Five Hour Energy—Bottle Your Own!
First: Optimize what you Eat and Drink

For energizing nourishment to brain and muscles:

1) Hydrate! Starting the moment you get up in the morning. You're always a little dehydrated upon rising. If eight glasses of water makes you float, three or so may be all you need. (Clear urine is a good indicator that you're drinking enough.)

2) Eat lots of deeply colored vegetables, favoring carrots, sweet potatoes, broccoli, green and red peppers, cauliflower, cabbage, spinach, and kale. These build the blood with the nutrients that energize cells.

3) Take a moderate dose vitamin D rich multi-vitamin and mineral supplement for nutrition insurance, and commit to taking it consistently.

Avoid these energy drainers:

4) Limit high-fat meals . . . yet don't eat completely "fat-free" meals either. Aim for between 30 to 60 grams of fat per day. Remember that every 5 grams of fat you see equals 1 teaspoon of lard or shortening! Choose nonfat or low-fat dairy products, and low-fat meats, desserts, breads, and crackers; include a moderate portion of a healthy choice of fat from sources like oils, nuts, and seeds.

5) Don't eat just one or two large meals per day! Eat three smaller meals per day, with frequent healthful snacks. Eat less in the evening.

For quick and steady energy throughout the day:

6) Eat several (2 to 4) fresh fruits per day, starting early in the day.

7) Eat whole-grain carbohydrates at each meal, (like whole-grain cereal, breads, oatmeal, corn, potatoes, brown rice, and whole-wheat pasta) but don't eat too much! (For instance, choose from bread, potatoes, corn, or dessert…DON’T choose all!)

8) Limit sugary foods to two (or fewer) small servings per day, consuming only with meals.

9) Make your meals "mixed energy fuels," including high fiber carbohydrates, lean protein, and healthy fat (about 10 to 15 grams).

10) Use caffeine to your benefit, not your detriment. (Sorry to depress you, but you are just borrowing energy from the future). Once you are fueling yourself properly, you won't require caffeine! Limit to two servings/day (if none at all). Have a caffeine cut off time. For most people, that's 4 pm.
THE TOP ENERGIZING SUPER FOODS

Add these to your eating plan
and feel your energy and health soar.

1) Kale/Spinach
Spinach is rich in lutein, folacin, iron, and chlorophyll, which are all powerful nutrients that help fight macular degeneration, heart disease, and colon cancer. Kale has all the benefits of spinach, but is also a member of the cabbage family, giving it extra super powers. Trade iceberg lettuce for bags of ready-to-eat baby spinach. Add frozen boxes of chopped spinach to simmering spaghetti sauce and soups. Google “massaged kale salad” recipes plus add Kale to smoothies for the coolest “green smoothie”.

2) Blueberries
Blueberries contain anthocyanins, which fight diseases of oxidation, including cancer, heart disease, and cataracts, and may even help us think better. Serve blueberries frozen or slightly thawed, or add to oatmeal, cereal, or smoothies.

3) Apricots/Papaya/Mango
These fruits are rich in beta-carotene, which is a tremendous antioxidant for your body. An added bonus is that the natural sweetness of these fruits can help prevent daily sweet cravings, or can satisfy one underway. Keep the dried fruits in your desk drawer, briefcase, or glove compartment, or say yes to fresh apricots, mangos, and papayas.

4) Winter Squash and Pumpkin
These vegetables are so loaded with the powerhouse antioxidant beta-carotene, winter squash and pumpkin deserve to be served year-round. Enjoy a low-fat, low-calorie slice of pumpkin pie and pumpkin bread every month – not just in November! Buy and bake butternut, Hubbard, and acorn squash often.

5) Salmon, Trout, and Sardines
Loaded with the “good fats” (omega 3 fatty acids), which drive down triglycerides and LDL cholesterol, these “fatty fish” can help fight diseases of “inflammation” like arthritis, lupus, and heart disease. When buying fresh fish at the fish counter, ASK, “WHEN did this shipment come in?” Remember canned salmon and sardines.

6) Cooked Dried Beans
Loaded with potassium, folacin, soluble fiber, and protein, studies prove that your heart disease risk drops 19 percent when these nutrition dynamos cross your plate at least four times per week! Choose black, kidney, pinto, navy, garbanzo, and other beans, and lentils too. Visit www.EdenFoods.com, for the best beans on the planet!
7) Sweet Potatoes
Sweet potatoes raise blood sugar levels less than regular potatoes do, plus they offer an explosive amount of the beneficial anti-aging antioxidant, beta-carotene. Serve baked sweet potatoes just as you would regular potatoes (try sprinkling with cinnamon to intensify the natural sweetness).

8) Probiotic-rich Yogurt & Kefir
Probiotics improve the immune system and are primarily found in dairy products including yogurt and kefir (a tart drinkable style of yogurt containing beneficial yeast as well as friendly probiotic bacteria found in yogurt). Look for the label to say “live active cultures.” Kashi also offers a dry cereal called “Vive,” enriched with shelf-stable probiotics. An awesome “probiotic dessert” is vanilla yogurt (my favorite is Stoneyfield Organic) with fresh or frozen blueberries, strawberries or cherries, and ground flaxseed, wheat germ or Kashi Vive cereal mixed in. This is especially advantageous to your immune system when this “probiotic dessert” replaces a bowl of ice cream!

9) Whole and Ground Flaxseed and Chia Seeds
Chia seed (yes, the seed that has grown green furry chia pets for years) and flax contains lignans, alpha linolenic acid, and omega 3 fatty acids, which appear to help fight arthritis, heart disease, kidney disease, and cancer (a.k.a. more energy!). Ground offers improved digestion over whole, yet both offer benefits. Add chia or flaxseed to yogurt, cereal, smoothies, and baked goods.

10) Nuts (walnuts, almonds and peanuts)
Nuts can help lower bad cholesterol and raise good cholesterol levels. They are rich in cancer-fighting ellagic acid, as well as beneficial mono-unsaturated fats, vitamin E, chromium, fiber, and protein. Remember, nuts are high in calories, so eat nuts instead of other high-calorie foods such as doughnuts, fatty meats, and chips, and keep portions small – 1/2 ounce is the right serving size.

And don’t forget the COMMON EVERYDAY super-foods, such as carrots, cabbage, broccoli, tomatoes, oranges, apples, grapefruit, watermelon, and good ole oatmeal for super health, energy and vitality!
Fruity Water
Makes Water PRETTY and TASTY!

Fill a tall glass with ice water. Drop in any combination of:

- 1 Strawberry sliced into 4 skinny slices and 2 slices of peeled Kiwi (about 1/2 of a kiwi).
- 1 Slice each of Orange, Lemon and Lime (leave the rind on)
- 2 cubes of Watermelon with or without 2 two mint leaves
- 2 skinny slices of Cucumber (skin on) with or without 2 two mint leaves
- 2 slices of lime with or without 2 mint leaves
- 2 cubes or one “ring” of fresh (or canned) pineapple
- ½ apple sliced thinly and 1 stick of cinnamon

Note: to make pitchers of water, simply multiply the amount of fruit accordingly.

Also note, slicing the cucumber lengthwise, in long, skinny “ribbons” releases the most flavor. With mint leaves, roll a spoon over the leaf just before dropping into the water to help “release” it’s awesome flavor.

Homemade “Healthy Pop”
Our family’s favorite beverage treat for the holidays.

6 oz of unsweetened club soda or sparkling water (plain, or with the essence of raspberry, lemon/lime or orange)
6 oz 100-percent juice (cherry, grape, apple or cranberry)

Pour over ice in 16 oz glass. Stir. Enjoy!

Restaurants are happy to serve this as well. Simply ask. (Self-serve fountain drinks have a “soda button” on the side of one of the “pop” dispensers.)

Zonya’s “HOME ‘R ADE”
This “Home-made Gatorade” contains all the same electrolytes yet has no artificial colors and is sweetened only by fruit juice, and at a FRACTION of the cost!
Makes 4 servings

12 oz 100-percent juice (cherry, grape, apple or cranberry)
20 oz water
1/8 tsp of salt*

Combine ingredients in a pitcher or large water bottle or empty 1 liter bottle. Stir or shake well.
*Add salt only if you are exercising for more than one hour and/or in extreme heat. Otherwise the added sodium is not needed. Each one-ounce serving contains:

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<th>Calcium (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrate (g)</th>
<th>Magnesium (mg)</th>
<th>Potassium (mg)</th>
<th>Cost: about 16 cents per serving!</th>
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**Energize Your Life with MUSIC!**

In fact, “use” music. Yes, “use” just like a drug. Only it’s completely legal, healthy, without any bad side effects and free!

1) **Need energy?** Play upbeat music (rock and roll anyone?) and feel your energy soar faster and higher than any candy bar or cup of coffee could ever do! What ever makes you tap your toe, want to get up and dance is your feel good energizing music!

2) **Feeling down?** Use music to lift your spirits and soothe your soul. For some people Beethoven, others it’s rythym and blues. For others it’s praise and worship music. You do the picking. In fact, get yourself an ipod and start programing every “mood need”.

3) **Need inspiration to exercise? Work out to Music.** Not only does music help motivate people up and off the couch, studies show that anyone who exercises to music works out at a harder intensity and for longer. (Not to mention, they enjoy it more!)

4) **Don’t limit this secret energizer to just your workouts, get your energy dose:**
   - While dressing in the morning. Set your alarm to play music. Try “It’s a Great Morning” by Mandisa or “Something to Say” by Matthew West.
   - during breaks and lunch. It will get you toe tapping and knee bouncing… just stand up and get a metabolism boost!
   - while driving home. Some old time rock and roll will have you arriving energized and ready to run the dog.
   - while cleaning. You’ll move more and get it done in less time, giving you more time to…yes exercise!

“I will take the following steps to use music to energize myself.”

1. 

2. 

3. 

Getting Adequate Sleep

When you sleep, is it deep R.E.M. (Rapid Eye Movement) sleep, that intensely recharges your batteries?

Sleep tips for improving the QUALITY of your sleep:
1. Avoid caffeine 4-8 hours before bedtime. (Inhibits deep REM sleep.)
2. Avoid a large evening meal.
3. Have “before bed routine” that relaxes you and prepares you for sleep.
4. Keep you room a comfortable temperature, with a down comforter or whatever works best for you. Consider feather pillows.
5. Maintain hydration all day so your body will adequately cool itself, slacking on liquids the hour before bedtime, to prevent getting up unnecessarily in the night.
6. If you remember having dreamt, it’s a good sign that you got deep REM sleep.

Sleep tips for improving the QUANTITY of your sleep
1. Experiment to find what is YOUR optimal number of hours of sleep per night. TOO MUCH sleep makes you tired!
2. Establish a consistent routine of retiring & rising at about the same time. (Within 2 hours at least.)
3. Make the commitment to get to bed earlier. Is staying up to watch a show worth cutting into your effectiveness tomorrow?
4. Consider taking a magnesium supplement of about 250 mgs per day. Calm is a popular brand, and excellent for restless leg syndrome, and insomnia in general.
5. If you chronically have difficulty getting to sleep and/or staying asleep, ask your doctor about the hormone supplement, Melatonin

“I will make the effort to be in bed by ________ p.m. each work night.”

✍ Three mini-steps to improve both Quality and Quantity of SLEEP...
1.________________________________________________________________________
2.________________________________________________________________________
3.________________________________________________________________________
Getting Adequate Exercise

"If exercise were a pill, it would be the most prescribed medicine of all time". -Covert Bailey

WHY Exercise?

- raises your strength & energy level to perform
- improves your stamina, for long grueling days
- improves your flexibility, ability to move
- tones and firms your muscles
- is a wonderful mood elevator
- improves your self esteem
- burns calories, helps lose weight
- raises your metabolism
- decreases bad cholesterol & increases good cholesterol
- helps prevent and control a whole host of diseases
- improves your sex life
- retards aging

For Maximum Health and Energy Benefit:

Aim for BOTH

1) more movement in your daily activities AND
2) a regular scheduled exercise routine including stretching, aerobic exercise and weight training

Did you know?

You no longer have to work out 30 minutes all in a row.

Minutes can be pieced together throughout the day!

List the exercise routine that you hope to have someday:

Remember: 3 times per week, 30 minutes minimum for raising your energy 5 times/week, 40 minutes minimum for weight loss (one hour ideal)

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Vitamins and Mineral Supplements

“Truths” that have stood the test of time

1) Take Vitamin D. The majority of Northerners (above Atlanta) do not get enough vitamin D thanks to our lack of sunshine in the winter months, sunscreen and staying indoors more than we should. Many experts now advise taking 1,000-5,000 mg a day in a supplement. Taking a one-a-day type vitamin provides 400-1,000 mg of Vitamin D. (check the label). If you also take a Calcium supplement that includes vitamin D, that’s another 400-1,000 mg. Both is fine.

2) Take a One-a-day type multi-vitamin and mineral supplements. Taking a basic one-a-day type vitamin can provide “insurance” to help cover the gaps.
   a. Buy without iron unless you have been told you are deficient or if you menstruate heavily. Most men do not need iron, and therefore should not take iron. (Iron is a pro-oxidant and too much is NOT GOOD.) If you want to buy one brand that both the men and women of your family can take, buy the “without iron” and purchase iron supplements on the side, for those you need it (for instance, after donating blood).
   b. Consider buying a brand that includes 1,000 ug of vitamin D, saving you from purchasing and taking more separately (see above).
   c. Confirm bioavailability: Look for the “USP” seal or see if it dissolves within 15-30 minutes in vinegar. A good resource for supplements is Dr. Ken Cooper at www.CooperComplete.com
   d. Plus take 500-1,000 mg of calcium if you aren’t consistently consuming 3 servings of dairy a day.

2) Omega 3’s. The benefit is “dousing the diseases of inflammation” such as arthritis, heart disease, cancer, and Alzheimer’s. Consider taking 2,000 mg of fish oil (about 1,000 mg of DHA and EPA) on the days you don’t eat fish. Look for molecularly distilled. Consider “burp free” or freeze capsules. (Swallowing them frozen prevents burp-back) Or you may also prefer a liquid that is lemon flavored. (Carlson’s is a popular, high quality brand).

3) Probiotics. Power Up Your Immune System with these live microbes, referred to as “good germs” or “beneficial bacteria,” that when eaten in sufficient quantities, help balance bad bacteria (that we all have) with good bacteria (that we all need). If you don’t tolerate yogurt on a semi-daily basis, consider taking a supplement.

“I will take the following supplements to further energize myself.”
1. 
2. 
3. 