



Top three tips to improve energy levels

Tip #1

Eat a high-quality protein for breakfast

Our bodies' enzymes, hormones and neurotransmitters (all of the substances that make us "run") are made from protein. Protein at breakfast supplies long-lasting energy and can stave off the dreaded afternoon sugar cravings. Ensuring that you have protein on hand for breakfast takes some planning, but it's worth it.

Tip #2

Enjoy coffee after breakfast

Granted coffee is a delicious beverage, but it is also an energy thief. If you drink coffee on an empty stomach first thing in the morning it is like having tsunami of toxins walloping your liver. Your liver then uses up many of its resources and energy to detoxify the coffee thus leaving you wanting more coffee in the afternoon as a pick-me-up. BUT, if you enjoy a cup (8 oz not 16 oz!) of coffee after breakfast (which includes protein), then coffee's bitterness can help digest your meal and its impact on the liver is lessened.

Tip #3

Stay Hydrated

Water, water and more water plus fresh lemon juice in water, herbal teas and Switchel. If your pee isn't clear, you're under hydrated. Our bodies are made up of 50-65% water, and we need water to flush out all of the metabolic debris. Just think what it would be like to do laundry or the dishes without water! Switchel is a healthy alternative to Gatorade. Combine ¼ cup of raw apple cider vinegar and 2 tablespoons of raw honey in a quart jar. Stir vigorously until honey has dissolved. Fill jar with water and enjoy.