

5 simple tips for boosting your energy



Marnie Downer

NATUROPATH

Getting the most out of every day, naturally.

1. SLEEP

Good quality sleep is the key to increased energy and reduced stress.

Fun fact: Every hour of sleep you get before midnight, is worth two hours after. Why? Because between 9pm and 1am is when our cortisol (stress hormone) gets replenished.

What is cortisol I hear you ask? Cortisol is called the “stress hormone” because it is secreted during times of fear or stress, whenever your body goes into the fight or flight response. Cortisol is made in your adrenal glands that sit on top of your kidneys.

It is involved in:

- » REM sleep
- » Balancing blood sugar
- » Helping the body manage stress
- » Immune response
- » Mood and thought
- » Reducing inflammation (or as I like to call it – inflamm-aging!)

Increased cortisol leads to

- » Anxiety syndrome
- » Obesity
- » Sex hormone imbalance
- » Accelerated ageing
- » Osteoporosis
- » Insulin resistance (if you're getting a spare tyre – beware! This is a sure sign of insulin resistance)

Want to sleep better? Reduce your cortisol levels

Top tips for better sleep:

If you are a night owl - for one week go to bed at the same time half an hour earlier than you would usually.

Remove technology from the bedroom. If you use your phone or ipad as an alarm clock put in on airplane mode.

Not so fun fact: Electromagnetic waves from smart phones have been shown to mess with melatonin levels (the hormone that puts us to sleep).

Try this to fall asleep super quickly.

- » Make sure your posture is such that you are not restricting your ability for deep breathing.
- » Place the tip of your tongue on the roof of your mouth behind your front teeth. Try to keep it there through the entire breathing sequence, even during the exhale.
- » Begin by exhaling completely.
- » Inhale through your nose to a count of four.
- » Hold your breath for a count of seven.
- » Exhale through your mouth to a count of eight.
- » Finally, complete the sequence three more times.

This breathing technique may cause you to feel light-headed at first but becomes a powerful sleep and relaxation aid with practice. It is not only useful at bedtime but is appropriate to use during times of stress and anxiety throughout the day.

“With a holistic look at my health and a real understanding of the impact that stress can have on the body, Marnie has truly been able to turn my life around and I finally feel like I am operating on a full tank!!!”

Lauren H

**Feeling overwhelmed?
Would you like someone
on your side? Book an
appointment to have a
chat and find natural ways
to build your resilience to
stress.**

Contact Marnie Downer
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2. KEEP HYDRATED

Do you want a really simple way to improve your health and energy? Drink water (pure and simple).

Did you know? For every 284mL of a caffeinated beverage, be it coffee, black tea, soft-drink or an “energy” drink, we can lose up to 340mL of water. This contributes to low grade chronic dehydration.

Three signs you're not drinking enough water.

1. You're feeling tired

When your body is dehydrated it “borrows” water from your blood. A lack of properly hydrated blood leads to a lack of oxygen being delivered to your body. Of course, a lack of oxygen leads to sleepiness and outright fatigue. A lack of stamina means you will start to experience that 3pm crash earlier and earlier in your day (and remember, coffee won't help in the long run - it will further dehydrate you).

2. You're getting constipated

If you're not drinking enough water you don't have enough liquid to help with the elimination process and without eliminating the foods we digest we gain weight, become toxic, and generally feel lethargic.

3. You're gaining weight

Many times when we are thirsty we eat food rather than drink water. This is because we start to lose energy and will

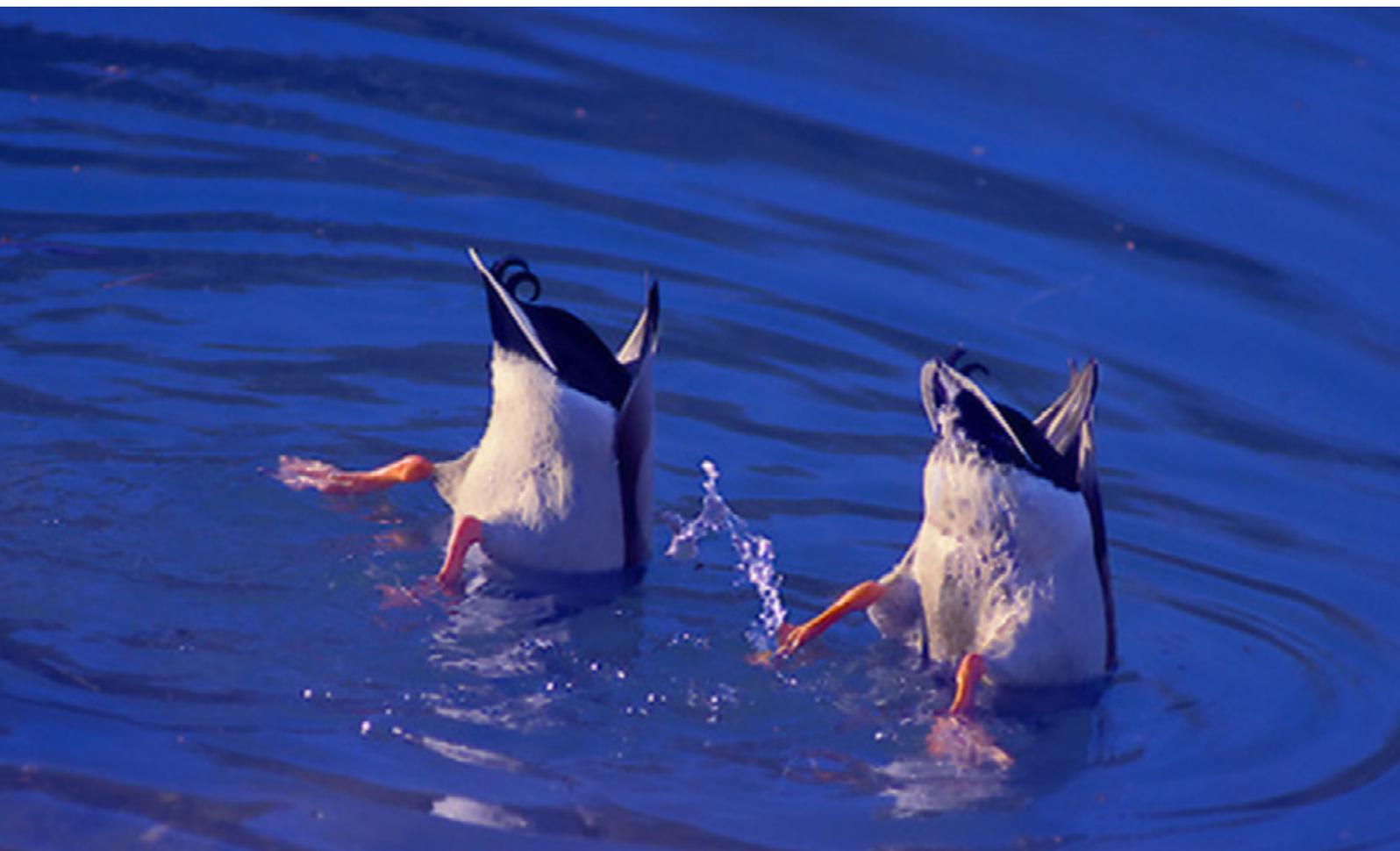
reach for the bikky barrel instead of the water jug.

When your body is dehydrated, just a little bit, sometimes it won't tell you with a dry throat or mouth, but rather with a feeling of being hungry. This can cause unnecessary weight gain, especially if you're not exercising much.

What does all of this mean? Fatigue and premature ageing (no thanks!).

Tips to drink more (water that is...).

- » Keep a glass by the bed. Make it the first thing you do in the morning.
- » Have one glass every hour on the hour while at work. When the work day is done your water quota is met.
- » Have a bet with a co-worker – who drinks the most through the week. Winner gets lunch (somewhere SUPER healthy of course)
- » Freeze little bits of peeled lemons, limes, and oranges and use them in place of ice cubes – add some mint to make it even more exciting. Mmm, refreshing and minty.



3. BALANCE YOUR BLOOD SUGARS

Do you spend your days on a roller-coaster or a Ferris-wheel with your energy?

It could be that you're not balancing your blood sugars very well.

It's natural when we feel tired to want to go for sugary, carb laden snacks and meals. Why? Because your brain is a muscle and when you are working hard you are exercising it, so naturally it wants to be fueled. Left too long your blood sugars will drop and your brain will literally SCREAM at you to feed it.

This is where many of us trip over. We get on a roller coaster with our blood sugar and it's a ride that can become hard to get off! Up and down our blood sugars go as those cravings get harder and harder to manage.

Why not enjoy the view a little more and take a ride on the Ferris-wheel of life? This way your blood sugars will rise nice and slowly and come back down nice and slowly.

Tips for getting on the Ferris wheel and enjoying the view

- » Eat foods low on the glycemic index
- » Include a healthy snack in between main meals. E.g banana and cashews.
- » Eat protein with each meal.

- » Eat breakfast.
- » Avoid sugar and refined carbohydrates.
- » Avoid soft drinks and 'energy' drinks.
- » Avoid artificial sweeteners.
- » Reduce caffeine.

"I went to see Marnie and she identified several areas which needed work, including my diet. Since then I have had loads of energy and I am able to get on with my life. One piece of advice from Marnie that has always stuck with me is that you only need to make once change at a time – this really helped me make all my changes and has got me to where I am now."

Taylia R.

Not sure what to eat?

Get a personalised eating plan that's easy to follow and won't turn you into a social outcast, none of the "I'll have a decaf, skim, soy, extra hot, double shot, chai latte".

Soon you'll have juice in the tank with energy to spare.

Marnie Downer is an experienced naturopath with seven years clinical practice in Mount Lawley. She is a respected commentator on health issues, with a passion for women's health.

Book an appointment today.

Contact Marnie Downer

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4. LET'S GET PHYSICAL

This sounds a bit counter-intuitive, but one of the best things you can do to feel more energetic when you're low on energy is to get active. Exercise initiates increased blood flow to both your brain and skeletal muscles, increasing your alertness and overall energy availability.

The majority of the cells in your brain contain something called mitochondria. The purpose of this little guy is to produce the energy that your body needs. Now, when you exercise, it causes your body to develop more mitochondria, which leads to you having more energy. And the more energy your brain has to use, the sharper your decision making skills will be.

We are designed to be physically active - out there on the plain, hunting and gathering (as opposed to eBay hunting and gathering!).

I like to move-it, move-it.

Tips to get you active:

I often hear people say they don't have time to exercise. Like anything in life, if we make it a priority we seem to find the time (if only I could regain the time I have wasted on social media...).

- » Listen to high-energy music. Not only does great music give you that near-magical second wind or extra kick when you are exercising, it also boosts your mood and energy during regular tasks. Or just dance, dance, dance.
- » Walk a little faster. One study showed that 2 minutes of walking every 20 minutes improves glucose metabolism (keeps you off the roller coaster) ...I'll be back in a minute (or two).
- » Maintain good posture and stretch daily. Look to change your workspace so you are able to stand for most or part of your day.
- » Drink water - it keeps your circulation and filtering system working.



5. TAKE A DEEP BREATH AND CARRY OM

Meditation for increased energy might seem like a paradox. Many people are surprised to learn that meditation, the very best way to calm and focus the mind, is also a highly effective solution for increased energy.

Did you know?

On functional MRI scans, people who meditate regularly are shown to have developed brains that are wired differently than the brains of non-meditators. In fact, they are better able to remain calm and stress free.

How meditation increases energy:

- » Helps you sleep better (and wake up better). Result? More energy.
- » Boosts DHEA – the hormone that gives us a sense of well-being. This naturally decreases as we age.
- » Want to look like you've been bathing in the fountain of youth? Get your Om on!
- » Meditation permanently changes your brain/body in the same way exercise does, providing a long term solution for more energy.

- » Meditation neutralises how you interact with stress, mentally and physically — with the net result more of all the good things, including energy.
- » Meditation presents a safe and careful stimulus to the brain, raising the amount of stress that you can mentally and physically handle, helping you deal with it in a much better way. Indeed, meditation makes you incredibly cool, yet full of energy!

Try this now:

Take a slow, deep breath in, filling your lungs with air and expanding your diaphragm. Hold your breath for four counts and then slowly release the air through your mouth for the count of six. Repeat four times and notice frustration and the feeling of being overwhelmed dissolve with each long exhale. Do this regularly and see what happens to your energy levels.



6. WHERE TO NOW?

Having someone on your side when you need to get back on track can make all the difference. We'll work together to make long-lasting changes so you feel stronger, more relaxed and full of energy.

Marnie Downer is an experienced naturopath with seven years clinical practice in Mount Lawley. She is a respected commentator on health issues, with a passion for women's health.



Book an appointment
today to learn more and
get the support you need.

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