl of pasta) before bed and had trouble getting to sleep? Was it hard to get out of bed in the morning? You bet it was.

This is because your body was working hard all night to digest that big, starchy meal you had the night before.

Remember, going to sleep later in your body temperature cycle (when your temperature is lower), is more likely to make you sleep less, even if you've been awake longer.

Since your eating habits have a dramatic impact on your metabolism and your body temperature cycles, why not use your meal sizes to get your sleep cycles in order?

If you plan to go to bed at 10pm, eat lighter meals later in the day. Stop eating at six or seven o'clock in the evening. Do your best to eat on a regular schedule.

Plan your bigger meals earlier in the day and lighten them up as the day progresses. This way, you're using your eating schedule to regulate your body temperature cycles.

Most importantly, pay attention to the impact that certain foods have on your body temperature. You'll be surprised at how much you learn about this simply by tracking your temperature during the day and noticing how your diet affects the results.

III: Get Ahead of the Stress

Ever had a hard time getting to sleep after a stressful day? This is because of the impact stress has on your body temperature. Here's a quote from the Anxiety Centre website…

"Normal body temperature on average is approximately 98.6°F. It's quite common, however, for the body

temperature to fluctuate 1°F one way or the other. This fluctuation can occur for a number of reasons. For example, if you're quiet and relaxed, your body temperature may drop a bit. But if you're active and racing around during the day, it may elevate to the higher end within the normal range."

Remember that your alertness rises and falls with your body temperature. The problem is, most of us react to stress instead of being proactive about it.

You can break this pattern by taking control of stress before it can control you.

Instead of trying to "manage" stress, take small, preemptive actions to either stop it from happening, or temper its impact when it does.

There are two ways to do this. First, give yourself a 15-minute window during the day to focus on relaxing your mind and your body.

You can call this meditation if you like, but it doesn't have to be that intense. You can simply put on headphones and listen to some soothing music. The key is to do this even if you're not

stressed out that day. Focus on your heartbeat and your breathing and concentrate on slowing them down.

The more you do this, the more control you'll gain over things which might, right now, seem nearly uncontrollable.

Think of the ability to relax the same way you'd think about your ability to lift a heavy weight or run a mile. The more you train yourself to do it, the better you'll get at it. But it's easier to train with smaller weight or to turn shorter distances first and work your way up from there.

It's the same thing with managing stress. Learning to relax under controlled circumstances will make it easier for you to relax when you're under chaotic circumstances.

Second, consider incorporating strength training into your routine. Strength training puts stress on your muscles and your joints, but in a good way. It trains your body to develop the physical strength and stamina to deal with excess stress.

A body that's been trained to hold up under physical stress, can better hold up under emotional stress, because as far as your nervous system is concerned, there's no difference between the two.

Finally, consider making a list of the things (and people) in your life that stress you out and either get them out of your life, or find a way to accept them. Acceptance is hard for ambitious people. They see it as lowering their standards. The truth is that acceptance is all about energy conservation.

There will always be things in your life you can't control and stressing out over them will only make them more unbearable. If

you accept them, it doesn't mean you're settling for things as they are. It means you're saving your energy for the things you can change.

IV: Move More Than You Eat

If you want to have more energy, the smartest thing you can do is become more active. Even if you don't feel like you have the energy to start, do it anyway and the energy will come.

Statistically speaking, active people are happier, more alert and more resilient to stress than people who live sedentary lives.

If you're having a hard time finding the energy to become more active, it's probably because your body is "active," doing less productive things, like digesting food.

According to the Journal of the American Heart Association, the winter holiday season is prime time for fatal heart attacks.

This isn't just because the Holidays are a stressful time of year. Few people realize how hard their heart, liver and other organs must work to digest and assimilate food.

This is one reason people who overeat are less likely to be active than people who eat moderately. Their energy is tied up in the act of digesting and assimilating food. Since many of them eat to

stimulate their nervous system, their sedentary lifestyle increases their craving for foods that help do that.

You can get ahead of this simply by moving more than you eat. We're not talking about trying to burn all the extra calories you eat during the day. We're simply talking about changing the way you respond to random or impulsive food cravings.

If you find yourself heading to the kitchen for a snack, stop and do ten pushups, sit-ups, lunges, squats, or jumping jacks before you eat anything. You might have your snack anyway, but at least you're starting to change the way you respond to cravings.

Sometimes, the urge to eat will go away once you've stimulated your nervous system with some activity. After all, sometimes a craving is simply your nervous system looking for some stimulation. Why do you think people eat when they're bored?

Most importantly, staying active has a dramatic impact on your overall ability to remain energetic and alert. This is true even for people who only workout for a short period of time each day. Research from the University of Georgia in Athens revealed that just 20 daily minutes of moderate exercise could boost your overall energy level.

If you think you don't have the time, or energy, to workout, all the more reason to do it. Active people make better use of their time *because* they have more energy and because they're more alert. Ironically, a lot of people who don't have the time to exercise don't have the energy to use their time well *because* they're not physically active.

You can break out of this cycle, not by finding more time in your day, but by shaking the self-defeating assumption that you don't

have the time to do something that will ultimately make you happier, more alert AND more energetic in the long run.

V: See an Endocrinologist

If you've tried everything else, and you're still not getting the results you want, there could be an underlying medical condition behind your tiredness. Don't worry. It's likely that it's not as serious as it's making you feel, and it's probably quickly reversible.

Low energy levels are typically the result of hormone imbalances or other problems in your endocrine system.

Your endocrine system regulates the release of dozens of hormones, all of which have a dramatic impact on your metabolism, your emotional states and your overall health.

Since the endocrine system is one of the most complex systems in your body, it's important that you see an endocrinologist. A good endocrinologist can run a series of simple tests and quickly identify how your low energy levels are caused by easily treatable hormone imbalances.

Women who have tried several different diets or who have gained and lost weight multiple times in their life often cause damage to their endocrine system in the process.

Other things, such as excessive stress or even aging can have a surprisingly dramatic influence on your endocrine system. Here's a short list of health problems which may be the result of a treatable endocrine imbalance...

- Chronic fatigue.
- Excessive sweating.
- Digestion problems.
- Decreased sex-drive.
- Loss of muscle mass.
- Uncontrollable urge to eat past satiation.
- Unexplainable weight loss or weight gain.
- Belly fat that's practically impossible to lose.
- Moods that swing from anxiety to depression.
- Early onset insomnia (difficulty getting to sleep).

If any of these sound familiar, you're not alone. The good news is many women are surprised to discover just how good they can feel and how much energy they can regain simply by getting their endocrine system in balance again. An expert endocrinologist can help you do this.

If you're not sure where to get started, send us an email at *****@********.com. We've helped thousands of women just like you rediscover the energy and confidence they thought they'd lost years ago. Contact us now and let's see how we can help you do the same.