

7
ways to regain
energy



Tel: 084 514 2643
vickyb@healthcoaching.co.za
www.healthcoaching.co.za



Tel: 084 514 2643
vickyb@healthcoaching.co.za
www.healthcoaching.co.za

1 Blood sugar balancing

We expect so much from our bodies yet we don't fuel our bodies with what is necessary to function properly. Balancing your blood sugar is an important starting point of regaining energy levels.

The Blood Sugar Balancing Eating Plan works with your body's natural design. The Blood Sugar Balancing Eating Plan has one controlling principle: if you lose blood sugar control, you gain weight and feel hungry and tired; if you **gain blood sugar control**, you lose weight, feel satisfied and **full of energy**.

Following this programme is the most effective way to reduce body fat, lose excess weight, gain health and turn your body's metabolism from storing fat to burning fat. You will become a fat burner and **feel more energetic**.

It is important to follow a low GL (glycaemic load) diet that balances your blood sugar levels. A blood sugar balancing diet focuses on **real food**, avoids refined carbohydrates & sugar, includes protein with all meals. The great thing about this way of eating is that you don't have to constantly weigh food, you will be given a list of low GL foods and you can enjoy those in abundance.



Tel: 084 514 2643
vicky@healthcoaching.co.za
www.healthcoaching.co.za

2 Sleep

If you are not getting at least 7 hours of sleep at night, your body and brain won't perform at their best.

Some people view their lack of sleep as 'bragging rights', often convincing themselves they are so busy and yet so efficient.

I love hearing clients say that their **productivity has gone up**, once sleep improved. Coaching sleep hygiene is an area where I have seen the most dramatic changes in clients' lives.

Furthermore, sleep and weight are related. Sleep deprivation causes hormone imbalance, for example ghrelin (the hunger hormone) and leptin (the satiety hormone) play a vital role in regulating body mass in response to sleep duration. Your stress hormones are also affected by sleep.

There are a few essentials to improve your **sleep hygiene**, for example, avoid blue light 2-3 hours before bed; make sure that your bedroom is the right temperature (not too warm); avoid coffee and alcohol 2-3 hours before bed. These are just a few from a list of things you can do, why not try one this week?

Sleep affects your cardiovascular system, digestive system, endocrine system, reproductive system, nervous system, lymphatic & immune system, urinary system and integumentary system. Yes, everything in your body is affected by sleep, it should be a priority.



Tel: 084 514 2643
vickyb@healthcoaching.co.za
www.healthcoaching.co.za

3 Exercise

A 2006 review (Puetz 2006) noted an association between good energy levels in people who exercise regularly in comparison to those who lead a sedentary lifestyle. It sounds counterintuitive, but *exercise can in fact increase energy*, both for healthy people and those who suffer from certain medical conditions, including Chronic Fatigue Syndrome (CFS). A 2016 review (Larun et al., 2016) found exercise to be more effective in combating CFS than other treatments, and no evidence that exercise would make symptoms worse. (Note that people suffering from CFS must start with very gentle exercise for 5 minutes).

It is important to find ways to move your body that you *enjoy*. I often hear the issue of not having enough time, to that I say, *use whatever time you have* to get active and enjoy!

It is important to do exercise that doesn't stress your body. As we get older, it is especially important to pay attention to this, examples of great exercise is walking, pilates, resistance training, zumba or dancing.



Tel: 084 514 2643
vickyb@healthcoaching.co.za
www.healthcoaching.co.za

4 Detox

Chemicals used to be only in the environment, today, chemicals are in our bodies too and can cause serious exhaustion.

A good place to start detoxing, is your timeline on social media. Unfollow people and pages that have a negative effect on your emotional wellbeing and drain you.

I always recommend a kitchen-detox, get rid of food that you know aren't good for you, if it isn't in your kitchen, it won't be an option to eat it.

Take small steps to make your environment safer, for example don't leave a plastic water bottle in a vehicle, the heat causes the plastic to release chemicals and lands up in your water. The same with heating plastic in a microwave, if you have to use a microwave, rather use glass or ceramics to heat food.

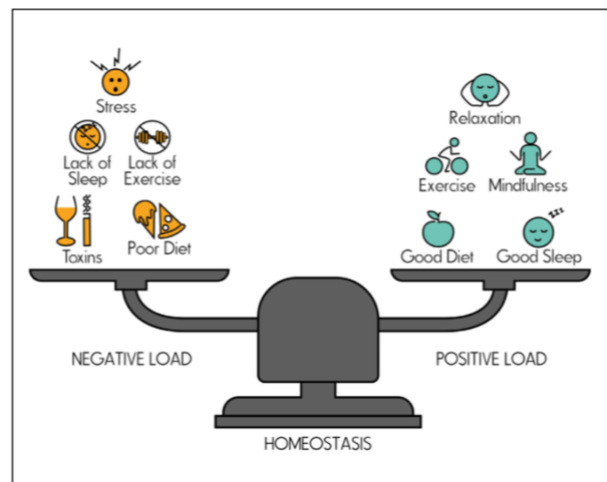
Detoxing is more than just 'flushing' your intestines every few months, you have to create an environment with the least toxins possible.



5 Stress

We are all different and we react differently to stressors. Some of the stressors we have to deal with today include a high workload, being bullied (by the way, not only children are victims of bullying), losing sleep over debt and money worries, relationship stress, worrying about our children and families, etc. As a result, this has an affect on our health and our energy levels.

The figure shows the importance of **increasing the positive load** when the negative load gets too heavy.



You need to **make an effort to find your balance**, a few example would be to enjoy nature, exercise and one more tip, chewing. (Azuma et al. 2015) suggest that chewing is not only important for eating, but is also an effective strategy for stress management.



Tel: 084 514 2643
vickyb@healthcoaching.co.za
www.healthcoaching.co.za

6 Self-care

Constantly taking care of others/ being there for others is rewarding but can be exhausting too.

Many of you find this challenging, you feel so guilty to have any 'me-time' but once it is built into your life, you become a better (nicer) parent, partner and person, and can't go with out it.

When the pressure increases, it is even more important to infuse self-care. In order to take care of others, you have to take care of yourself – such a cliché but so true.

How do you infuse self-care? Think of something you really *love doing*, something that makes you *smile*, something that *relaxes* you. Now do it!



Tel: 084 514 2643
vicky@healthcoaching.co.za
www.healthcoaching.co.za

7 Hydrate

One of the biggest causes of fatigue is dehydration but it is also the easiest to fix.

Up to 60% of the human adult body is water. According to H.H. Mitchell, Journal of Biological Chemistry 158, the brain and heart are composed of 73% water, and the lungs are about 83% water. The skin contains 64% water, muscles and kidneys are 79%, and even the bones are watery: 31%.

If you are not hydrated, your whole body gets affected. Symptoms of dehydration can include headaches, fatigue, dizziness, mood swings and constipation. Human beings can survive weeks without food (not recommended) but only days without water, that should indicate how essential water is for your survival.

At night, *while you sleep*, you *lose about 1 liter of water*, so we wake up dehydrated. I recommend drinking a glass of water first thing in the morning (room temperature). Wait 90 minutes for your first cup of caffeine – caffeine is a diuretic, which means it makes you have to urinate, this is counterproductive with a dehydrated body. To help with this, have a second glass of water and then your cuppa.

Ps: too much caffeine can increase heart rate, blood pressure, and jitteriness. Research indicates too much actually causes fatigue.