

**50 Tips On How to Give Your Body An  
Unlimited Supply of Energy and Never Feel  
Tired Again..**



**by Terry D. Clark**

## **Disclaimer**

**This e-book has been written for information purposes only. Every effort has been made to make this ebook as complete and accurate as possible.**

**However, there may be mistakes in typography or content. Also, this ebook provides information only up to the publishing date. Therefore, this ebook should be used as a guide - not as the ultimate source.**

**The purpose of this ebook is to educate. The author and the publisher does not warrant that the information contained in this e-book is fully complete and shall not be responsible for any errors or omissions. The author and publisher shall have neither liability nor responsibility to any person or entity with respect to any loss or damage caused or alleged to be caused directly or indirectly by this e-book.**



**Copyrights**

**NO DUPLICATION of THIS eBook WILL BE TOLERATED. (We are watching).  
ALL RIGHTS RESEVERED.**

## **Table of Content**

**Introduction And What You Will Learn**

**\*What You Will Learn**

## Chapter 1: Has Your Quality of Life Deteriorated Due to Fatigue?

- \*Signs That You May be Low on Energy

## Chapter 2: Your Diet Can Drain or Enhance Your Energy

- \*Our Low Density, Simple Carb Diets

- \*Supplements That Provide Energy

- \*The Perfect Diet

- \*On Going too Far

## Chapter 3: Habits and Lifestyle Changes Can Drain or Enhance Your Energy

- \*Alcohol and Your Energy

- \*Water

- \*Sitting Too Much

- \*Stress Management

## Chapter 4: Sleeping Habits Can Drain or Enhance Energy

- \*Tricks to Improve Your Sleep Quality

- \*How to Calm Your Mind

Should You Power Nap?

## Chapter 5: Your Morning Schedule Can Drain or Enhance Your Energy

- \*How to Wake Up Full of Energy

\*What to do First?

Chapter 6: Exercise can Drain or Enhance Your Energy

\*How Exercise Improves Your Energy

\*How to Train

Chapter 7: How To Structure Your Work Day To Sync With Your Energy

\*Structuring Your Day for Optimum Productivity

\*Individual Differences and How to Control Your Cycles

## **Conclusions And Recap**

### **Introduction And What You Will Learn**

Everyone is always talking about time management. There just aren't enough hours in the day for many of us and so the belief goes that if we could squeeze a little more productivity out of our time, we'd be able to accomplish our dreams, earn more money, stay more organized and enjoy more time off.

It all sounds great, except for one thing: the entire endeavor is completely misguided. Sounds harsh but in fact it's also completely true. Your problem is not with time. You have plenty of time. If you didn't have plenty of time, you probably wouldn't have been able to watch that entire boxset of (Game

of Thrones) would you? And you likely wouldn't have spent so long on YouTube...

The problem isn't time – it's energy. Your energy, just like your time, is finite. Only it actually exists in somewhat smaller quantities meaning that it's all too easy to run out and end up completely exhausted. And that's when we start to use our time poorly and not get much done.

Think about it: imagine if you could jump out of bed feeling energetic first thing in the morning. What would you do with that extra hour of productivity? Hit the gym maybe? Make some calls? Do last night's washing up so that you could live in a house that wouldn't always be untidy?

Remember when you were a little kid and you could just run around all day without ever seeming to get tired? Wouldn't it be incredible if you could get that back?

That's what we'll be looking at in this book...

## **What You Will Learn**

So what will you learn in this e-book specifically? Here are just some of the topics we'll be covering:

- How to assess your own energy levels
- How mitochondrial function contributes to your energy levels and how to get back the mitochondrial function you had in your youth.
- How to use supplements to give yourself a 'competitive edge' when it comes to energy.
- How to choose superfoods that supercharge your energy.

- How to avoid foods that drain your energy and slow your body down.
- What type of training you can use to increase your energy.
- The role of stress in energy management.
- The secrets to a perfect night's sleep and how this leads to enhanced energy.
- How habits and morning schedule contribute to your energy.
- How more energy makes you perform better – and even be smarter!
- And much more!

## **Chapter 1: Has Your Quality of Life Deteriorated Due to Fatigue?**

To start with then, let us assess how your potentially low energy levels may already be affecting your lifestyle. Does your energy need an upgrade? Or are already operating on 'full'?

Well let's take a look at the facts. Unless you're some kind of energy guru/prodigy, it's a fair bet that you already have chronically low energy.

Why? Because it's a fact that most people are stressed. Specifically, nearly half of adults report feeling stressed every day. 44% of Americans report feeling more stressed year on year and work-related stress reportedly causes 10% of strokes

We know that stress leads to adrenal fatigue and low energy, so statistically, you're likely to already be experiencing low energy.

What's more, low testosterone is also a statistical likelihood if you're a man.

Testosterone prescriptions have doubled in the last ten years and one in forty men over 30 have 'low testosterone'. Bearing in mind that this 'low testosterone' is measured against an already very low level that is considered acceptable. Mankind has far less testosterone in the modern age owing to stress, owing to xenoestrogens in the water, owing to less physical activity – and guess what? Low testosterone is also a cause of low energy. Seeing a pattern?

Vitamin D is also chronically low in most of the population. This also causes low energy. Other common vitamin deficiencies that most people suffer from at some point include low vitamin B12, low magnesium, low iron... they all lead to low energy.

So yes, chances are that you have 'low energy' – even if you're no less energetic than your colleagues and friends. Remember that little kid version of you who used to run around the house all day? That's what great energy should look like!

And of course there's a chance that you might be even lower on energy than this already-low norm...

### **Signs That You May be Low on Energy**

Here are just some signs that your energy levels might be low...

- You find it difficult to get up in the morning
- You feel emotionally exhausted, stressed or depressed
- You have find it hard to focus on work
- You find it hard to stay motivated by work
- Your career is suffering
- Your libido is low
- The house is untidy because you can't muster the energy to tidy it

- Your evenings are wasted
- You don't feel like going out
- You can't commit to a training program or a healthy diet plan

If any of these things sound familiar, then your quality of life is suffering due to a lack of energy. If they don't... think about just how much better you could be if you had Limitless Energy.

Well, the good news is that there are ways. Lots of small ways in fact that you can increase your energy levels and upgrade your health, fitness, brain power and more.

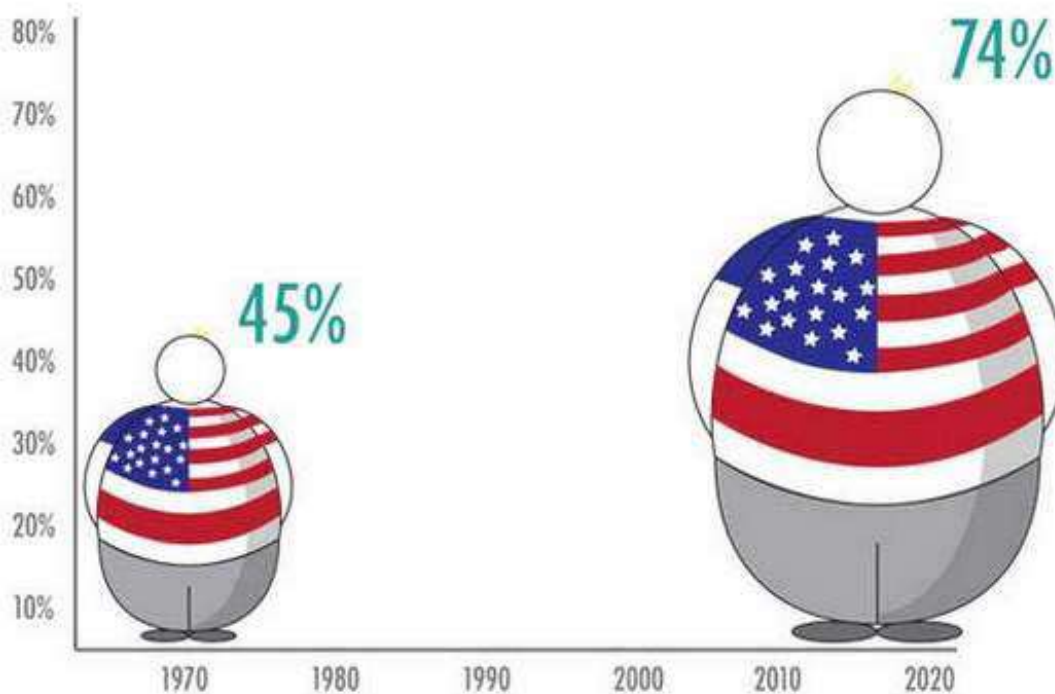
Let's start with your diet...

## **Chapter 2: Your Diet Can Drain or Enhance Your Energy**

Diet is one of the biggest contributing factors to low energy – both for the population in general and for individuals specifically.

In the wild we would have eaten a diet that provided us with tons of energy and that fueled us to chase down prey and to generally perform at our optimum. It is not a coincidence that the food available to us provided us with so much energy: rather, our bodies evolved as they did because that was the food that was around. In other words, through thousands of years of evolution, we adapted to thrive on what was available to us...





And now we're ruining it by surviving on a diet that contains none of that goodness (or at least barely any).

### **Our Low Density, Simple Carb Diets**

If you're like a lot of people, then you will come home from work after a long, tiring day and you will throw on a pizza or a microwave meal. Perhaps you'll bake a pie and some chips.

Let's take a look at what you actually get from that.

Well, on an energy front you do get a lot of calories. In fact, a standard shop-bought pie will normally land you about 600Kcal. Then you have the chips, which will add in another 200Kcal, your drink, your desert...

By the end, you've no doubt eaten over 1,000 calories, which happens to be half of most people's daily allowance (2,000 is a good average to follow here). This is what's making us fat and lugging all that extra bodyweight

CALORIES IN

CALORIES OUT



around with you is unsurprisingly a surefire way to make yourself tired.

Dumping that much food into your gut at once is also not a great move.

Now you have a ton of food to process, including low-quality protein, which will slowly move through your digestive system robbing your other functions of energy.

What's more though, the calories you just took in were 'simple carbs'. The pastry around that pie, the chips, the desert, the drink – all of these are simple sugars that spike the blood stream immediately. And that's before you even count all the added sugar. Suddenly hitting your body with that much raw energy might sound like a good thing for your energy but in fact you couldn't be further from the truth. Instead, you're spiking your blood sugar, leading to a sudden surge of insulin and a 'high'. That insulin uses up the sugar and removes it from your blood but because you're not using it that quickly, it simply gets stored as fat (a process called lipogenesis).

And guess how you feel once that process has ended? Exhausted! And you get a sudden energy slump (which by the way, is when most of us snack on more sugar).

Worse yet, all those calories and simple carbs have done you approximately zero good. Why? Because they're such low quality.

When you eat a shop-bought pie, unless you're spending lots of money, you're actually eating cuts of meat that are 'all the leftovers' blended together. All the pastry consists of is flour and sugar, the chips offer no

nutritious value and everything you're eating has been preserved, transported and stored.

So all you're doing every night is dumping your body full of low-quality food to process and in vast quantities. Is it a wonder you wake up tired?

### **Supplements That Provide Energy**

Now, I could tell you to cut it out. To stop eating that garbage and to start eating healthily again.

But it wouldn't do any good.

How can I be sure of that? Because you already knew that your diet probably wasn't all that healthy. You already know that home-cooked fresh ingredients are much better.

The problem? You don't have the time, energy or perhaps even money to change the way you eat. Notice that energy is a problem here: something of a vicious circle isn't it?

So to 'jumpstart' your self-improvement and your drive towards more energy, why don't we start with a supplement stack? The following ingredients are things you can take with your meals which will greatly enhance your energy levels:

### **Vitamin D**

Vitamin D is excellent for two things: improving your sleep and helping you to produce more testosterone. The vast majority of us are deficient, so take



# Vitamin D

The body makes vitamin D when it is exposed to Ultraviolet (UV) rays from the sun.

## FOOD SOURCES:

Cheese  
Margarine  
Butter  
Fortified Milk  
Healthy Cereals  
Fatty Fish



© 2007 Dermatology

this in the morning and you'll start feeling a lot better.

## Iron and Vitamin B12

Vitamin B12 and iron are required to give us our healthy red blood cells. In case you forgot, red blood cells are the oxygen-carrying portion of our blood which our body uses to burn fat and fuel all kinds of processes in our body.

## Coconut Oil

Coconut oil is super 'in vogue' right now on the web and it deserves all the praise it's getting. Apart from being excellent for all kinds of beauty treatments, coconut oil contains medium-chain triglycerides which are a type of fat that stimulate the liver to produce ketones. If you've ever heard of a 'ketogenic diet', you'll know that ketones provide the body (and particularly the brain) with an alternate source of energy that it can't get from carbs.

## Omega 3 Fatty Acid

Omega 3 fatty acid is an essential fatty acid that the body uses to create cell walls. This increases your 'cell membrane permeability' which is a very important value. Why? Because it helps the cells to communicate with one another and it allows neurotransmitters to pass more easily between brain cells.

## Creatine

Creatine is a supplement used by athletes. Its job is to take the broken-down form of ATP (adenosine triphosphate) and recombine it for extra use in the body. What does this mean? Well, ATP is the main 'energy currency' of all life. It comes from glucose and releases energy when the bonds connecting three molecules are broken apart. This results in ADP (adenosine diphosphate) and AMP (adenosine monophosphate) – a two and a one. Normally that's all the use you can get out of it but with creatine, you are able to reuse the energy by rebonding the ADP and AMP back together.

The body produces creatine naturally but if you take it in supplement form you can get a little more. In real-terms this means a few extra seconds of exertion when lifting weights or running a marathon – and it means better mental energy for performing erythematic and fighting stress.

## Lutein

Lutein is generally thought of as a supplement for the eyes to help prevent macular degeneration. In recent studies, it was found that it could also enhance the performance of the mitochondria – the energy factories that live inside each of our cells. When given to mice, it was found that they would voluntarily run miles further each week on their treadmills – pointing to increased energy and performance.

## Garlic Extract

Garlic is a vasodilator. This means that it can widen the blood vessels to allow more blood and oxygen to get around – to the brain and muscles for

instance - thus fueling you with more energy.

### Vitamin B6

Vitamin B6 is used to help us extract energy from carbohydrates. At the same time, it is also used for the creation of neurotransmitters which helps it to boost cognitive performance. Low levels of B6 have been shown to result in lack of energy and focus and even shrinking brain tissue and Alzheimer's.

### Coenzyme Q10

Coenzyme Q10 is another substance that athletes are very interested in at the moment and which can considerably increase the efficiency of the mitochondria for enhanced fat burning and energy production.

## **The Perfect Diet**

Now that's a lot of different supplements to be taking. It's quite a long shopping list and it would get pretty expensive. If you can only afford a few, then I would recommend:

- Vitamin D
- Vitamin B6
- Garlic extract
- Omega 3 fatty acid

Here's the thing though: you actually needn't be taking any of these supplements. Not if your diet is correct.

All of these things can be found in your diet if you know where to look.

CoQ10 and creatine are found in red meats, vitamins and minerals are found in all our fruits and vegetables, omega 3 fatty acid is found in fish, lutein is found in eggs...

If you just make sure that everything you're eating is fresh and nutritious,

then you'll be providing your body with all the energy it needs. You'll be able to absorb it better and you'll be getting it in the right ratios and quantities. Ratios and quantities that you evolved to thrive on. Meanwhile, many other substances found in your diet can help to boost your energy levels too: zinc, magnesium, vitamin C, PQQ, l-carnitine, l-theanine, resveratrol... Eating a healthy diet is like having an incredibly expensive athlete's supplement stack! Only delicious...

Meanwhile, you should try to avoid the 'simple' carbs. That's anything that tastes sweet (like cake) and anything white (like pasta or rice). Instead, start eating brown rice and pasta, vegetables, spinach and have that in the place of your chips (as a rule, try to avoid processed, man-made carbs that you couldn't find). This will release energy much more slowly and provide you with a steady supply throughout the day. Don't be afraid of fat either – it contains more calories (9 per gram versus 4) but it's slow release too. Try to eat smaller portions, more often and don't over-stuff yourself.

How do you go about cooking these nutritious, fresh meals when you're so pushed for time and energy? Using the supplement stack can be a good head start but another tip is to prepare your meals at the start of the week.

Cook up a few pots of food you can dip into throughout the week and keep what you don't eat in the freezer or in a plastic containers.

### **On Going too Far...**

If you've read much on diets before, then you might have noticed that this recommendation is somewhat close to the paleo diet and the slow carb diet.

Well, that's because it is... But we've stopped just short of going too far in either direction.

We eat too many processed carbs. Of that there's no doubt. And if we ate less of those carbs, we'd feel much better. At the same time though, we still need carbs. They're still an important food group in our diet and if we get the right kind in the right quantities, they actually boost testosterone production and aid with our general levels of energy and wellbeing. Restrict carbs too much and you'll feel tired. The occasional bit of brown pasta

with your bolognaise won't kill you. And the Chinese show that rice isn't terrible for your waistline! (In fact a lot of classic bodybuilders eat nothing but rice and steamed chicken)

Likewise, while natural, unprocessed foods are definitely healthier than cake, pie and chips, you don't need to eat 'only' the things you would find in the wild. A lot of serious paleo dieters will tell you not to eat bread, wheat or cheese. And they will never break their diet to have a bowl of pasta.

But here's the thing: most of the top performing athletes in the world have performed just fine on bread (and you can forget about gluten being an issue unless you have an intolerance). Some of the smartest thinkers in the world drank lots of tea and ate lots of chocolate...

Point being? You can perform just fine eating a relatively 'normal' diet. And actually, our lifestyle places different demands on our body these days anyway, it's only natural our diet should adapt. So in other words, don't waste your energy thinking you can only eat specific foods. Just stick with your current diet but make it a little healthier by cutting back on the simple carbs and by injecting some more nutrients.

### **Chapter 3: Habits and Lifestyle Changes Can Drain or Enhance Your Energy**

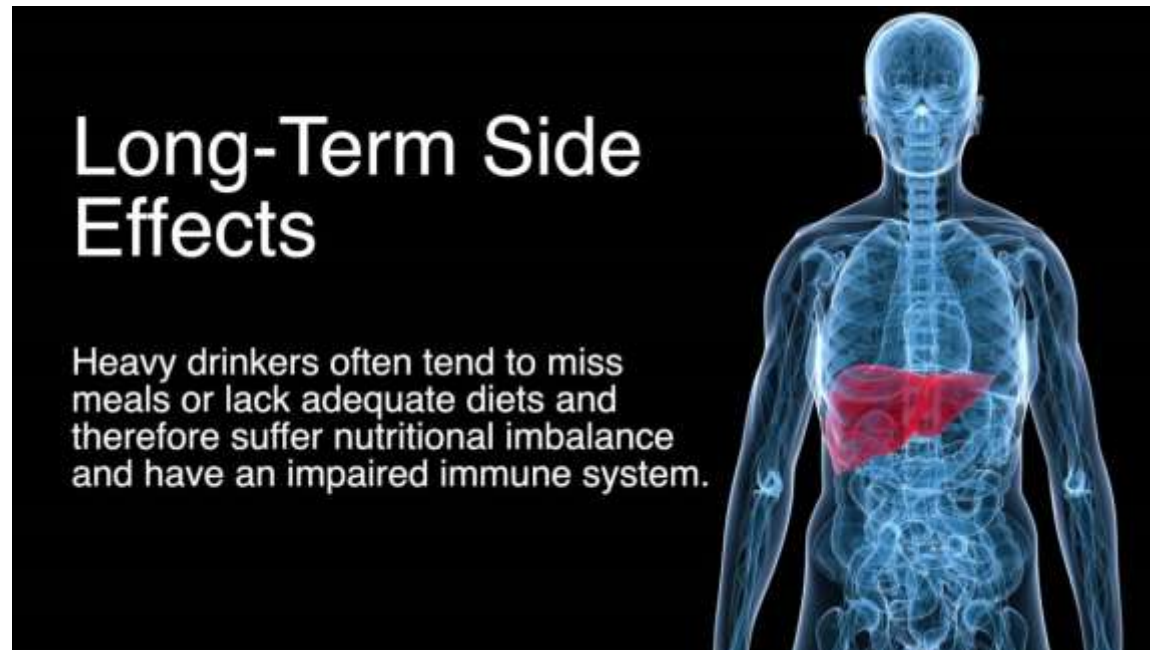
Once you've upgraded your diet, you'll find that you immediately start feeling more energetic. This is a big part of the battle. But really to improve your energy, you need to look at the bigger picture. No part of our health exists in a vacuum and even the best diet in the world can be undermined with the wrong lifestyle or the wrong routine.

In fact, you're probably doing a bunch of things right now that are completely ruining your energy levels. If you can just find these 'black holes' then you'll be able to save yourself large packets of energy to use in other, more constructive ways throughout the day...



## Alcohol and Your Energy

Here comes the bad news: alcohol is very bad for your energy levels. As in, it's awful...



In the short term, alcohol is terrible for your energy and can leave you completely exhausted. The reason for that is that alcohol is actually a depressant. That means that it works to inhibit the firing of neurons in your brain, slowing down your thinking and making you sleepy. Alcohol, like a sleeping tablet or anxiolytic, works in the opposite manner to a stimulant.

And because it causes whole brain areas to stop working, it can rob you of your higher order brain function too.

So if you were planning on being productive this evening – doing a workout, finishing some work – think twice about picking up that beer. At the same time, drinking beer also has longer-term knock-on effects on your energy levels and general health. Of course alcohol also contributes to weight gain at seven calories per gram. It causes headaches the next day and it significantly impairs the quality of your sleep. Try wearing a heart rate monitor when you drink alcohol and you'll see it sends it sky-high, which isn't exactly conducive to a restful night! Although alcohol is a depressant, it

## Thank You for previewing this eBook

You can read the full version of this eBook in different formats:

- HTML (Free /Available to everyone)
- PDF / TXT (Available to V.I.P. members. Free Standard members can access up to 5 PDF/TXT eBooks per month each month)
- Epub & Mobipocket (Exclusive to V.I.P. members)

To download this full book, simply select the format you desire below

