

ENERGY

THE NUMBER 1 REASON PEOPLE VISIT THEIR DOCTOR- LACK OF ENERGY

#1 ENERGY ROBBER -ADRENAL GLANDS -THE STRESS GLANDS-

➔Your body's "Eveready Bunnies"

STRESS

- ▶ Anything that annoys you
- ▶ Anything that threatens you
- ▶ Anything that frustrates you
- ▶ Anything that angers you

SYMPTOMS OF ADRENAL GLAND STRESS

- 1) Low Energy
- 2) Functional Hypoglycemia
- 3) Allergies
- 4) Frequent upper respiratory infection
- 5) Disturbed sleep
- 6) Dehydration
- 7) Weight gain-especially around mid-section
- 8) Decreased ability to handle stress
- 9) Increased PMS, bloated, tired, crabby, cramping
- 10) Chocolate craving
- 11) Decreased sex drive
- 12) Mild depression
- 13) Thyroid suppression

#2 ENERGY ROBBER- INFLAMMATION

CAUSES OF INFLAMMATION

- 1) Obesity
- 2) Low grade infection
- 3) Environment
- 4) Inside homes-carpets, air fresheners, chemical cleaners
- 5) Mold

#3 ENERGY ROBBER-LEAKY GUT

- ▶ 60% of immune system located in the digestive tract

► Tale of two borders

CAUSES OF LEAKY GUT

- 1) Stress
- 2) Antibiotics
- 3) Anti-inflammatories
- 4) Poor diet-low fibre
- 5) Sugar
- 6) Birth Control Pill
- 7) Chronic Constipation
- 8) Environmental toxins
- 9) Alcohol

SYMPTOMS OF LEAKY GUT

- 1) Digestive fatigue and malaise
- 2) Joint and muscle pain
- 3) Abdominal pain
- 4) Short term memory loss
- 5) Skin rashes, acne, toe nail fungus
- 6) Bloating, gas
- 7) Bad breath
- 8) Craving for sugar
- 9) Urinary tract infections
- 10) Yeast infections

#4 ENERGY ROBBER-FREE RADICAL

OXYGEN-Can't live with it – can't live without it - why you will rust out-(age)
Antioxidants are rust proofing and help in the ant-aging fight
Mitochondria and free radical damage.

#5 ENERGY ROBBER-HYPOGLYCEMIA

- 1) Epidemic today
- 2) Good and bad sugar

SIX NEGATIVE EFFECTS OF SUGAR

- 1) Interferes with the transport of Vitamin C
- 2) Decreases white blood cell movement and function
- 3) Neutralizes the effect of Essential Fatty Acids
- 4) Increases blood glucose levels
- 5) Increases blood pressure

- 6) Increases blood fats (triglycerides)
- 7) Increases LDL (bad cholesterol)

HFCS- HIGH FRUCTOSE CORN SYRUP AND LEPTIN

TRANS FATS

- 1) Increase free radicals
- 2) Promotes inflammation
- 3) Interferes with normal enzymes
- 4) Increases insulin resistance
- 5) Contributes to erectile dysfunction
- 6) Destroy friendly bacteria
- 7) Has a direct link to an increase in belly fat

THE ENERGY CURE

TOP 10 FOODS FOR ADRENAL STIMULATION AND ENERGY

- 1) Eggs
- 2) Almonds-Magnesium
- 3) Beans and Legumes
- 4) Berries
- 5) Apples
- 6) Olive oil
- 7) Turkey
- 8) Peanut or Almond Butter
- 9) Whole grain breads
- 10) Grapes

Best Drinks For Energy

- 1) Water
- 2) Almond Milk
- 3) Rice Milk
- 4) Smoothies
- 5) Fresh made juices
- 6) All almond chocolate milk

Worst Drinks That Cause Energy Loss

- 1) Soda
- 2) Gatorade-electrolyte drink
- 3) Energy drinks – Red Bull etc.
- 4) Coffee and tea with sugar added
- 5) Fruit drinks from concentrate
- 6) Milk

Supplements That Increase Energy

- 1) Pine Bark Extract
- 2) Vitamin D3
- 3) Omega 3
- 4) Probiotics