

Increase Energy

High energy is important to all self change. To begin, you must have enough energy to care about making a change. Those who are always tired, lethargic or depressed seldom have the energy or focus to act in their own behalf, which is essential to creating your own reality. So energy is the logical place to begin a book about fixing your life.

Although we are all born with different energy levels, there are steps you can take to assure that you are maximizing your energy potentials. As the following 24 points will show, high energy results from factors we can avoid, dietary and supplement choices we make, and lifestyle decisions about exercise and the way we spend our time. The first six energy-increasing tips explore the primary energy robbers.

1. Avoid Lactic-Acid Buildup

Most career work takes a far heavier tension toll than people realize. Beginning with your face, neck, shoulders and back, your muscles tense in response to your workday body positions. Not only does the stress of your daily routine cause you to constantly burn energy, it often settles in your upper body, activating muscle fibers you aren't even aware of. Muscle tension generates a buildup of lactic acid, causing you to feel weary. Exercise combined with fluid intake can help you quickly rebalance and energize yourself. I'll discuss more on this later.

2. Avoid Glycogen Loss

Glycogen is the reserve supply of your natural blood sugar which is stored in your liver and muscles. Blood sugar is ideally derived from complex carbohydrates such as grains, vegetables, fruits, cereals, and potatoes. Simple carbohydrates such as candy, soda, pies and cakes will raise your blood sugar level rapidly and then rob you of energy when it drops two or three hours later. The same is true of caffeine in coffee or colas. When your blood sugar drops, your reserves are reduced.

High-protein, low carbohydrate diets also perpetuate glycogen loss. And when your muscles and brain do not receive enough of this vital blood sugar, you become fatigued. Dietary changes are obviously advantageous to maintain high energy.

3. Avoid Oxygen Loss

When you exert extensive mental energy for long periods, you often breathe too shallow. Upon falling into this undesirable breathing pattern, you will lose your mental edge and ability to maintain concentration and alertness. Exercise or do some diaphragm breathing to pull out of it. Take a very deep breath and hold the breath as long as you comfortably can. Then breathe out slowly through slightly parted lips. When you think the breath is all the way out, contract your stomach muscles and force it

even further out. Then repeat the process. Several minutes of this deep breathing will generate deep relaxation. In the future, remember to B-R-E-A-T-H-E!

4. Avoid Minor Dehydration

You don't begin to experience thirst until dehydration has already begun. The natural result of even minor dehydration is lethargy and/or muscular discomfort. In addition to filling yourself with fluids, a snack high in potassium is ideal. Potassium fruits include bananas, oranges and melons.

5. Resolve Stress & Tension

Stress not only robs you of energy, it is also implicated in many serious health problems. To learn how to unstress, you have to understand how you wound up stressed in the first place. One of the newest findings shows that the daily hassles of life may have a greater stress effect than the larger misfortunes of life. Examples would be interruptions, losing or misplacing things, too much to do and not enough time to do it properly, money worries, feeling lonely, pressure to perform well, and office politics.

Your personality indicates how you react to life's stresses. Although no one is a total type "A" or type "B" personality, most people are inclined toward type A behavior, which tends to be excitable, competitive and goal-oriented. As a result, the moment we encounter a tension-producing situation, our body chemically prepares to fight or flee. Your adrenal cortex secretes hormones, which in turn tighten you up like a spring. Your blood pressure rises and blood sugar is released for energy. Extra oxygen is delivered to your organs so you can use them in fighting off the danger. Clotting agents are increased in your blood in case you are wounded in the fight. Cholesterol and other fats are released to serve as a reserve energy supply. Many other biological changes also take place, all of which will remain ready for action for the next two or three hours.

But you don't fight and you don't flee. So this Stone Age internal reaction, originally meant to protect you, ends up endangering your health. So what can you do? Either resolve the conflicts in your life, or learn to live with them. To do either successfully, you will have to change some viewpoints and behaviors that are an integral part of your personality. The best place to begin is, 1) an exploration of your stress buttons, and 2) the acceptance of what cannot be changed. Next, be aware that diet and exercise can greatly reduce your stress levels. (See the "Reduce Stress" chapter.)

6. Diet Can Increase Energy

When you need to be particularly alert, eat high-protein foods such as fish, chicken, low-fat dairy products and beans. When you want to relax, eat carbohydrates. The reason is, different brain chemicals are active when you are alert than when you are relaxed. Proteins contain energizing chemicals, while carbohydrates, through a complex metabolic pathway, allows more tryptophan—a protein component that enhances relaxation—to reach the brain.

7. Act Vigorous!

Long hours spent at your occupation or activities will cause fatigue, which is usually noticed as a loss of focus. In most cases, instead of physical rest, your brain needs

physical stimulation to rejuvenate itself. And the best way to quickly increase energy may be to act vigorous. The new psychotherapies claim behavior wags the tail of feelings. In other words, you don't have to change your thinking to change your life, if you are willing to change what you are doing. Act vigorous and you'll soon begin to feel vigorous.

8. Supplements Can Increase Energy

A nutritionist, whose office is near Arizona State University, is often asked by students for advice to increase their energy during final exams. His suggestion: take 500 mg. of niacinamide—vitamin B3 (buffered niacin). And take it about 25 minutes before the test. This will open the deep-level blood vessels in the brain, and as result you will be mentally alert and energized for up to an hour. Niacin is not recommended, because it opens all the surface-level blood vessels, resulting in a distracting flush.

To generate about four hours of high energy, the nutritionist suggests two tablespoons of honey and two 400 IUs of vitamin E, plus a few minutes of exercise or stretching. The honey is a natural sugar. The E extends the oxygen in your body and the exercise pumps it all into your system. Do not use the E and honey if you've been drinking the night before, because it can act in reverse—as a downer.

9. Do What You Love

When you are doing what your really love to do, your energy always increases. We are all fragmented personalities. One part of us wants to one thing and another part wants to do something else. And often these subpersonalities are not at peace with each other. Usually they are involved in a struggle for dominance, and the internal conflict robs us of energy. But there is a time when there is never any conflict; when we are experiencing real joy. So, to integrate yourself, do only what you enjoy. What would happen if, no matter what it was, if you didn't enjoy it, you didn't do it? Delegate what you don't enjoy to someone else, or hire someone else to do it. Maybe all your increased energy will allow you to make the extra money to hire help.

How are you responding to this idea? If you are saying to yourself, "What a dumb idea," you are limiting your options and you probably limit all your options in life.

10. Skip the Nap.

Don't take a nap or go into meditation to increase your energy. Such remedies may reduce stress, but they won't increase energy. Instead, you need to generate blood sugar, increase your fluid and potassium levels, reduce your lactic acid and supercharge your brain cells.

In addition to breathing deeply, take an exercise break. Do ten minutes of active stretching, calisthenics, jumping jacks, walking, or jogging. By combining exercise with the previously stated ideas, increased energy is guaranteed. Even if you are stuck in an office building, you can walk up and down the stairs for ten minutes.

11. Eat Many Small Meals.

Eat many small meals during the day. Nibble on light nutritious foods such as nuts, fruits, non-sugar yogurt, raw vegetables and salad. This helps some people keep their

blood sugar balanced. The idea of three square meals a day is not based upon dietary wisdom, but was established to accommodate workers in an industrial age. If you eat a series of mini-meals, each meal doesn't need to be balanced, but the total meals should fulfill a nutritional balance. The idea is to spread out the same amount as you would eat in three meals.

Eating mini-meals also keeps you from overeating at any one meal, which usually results in an energy slump. The concept of five to seven mini-meals is also suggested as a way to lose weight.

12. Check For An Iron Deficiency

Doctors report that many low-energy patient have an iron deficiency. What is considered a medically sufficient level of iron is often not sufficient for optimum health. Your nutritionist can best advise you. And he may want to check colon transit time, before prescribing a way to balance your needs. He will surely advise drinking more water and eating more fiber. Stomach stretching exercises might be in order as well as the suggestion of additional magnesium and potassium.

Symptoms of iron deficiency include anemia, weakness and fatigue, dizziness, irritability, brittle nails with vertical ridges, pallor, gas, nausea after meals, itching, constipation or diarrhea, hair loss, heart palpitations, poor attention span, and recurrent illnesses. If you decide to use vitamin supplements, use only organic iron called hydrolyzed-protein chelate. Avoid synthetic iron, which is ferrous sulfate. Never take iron if you have an infection, because it can feed the bacteria. Take vitamin E and zinc at least eight hours apart from iron. And there is much more to know about taking iron supplements, thus the need to check with a nutritionist.

13. Develop A Daily Exercise Lifestyle

Develop a lifestyle including daily exercise. If your body is sedentary, it must work much harder. Without regular exercise, your heart and lungs are less efficient, which means poor circulation restricts the amount of needed oxygen sent to your body tissues. Not only does your body burn fewer calories, adding pounds, you also lose energy. Exercise reverses this cycle—especially aerobic exercise such as fast walking, jogging, or an exercise class. The idea is to make exercise part of your lifestyle—part of your daily life.

14. Avoid Energy Vampires

Negative people and those with hyper personalities can literally drain your energy. You might feel there is no way to avoid such people in your life. But it's your life and you have the right to spend your time as you desire. You either spend time or waste it. Spending time means you use it in positive ways that serve you. Wasting time means just that—spending it with people you don't want to see, or doing busy work that serves no purpose. Remember, birds of feather flock together. If you want to be happy, successful and filled with energy, surround yourself with happy, successful, high-energy people.

15. Make Major Dietary-Lifestyle Changes

An excess of foods containing sugar and refined white flour will eventually rob you of your health and energy. Replace red meat with fish, chicken and turkey, and only buy meats that are hormone free and contain no nitrates. Both are believed to cause cancer. Eat more vegetables, fruits and 100-percent whole-grain bread, cereal and pasta products. And it goes without saying that you will be wise to stop smoking and eliminate most alcohol.

16. Start Your Day With Sex

Consider starting your day with sex. Instead of waiting until you are tired at night, what about early morning sex to get your day off to an energized start? Regardless of when you make love, the idea is to always make time for your lover, even if it means dropping some responsibilities, reordering priorities, or hiring someone else to do some of your chores. Sexual frustration distracts you and distractions drain energy.

17. Investigate Food Allergies

Not only are food allergies responsible for weight gain and the inability to lose weight, they can also rob you of energy. A medical test is the best way to find out if you fit into this category, but the “Coco-Pulse Test” is a way to self-check your own response to food. If you have a dramatic rise in heartbeat following food ingestion, it is likely that it is caused by food sensitivity. You need to be familiar with your normal pulse, and how to take it.

First thing in the morning, count your pulse for six seconds and then multiply by ten. This is your resting pulse. Then check your pulse 30 and 60 minutes after the meal. If it is 20 beats or higher than normal, you may be having an allergic reaction to what you ate. Begin keeping a record of what you eat and your reactions.

And while you are checking your general health for energy robbers, there are three very common conditions that top the list. 1) Thyroid imbalance, 2) Candida—the yeast condition, and 3) Hypoglycemia—low-blood sugar. Fatigue is a common symptom of all three.

18. Consider Your Vitamin Intake

There are a number of nutrient problems that can rob you of energy, but one of the most common is not enough of the B vitamins, which are absolutely essential for optimum energy. Cooking and food processing destroy B vitamins and stress rapidly uses them up. So consider daily supplementing of the entire B complex. It may also serve you take B15, which is used by many athletes. It is sold in health food stores, but be sure to get pure DMG.

Some studies have shown that megadoses of vitamin C help prevent exhaustion. Take Ester-C to avoid stomach irritation. Tiredness can also result from a lack of the essential minerals, and calcium has been shown to increase stamina. Zinc is also involved in muscle performance and resistance to fatigue. Again, your doctor can offer dosage advice, or your health-food store can provide reading materials for recommendations.

19. Fear-Based Emotions Drain Energy

Energy is drained by fear-based emotions such as anger, hate, guilt, jealousy, repression, greed, envy, insecurity, resentment, blame and the list goes on and on. The fears can be resolved through therapy or human-potential awareness. They won't go away until you face them and act.

20. Lose Weight

Lose weight if necessary to bring yourself into physical balance and restore your energy level. (See the chapter on Weight Loss.)

21. Cut Down or Cut Out TV

Excess TV viewing robs you of energy in numerous ways, the least being eyestrain, which generates fatigue. Instead of observing life on the tube, get up, get out, and get involved in life.

22. Deal With Compulsive Thoughts

Compulsive thoughts can be very subtle energy robbers. If you're bothered by fearful or compulsive thoughts, and you can't put them out of your mind, write them down. Organize them into clear statements. Then organize a plan to deal with each one. If the problem is real, there is a real solution, which you are capable of finding.

If the thoughts relate to ungrounded fears, you may want to explore the concept of thought stopping. Every thought programs your subconscious mind. Positive begets positive, negative begets negative. So always notice compulsive thoughts immediately and say these words to yourself, "Success Opportunity." Then replace the negative thought with a positive one. As an example, if you catch yourself thinking, "I'll never get ahead with all these bills and responsibilities." Stop, and silently in your mind, say, "Success Opportunity." Then say to yourself, "Every day I move a little closer to financial independence." Next visualize yourself having what you want as if you already had it. This technique assures positive instead of negative subconscious programming. The positive thinking alone will give you more energy.

23. Balance the Four Kinds of Energy

There are four different kinds of energy: mental, emotional, physical and spiritual. A balance is needed between the four. Lack of balance in one area can rob you of energy in the other three. You know there is a great difference between being physically tired and being mentally tired. You also know that being emotionally drained is an altogether different experience. You may experience the importance of spiritual energy as it relates to your purpose in life. Contemplate each of these four areas to see if you are in balance. And if not, what can you do to attain a balance? Answers to life's problems are not difficult when you stop hiding from the questions.

24. Use self-hypnosis.

Daily use of self-change hypnosis mind programming will support your goal of increased physical energy. The final chapter tells you how.

Increase Energy Summary

1. Avoid lactic-acid buildup with fluid and exercise.
2. Avoid glycogen loss with blood-sugar balance.
3. Avoid oxygen loss by breathing deeply.
4. Avoid minor dehydration by drinking lots of water.
5. Resolve stress and tension.
6. The proper diet can increase energy.
7. Act vigorous to feel vigorous.
8. Supplements can increase energy.
9. Do what you love.
10. Skip the nap.
11. Eat many small meals.
12. Check for an iron deficiency.
13. Develop a daily-exercise lifestyle.
14. Avoid energy-vampire people.
15. Make major dietary-lifestyle changes.
16. Start your day with sex.
17. Investigate food allergies.
18. The B-vitamins are of special value.
19. Fear-based emotions drain energy.
20. Lose weight.
21. Cut down or cut out TV.
22. Deal with compulsive thoughts.
23. Balance the four kinds of energy.
24. Use self-hypnosis.

• *Affirmations* •

The final chapter explains how to use the following affirmations as self-talk and how to include them in a self-hypnosis format for daily mind programming.

“I awaken each morning enthusiastic about my day.”

“Every day I take time to stretch and exercise.”

“I always drink enough fluids to avoid becoming thirsty.”

“Nutritious healthy food now becomes my lifestyle.”

“When I want to be vigorous, I act vigorous.”

“Joy is always my best option.”

“I remember to breathe deeply.”

“I seek to associate with positive, happy, successful people.”

“I handle compulsive thoughts with positive programming.”

“I view everything that happens as an opportunity.”

“I project high energy and enthusiasm into everything I do.”

“I am filled with energy.”

“I am excited and enthusiastic about my life.”

“I awaken each morning enthusiastic about my day.”