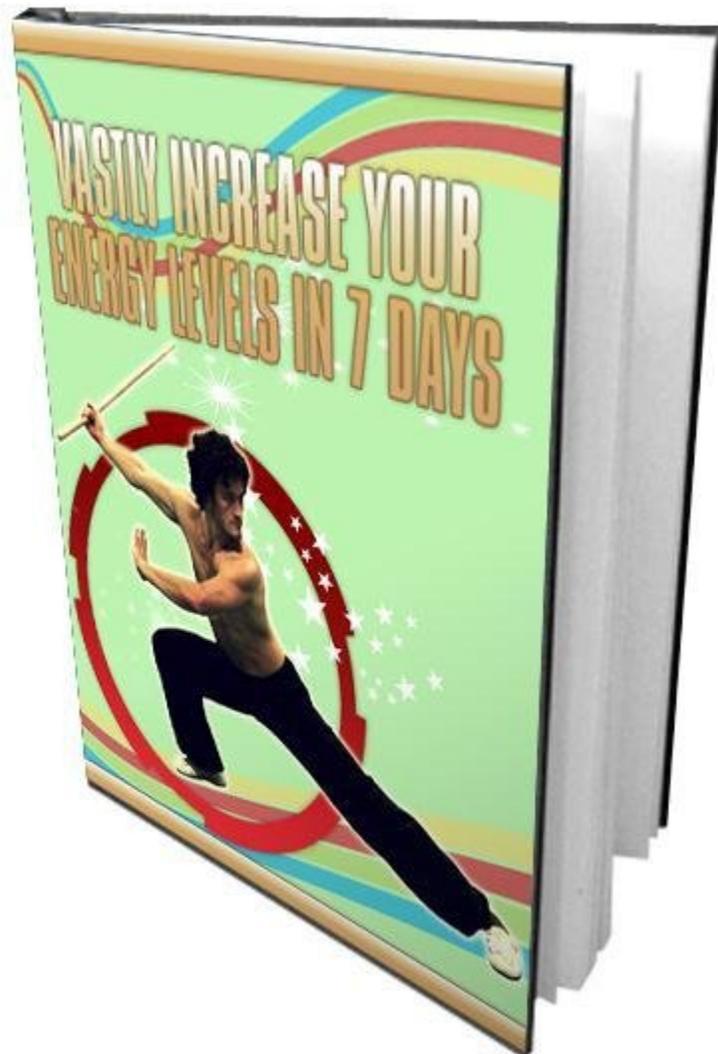




Vastly Increase Your Energy Levels In 7 Days



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Dedication:

I dedicate this short Health EBook to all health and fitness enthusiasts.

About The Author



My name is TOM and I am on a life-long search for true peace, happiness, health and contentment. These things, of course, we cannot purchase at a store but instead must find within and with a healthy lifestyle on the outside. On my journey through this life I have studied many different health and healing arts including different forms of Reiki, Reflexology, Crystal Healing, Chakra Therapy, Yoga, Acupressure, Herbology, Aromatherapy, Aura Clearing, Holistic Nutrition and more.

I AM a Chiropractor and Reiki Master who have been practicing for more than 20 years internationally in Germany, USA, Italy and in the Philippines.

So my intent is to give you the best advice on holistic living and personal peace & harmony which is our highest purpose.

To your health,
TOM



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Introduction

It is one of the ironies of modern life that at a time when medical advances allow us to overcome so many of the problems that were once thought of as incurable and the technology is available to make all our lives so much easier, life in reality has never been more difficult!

This is reflected in so many different ways, some minor but many far less so meaning that for millions of people all over the world, just getting through the day feels like it's a major achievement.

There are of course many reasons why this can happen as life does not always treat us the way we would like it to, but one common complaint nowadays is that people often feel that they have a lack of energy, not enough 'get up and go' to successfully navigate through whatever their daily routine throws in their direction.

And although health, fitness and wellness is now a huge online business – it is for example generally agreed that 'weight loss' information is the second most searched for subject on the net – there is surprisingly little information about energy and more specifically, about how you can increase your energy levels.

In fact, what you are going to read in this book could literally change your life because once you know how to increase the levels of energy available to you, then it becomes far easier to ensure that you never again find yourself in a 'place' where you feel permanently tired and drained of energy no matter what you seem to do.





There is one thing to appreciate before we start however.

The reason that this book focuses on a 7 day program is that replacing energy that has apparently trickled away over the years is not something that is going to happen overnight because there are no 'quick fixes'. In fact, the very things that most people would probably think of as being capable of supplying a quick 'energy burst' will often leave you feel more tired than ever as you will discover later.

At the same time, this does not mean that it is going to take a full 7 days to feel any benefits. As soon as you start making the appropriate changes that you are going to read of here, you are likely to begin to feel increasingly energetic pretty quickly but of course, every person is different.

Nevertheless, if a lack of energy is a big problem, what you are just about to read could be life changing.





What's the problem?

When researching this book, one thing that became clear very quickly was that there are many different reasons why an individual might feel tired or fatigued.

However, one common feature of the majority people who are asking questions about why they feel almost permanently tired on the net (and using other resources like magazines and newspapers) is the fact that most of these people are trying to live a healthy life, exactly the kind of life that suggests that a lack of energy should not be a problem for them.

And yet, they are suffering, so it does not appear that living in a healthy way is good enough to stave off fatigue and tiredness on its own. It is therefore necessary to examine what other contributory factors there might be as it will no doubt help you to combat fatigue if you can establish why you feel so tired and listless in the first place.

Some of the factors that serve to reduce the energy available to power your body through the day or to limit your body's ability to use the available energy efficiently are as follows:

A lack of sleep: It should be fairly obvious that if you do not get enough sleep every night, you are inevitably going to feel fatigued and listless throughout the following day. In addition however, there is also an unfortunate cumulative effect if you are not getting enough sleep. In this case, it is fairly inevitable that the fatigue you feel every day will





gradually increase as the energy deficit takes an ever-increasing toll on your capacity to perform at the top of your game.

Stress: Stress is something that is almost unavoidable in the high paced modern world we live in but this does not mean that it is either acceptable or unavoidable. Stress can never be acceptable because it is a condition that is often at the root of a very wide range of medical problems (both physical and psychological). On top of this, it does not have to be something that you accept either as you will discover later in the book.

Even so, it is the fact of 21st-century life that stress hits most of us at some time or other (for some people, it is everyday) and it is therefore essential to understand that stress is going to make you feel far less energetic than you might otherwise be several reasons.

Firstly, if you have ever gone to bed immediately after a big argument, you will already be aware that when your brain is still hot-wired after such a contretemps, it is impossible to go to sleep quickly. You are still stressed, your nerves are on edge and the adrenaline is still pumping, so the chances of getting to sleep in this mental state are fairly minimal.

Secondly, being stressed makes your body less efficient whilst the nervous energy that we would normally associate with being tense and stressed is energy that is being leached from more positive usage. When you are uptight and stressed, your body is producing large amounts of hormones, a process which in itself uses up a significant amount of the energy that you would otherwise have available to help





you through the day.

This is why being stressed and uptight is likely to leave you feeling drained and shattered immediately afterwards as the energy high that has been driving your highly excited state quickly falls away.

Nutrient deficient food: The fact that our modern diet is responsible for an ever expanding range of health problems (or perhaps more accurately, deficiencies) might come as a surprise to some people.

After all, they see an ever expanding range of seemingly delicious, nutritious foods on the shelves in the local hypermarket or store, a lot of which is increasingly affordable, so they quite naturally assume that our modern diet should provide all of the goodness and nutrients that we need.

Unfortunately however, nothing could be further from the truth for many different reasons.

Firstly, the fact that people want (or maybe need) the price of the weekly food shopping to keep falling puts a great deal of pressure on commercial food manufacturers to increase efficiency and output levels.

Consequently, the quality of food products that you buy is almost incessantly falling as a direct result of wanting to pay less for bananas and/or beefsteak than you were paying before.

As an example, imagine that you are planning to purchase a commercially produced fruit pie. If you want that pie to contain only top quality, highly nutritious fruit and other materials, then the price you





will have to pay will reflect the quality of the content of the product.

If however you want to pay a rock bottom price, then quite obviously, the quality of content will also be reflected in the price, meaning that the fruit included is nowhere near as nutritious or healthy as it could have been.

Even with something as humble as a simple fruit pie, there is however a chain of production and at every stage of that chain, economies have to be made and shortcuts need to be taken as well.

For instance, the farmer who grew that fruit is being pushed by the pie manufacturer (do *not* even begin to call them bakers!) to produce increasingly cheap fruit for his pies. This means that the farmer has to produce more than before to keep his business afloat.

Consequently, he (or she) turns to chemical fertilizers and insecticides to make sure that the business is capable of producing a maximum amount of produce from every square meter of land that is being farmed.

However you want to cut it, there are no safe chemical fertilizers or insecticides. Not only do these chemicals pollute the environment whilst altering the pH balance of the soil so that it becomes increasingly infertile and toxic, they destroy the healthy microorganisms in the soil which is basically where the goodness in the food you eat should come from.

Furthermore, chemicals take varying amounts of time to break down,





with some becoming increasingly toxic as they do so. These poisons can stay in the soil (which is going to be growing even more fruit or other crops next year) and in the water supply (the same water that you may be drinking right now) for many years to come.

There are other problems too. Whilst every amateur gardener understands that insects can be a nuisance when you're trying to grow any kind of plant, it is still a fact that only about 6% of species of insects carry any kind of threat. Unfortunately, chemical insecticides are entirely indiscriminate, meaning that they kill both the good and bad insects, which is becoming an increasing concern for scientists who are seeing the balance of nature being indelibly shifted.

These chemicals can even creep into the meat element of your diet as cows and sheep graze on pasture under which the soil has been damaged by many years of chemical ministrations. Other creatures such as pigs and chickens are given feed that is likely to be tainted in the same way.

Improperly prepared foods: Another factor that you need to take into account when looking at the genuine value of your diet is the fact that whether you are eating at home or in a restaurant, the chances are that the food preparation methods you (or the chef) use are designed more for convenience than they are for retaining the nutrients that exist in the food being prepared.

For instance, whenever you boil vegetables, you remove a significant percentage of the nutrients from them which are then tipped away with





the water after you have finished cooking. Instead of boiling vegetables, it therefore makes a great deal more sense in nutritional terms to steam them so that they retain the goodness as steam leaches far less of the available nutrients than does surrounding them with boiling water.

Frying food is not a particularly good option either as doing so adds extra fat to your food which is not really something you want to do. A quick sauté in a healthy unsaturated oil such as the virgin version extracted from olives may not be too bad but frying food for several minutes in a less healthy oil all but guarantees that your food absorbs a percentage of that oil, which is very bad for your all-round health.

Another thing to appreciate when considering the nutrients in your food is that some nutrients (or a lack of them) have been directly linked to fatigue and listlessness.

For example, to quote from the [Home Health UK site](#), 'The main types of anaemia are caused by shortages of iron, vitamin B12 and folic acid, all of which are needed to produce red blood cells'.

Anemia is a condition that is most commonly seen in pregnant women or those who suffer an unusually heavy monthly cycle, but if you are anemic for any reason and these nutrients are missing from your food, it could be a major cause of a constant feeling of being tired.

Drugs by the 'back door': There is another extremely important consideration when it comes to meat products, something that very few





people are actively aware of.

In many developed Western countries, it is increasingly common for commercial farmers to feed drugs to their livestock to make sure that the creatures they are breeding for meat gain the maximum amount of weight possible and that they stay disease-free.

The additional weight being ladled on to these poor animals is almost completely water, meaning that an increasingly large percentage of your meat shopping bill is buying you nothing more than plain water!

The fact is, farm animals are increasingly pumped full of (or fed) drugs such as antibiotics, hormones and steroids in an effort to keep them disease-free, maximize their weight and so on.

As a result, if you eat meat products without really knowing what is in them, the chances are that you are consuming an unknown amount of unidentified antibiotics and other drugs without even knowing it.

Nowadays, it is a recognized fact that the citizens of most developed Western countries are far too over-reliant on antibiotic drugs, primarily because for several decades, the first choice of most doctors when confronted with a sick patient has been to prescribe this particular form of drug.

Although doctors all the world are happy to prescribe antibiotics for a wide range of conditions (although there is some evidence that this may be becoming less common) including such things as influenza, these drugs are in fact only effective against bacteria, whereas influenza is





caused by a virus, meaning that antibiotics will make no difference whatsoever.

However, because antibiotics have been so rashly overused for such an extended period of time and because bacteria mutate on a regular basis, there are now many strains of bacteria that are entirely resistant to most or all antibiotics drugs. [MRSA](#), the so-called 'flesh eating bug' is just one example of a highly drug-resistant strain of the extremely common [staphylococcus aureus bacteria](#).

The bottom line here is, irrespective of how careful you are about not taking antibiotic drugs unless it is absolutely necessary, you could inadvertently be ingesting antibiotics and other potentially harmful drugs every time you sit down to the dinner table.

The problem that you must therefore understand is that whilst you might be trying to eat a healthy diet that is theoretically capable of providing all of the energy you need, it does not follow that because all the food on the table appears to be nutritious that it really is. Consequently, it is a fact that many people who suffer a lack of energy every day could be falling foul of the 'tricks' of the food production industry.

And of course, if this is the case, the chemicals and drugs that you are taking on board could be exacerbating the problems that leave you feeling listless and fatigued because of problems like stress and a lack of sleep.





Western medicine: As highlighted in the previous section, it is now widely accepted that for many decades, people have been far too willing to take a huge cocktail of prescription drugs that were given to them by their doctor or medical care professional, usually on the basis that 'doctors always know best'.

And whilst there is no doubt that in the majority of cases, the drugs prescribed were entirely appropriate to the condition being treated, this has not always been the case.

Hence, you may have built up an internal residue of chemicals over the years that are at least partially responsible for your general feeling of ennui.

Furthermore, because Western medicine focuses on dealing with the symptoms of illness and disease rather than on getting to the root cause of the problem before dealing with it at that level, many conditions that people suffer from never leave them or allow them to return to or retain 100% good health. This lack of conditioning can be seen in many different ways, with a constant feeling of being tired one of the most common.

Your environment: The environment that surrounds you every day is likely to have a very significant effect on your general state of health and wellness as well for a wide variety of reasons.

For example, whilst air-pollution is perhaps not as endemic as it was 50 years ago, it is still a major problem if you happen to live in a large town or major city. If you're surrounded by motor vehicles every





day, the vast majority are still pumping out poisonous carbon monoxide fumes, which naturally means that you are breathing these potentially noxious substances every day.

Furthermore, whilst there are millions of people all over the world who might be termed 'sun worshippers', having the sun beating down on the top of your head every day is not always a good thing. There are many side-effects and potential illnesses associated with too much sunshine (e.g. skin cancer).

On the other hand, everyone needs sunshine on their skin from time to time because without it, you have no chance of creating vitamin D (which is produced by the effects of the sun on your skin) which is in turn responsible for regulating the ability of your body to absorb and use calcium efficiently. If your body is not using minerals and trace elements properly, this is extremely likely to contribute to your general feeling of tiredness.

There are also people who suffer a recognized form of depression known as [Seasonal Affective Disorder](#) that strikes people in the depths of winter when sunlight is at a premium. One of the most commonly reported effects of this condition is a lack of energy and a general disinterest in life, something that passes for 99% of sufferers once the spring arrives and the sun appears over the horizon once again.

Where you live, what season it is and everything that surrounds you can therefore have a significant role to play in dictating how much energy you have available.





Your physical condition: I would suggest that it should be pretty obvious to most people that if you are badly out of shape, you are inevitably going to feel as if you lack energy and the 'get up and go' to do something about remedying the situation.

However, the fact that nearly 30% of the adult population of the USA is obese (a percentage which is exploding) tends to suggest that my assumption may not be completely accurate!

It is nevertheless a fact that if you are overweight or obese and you do not do any exercise, then without making significant lifestyle changes, your lack of energy is a problem that is never likely to be remedied.

Whilst carrying too much weight does not guarantee that you will lack energy per se (some of the most successful bodybuilders carry more weight than they should, but it is 'good' muscle weight), for the majority who have a weight problem, a lack of energy is pretty much a given byproduct of their condition.

101 combinations: The reasons that I have put forward for why you might suffer from a lack of energy so far could suggest that there is going to be one reason or another that you can readily identify that is entirely responsible for your condition.

However, the fact is that in the majority of cases, it will be a combination of circumstances or reasons which are causing the way you feel and not all of these reasons might be apparent or included in this list, mainly because every person who feels tired does so for different



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