

10 Natural Ways to

Get Your Energy Back



- **1. Reduce Your Stress Load**

Chronic stress depletes our natural energy due to over-utilization of our fight or flight response. Looking at stress as a whole can be a daunting task, so try to focus on specific aspects of your life that may be adding extra stressors and see what can be reduced or eliminated.
- **2. Check Your Diet**

Good quality protein available from meat, fish, fowl, eggs, dairy and various plant sources is essential to energy levels. You should also include 6-8 daily servings of a wide variety of vegetables in your meals, especially the ones that are naturally highly colored.
- **3. Just Add Salt**

Low energy can be a sign of adrenal fatigue, which often results in low blood pressure. Adding salt to your diet can help the aldosterone secreted by your adrenal glands reabsorb sodium which, in turn, balances hydration levels and blood pressure. Sea or Celtic salt works best.
- **4. Avoid Smoking**

Smoking constricts blood circulation, which makes physical activity such as walking and running much more difficult. Quitting smoking also boosts immune function as well as increases oxygen in the body, which generally helps reduce tiredness.
- **5. Watch Out for Caffeine**

Caffeine over-stimulates the adrenals, which leads to further fatigue once it wears off. Green tea is a better alternative for your adrenals than black tea or coffee. Even though it has a small amount of caffeine, it contains high amounts of antioxidants and other nutrients.
- **6. Limit Alcohol Intake**

In addition to making you feel drowsy and lethargic if drunk during the day, alcohol consumption in the evening can also affect overall energy levels. Alcohol can raise the body's epinephrine levels during sleep, which can result in nighttime awakenings.
- **7. Get Your Thyroid Checked**

The main function of the thyroid is to control the rate at which energy is produced in the individual cells of the body. Since around 80% of people that suffer from adrenal fatigue also have thyroid issues, it's possible that your feeling of low energy can come from either one, or both.
- **8. Take Care of Your Gut**

While your gut is full of helpful, friendly bacteria, there are also many that can be harmful. These dangerous bacteria can lead to bloating, constipation, weight gain, additional stress, sleep loss, and can also rob you of energy.
- **9. Exercise**

Some people panic at even the thought of the word exercise, but the road to getting your energy back doesn't necessarily mean hitting the gym hard every afternoon or completing a marathon. Low-intensity acts such as leisurely, easy walks and light yoga work as well.
- **10. Avoid Energy Robbers**

There may be people in your life that make you feel frustrated, angry or fatigued when you are around them. People you feel drained by or feel worse after coming into contact with are energy robbers in some way. Don't be afraid to talk it out with these people, or limit your time with them if no resolution can be made.

References:

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