A close-up, black and white photograph of a woman's face, focusing on her eyes which are closed. Her skin appears slightly textured, and her hair is dark and pulled back. The lighting is soft, highlighting the contours of her face.

HOW TO  
BOOST  
ENERGY  
AND BEAT  
FATIGUE.

FOR GOOD.

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**HOW TO BOOST ENERGY AND BEAT FATIGUE  
FOR GOOD.**

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First Edition, 2020

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## EXCESS FATIGUE

One of the top health problems I see in my practice is excess fatigue or extremely low energy levels. Fatigue is also known as tiredness, reduced energy, physical or mental exhaustion, or lack of motivation.

From generalized fatigue to the more serious chronic fatigue syndrome (CFS), this epidemic of extreme tiredness is hitting a record amount of people. Chronic fatigue syndrome by itself affects about 2.5 million Americans. These statistics don't even take into account all the people struggling with daily low-grade fatigue.

Causes of fatigue can be psychological, physiological, and physical. Some common factors that may contribute to tiredness are stress, anxiety, depression, anemia, diabetes, pregnancy, breastfeeding, inadequate sleep, malnutrition, obesity and excessive exercise. Consuming too much caffeine, drinking too much alcohol and eating junk food can also impact your energy levels.

Feeling tired can have a negative impact on your performance at work, your family life and social relationships.

**While fatigue is common, it's certainly not normal.**

There is no single treatment for fatigue - because the management approach depends on the cause of the tiredness. However, if the diagnostic process unveils no underlying medical explanation for your fatigue, the following five lifestyle and dietary tips may help improve your energy levels and overall outlook:

### TIP #1: HYDRATE YOUR LIFE

All life as we know it is entirely dependent upon water to survive. The surface of Earth is 70 percent water. The human body is anywhere from 55 to 78 percent water (depending on body size, age and sex). Water is everywhere within us - from our cells, to our blood, to every single one of our organs and tissues, including the brain, the lungs and all our muscles. In fact, 99 percent of the molecules in your body are... yes, you guessed right... water!

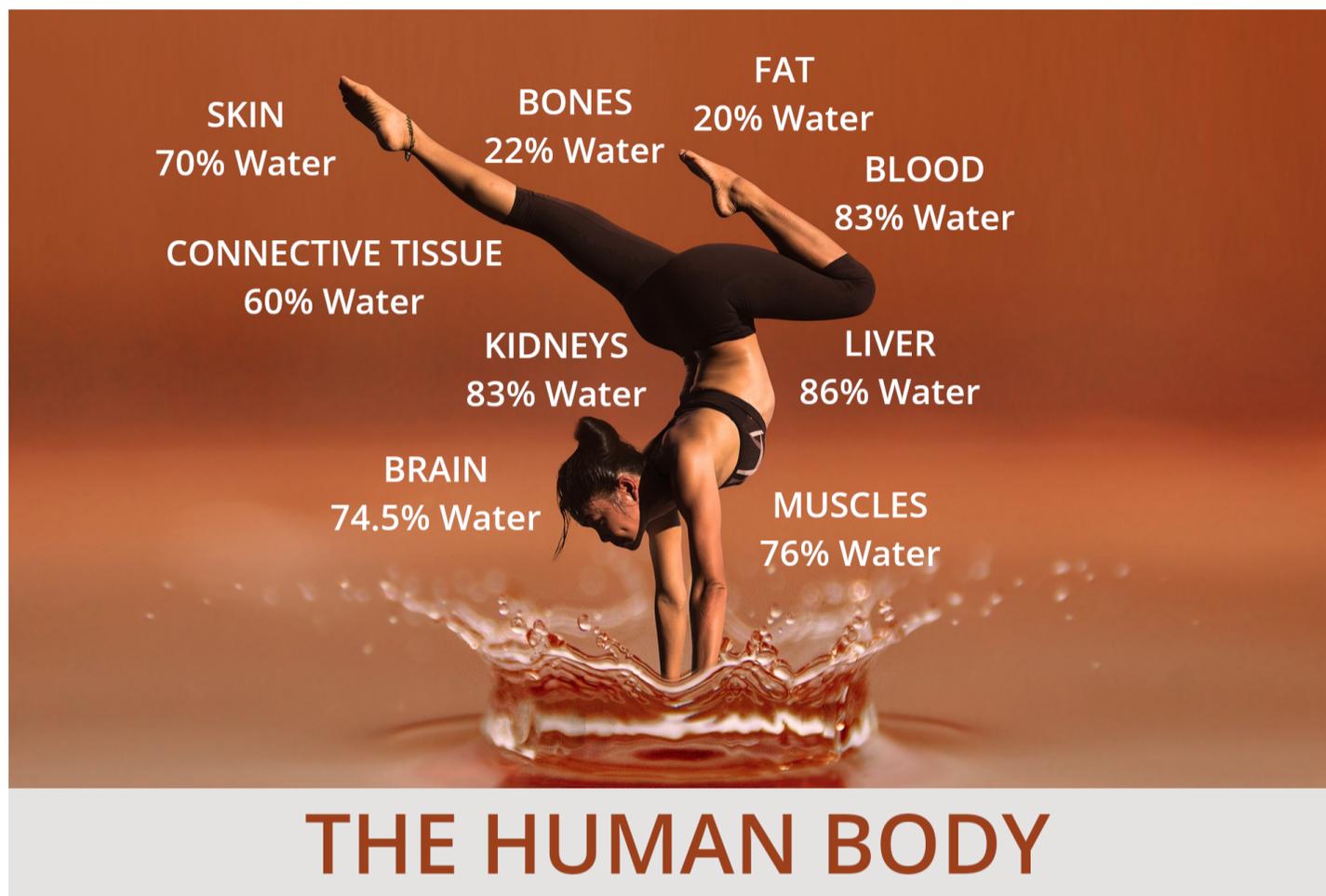
Most people do not look at water as a nutrient but it actually is, **the most important one**. We can survive for a month or so without food, but only a few short days without water. Next to the air we breathe water is the most important element. Every life-giving and healing process that happens inside our body happens with water.

Every system in the body depends on water. Enzyme production, digestion, detoxification, even the beating of your heart are all processes that require water. Water unites your various organs and physiological systems into one coherent organism, allowing for many of your body's most critical communications.

Yet physicians routinely make matters worse by not only failing to recognize dehydration but also by prescribing medicines that further deplete water levels in the body. Let's be honest about this, when was the last time your doctor asked you about your daily water intake?

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Water shortages in different parts of the body will manifest different signs and symptoms, but we normally are not directed to treat the cause of our problems with water. In fact, it is almost sacrilege among contemporary physicians to think that water can cause or cure diseases.



### CHRONIC DEHYDRATION

Chronic dehydration is a condition that occurs over time when a person does not drink enough fluids day after day. While chronic dehydration does not have the sudden and intense nature of the acute form, it may result in many serious health problems.

Quoting the late Dr F. Batmanghelidj, M.D, who dedicated his life to researching the effects of dehydration, and the correlation between dehydration and disease: "My research revealed that unintentional dehydration produces stress, chronic pains and many degenerative diseases. Dry mouth is not the only sign of dehydration and waiting to get thirsty is wrong".

Let's examine quickly some of the major symptoms associated with chronic dehydration:

#### **Fatigue**

Even mild dehydration can alter a person's mood, energy level, and ability to think clearly, according to two studies recently conducted at the University of Connecticut's Human Performance Laboratory. Lead study author, Dr. Lawrence E. Armstrong, explains: "Our thirst sensation doesn't really appear until we are 1 or 2 percent dehydrated. By then, dehydration is already setting in and starting to impact how our mind and body perform. Dehydration affects all people, and staying properly hydrated is just as important for those who work all day at a computer as it is for marathon runners, who can lose up to eight percent of their body weight as water when they compete".

### **Depression, Irritability, or Mental Fog**

Recent studies are confirming the role of water in the maintenance of brain function. Our brain is made of 75 percent water. So, it makes sense that dehydration may manifest in the brain as mental and emotional imbalances and in extreme cases, temporary mental impairment.

In a [2013 study](#) published in The British journal of *Nutrition*, researchers confirmed that dehydration results in increased sleepiness and fatigue, lower levels of vigor and alertness, and increased confusion. Most interestingly, as soon as the test subjects were given some water, the detrimental effects of dehydration on alertness, happiness, and confusion were immediately reversed.

### **Constipation & Digestive disorders**

The colon is one of the first places the body pulls water from when it is short of water in order to provide fluids for other critical functions in the body. A shortage of water and alkaline minerals, such as calcium and magnesium, can lead to a host of digestive disorders, including ulcers, gastritis and acid reflux. Also, without adequate water, waste moves through the large intestines much more slowly (if it moves at all). Thus, constipation is almost always one of the primary symptoms of chronic dehydration.

### **Asthma and allergies**

In *Water: for Health, for Healing, for Life*, Dr. Batmanghelidj writes: "Histamine is an important neurotransmitter that primarily regulates thirst mechanism for increased water intake. It also establishes a system of water rationing for the available water in the drought-stricken body."

In other words, histamine's primary job is to ensure that the available water in your body is preserved for the most vital functions. Thus, increased histamine is not a problem but rather one of your body's brilliant survival mechanisms. When your body is properly hydrated, histamine levels are in check. However, when your body is even slightly dehydrated, histamine levels will rise resulting in allergy and asthma symptoms. Recent [animal studies](#) demonstrate that histamine will decrease with water intake and increase with dehydration.

### **High blood pressure**

The blood is about 94 percent water when the body is fully hydrated. When dehydrated, your blood thickens and cannot flow easily. This leads to a ripple effect in your body leading to a raised blood pressure.

### **High cholesterol**

According to a [Canadian study](#) published in a 1994 edition of the journal *Clinical and Investigative Medicine*, dehydration during fasting was found to increase serum lipids and lipoproteins. Apparently, when the body is dehydrated, it will produce more cholesterol to seal off water loss from the cells. Chronic dehydration thus may increase your circulating blood cholesterol levels as your body attempts to maintain pliability and to prevent further loss of water. However, additional research is needed before claims can be made that proper hydration may lower blood cholesterol levels.

### **Weight gain**

A [recent study](#), involving nearly 10,000 adults, led by a group of researchers at the University of Michigan Ann Harbor and published in the *Annals of Family Medicine* found "a significant association between inadequate hydration and elevated BMI and inadequate hydration and obesity."

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"Those who were inadequately hydrated had higher body mass indexes (BMIs) than those who were adequately hydrated," said study leader Dr. Tammy Chang. Also, people who were inadequately hydrated had 50 percent higher odds for obesity compared to those who were properly hydrated. Even after the researchers compensated for factors such as age, gender and income, the link between dehydration and elevated BMI and obesity held!

Remember, all bodily processes such as digestion, energy production and elimination require water. Water dilutes toxins and wastes from your body, increases energy, and reduces sugar cravings. So, it makes sense that a body deprived of adequate amounts of water will be less sufficient in digesting food and eliminating waste, eventually leading to weight gain.

### **Skin disorders**

The skin is the largest elimination organ in the human body. Dehydration impairs the elimination of toxins through the skin and makes it more vulnerable to all types of skin disorders, including dermatitis and psoriasis, as well as premature wrinkling and discoloration.

### **Joint Pain or Stiffness**

Arthritis is a group of conditions involving damage to the joints due to the breakdown of cartilage. All joints have cartilage padding, which covers the bone structures in the joint, providing necessary lubrication. However, as cartilage is 85 percent water, even mild dehydration can minimize its effectiveness. When cartilage does not have enough water, our bones start to rub up against each other causing pain and swelling.

### **Bladder or kidney problems**

As with all of the organs of elimination, when the body is dehydrated, toxins are not eliminated as well. The accumulation of toxins and acid waste create an environment where bacteria thrive. Thus, when dehydrated the bladder and kidney become more prone to infection, inflammation and pain.

## 10 RULES OF THUMB FOR OPTIMIZING HYDRATION

1. **Choose a pure source of water.** If you don't have a water filter, YOU are the water filter! This is essential. Drink only purified water (best options: under-the-sink reverse osmosis system).
2. **Charge your water!** Purified water isn't enough. You need to re-energize it. You may accomplish this by adding a pinch of sea salt (not table salt), magnesium, liquid trace minerals, or a piece of lemon, lime, or cucumber (or other fruits and veggies).
3. **Drink one-half of your body weight** (pounds) in ounces of water daily. In other words, if you weigh 140 pounds, you should drink 70 ounces of water daily. On average, men should consume about 3 liters (13 cups) and women about 2.2 liters (9 cups) of water each day.
4. **Eat your water.** Eating for hydration will help you meet your daily water intake-needs. Most raw fruits and veggies are anywhere from 80 to 96% water. So look at it this way, if you boost your daily intake of raw fruits and veggies you may drink less ounces of water a day.

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5. **Wake up with Water:** Sleeping utilizes energy and water stores and leaves us dehydrated in the morning. Begin your day with 16 oz of water or more to replenish used stores and for colon cleansing purposes. This will in turn enhance metabolism and help you burn fat.
6. **Minimize caffeine & alcohol** consumption. Also, eliminate consumption of soft and energy drinks. Diuretics further dehydrate the body and strip it of valuable mineral and alkaline buffering stores. This leads to chronic conditions and further tissue insult. When you opt for coffee or tea, add fat to it. It helps your body draw hydration from your drink in spite of the diuretic effect of caffeine.
7. **Increase your water intake** in the following situations: hot or humid temperature, high altitude (above 8,200 feet), high exercise levels, illness or fever, diarrhea, vomiting, infections of the bladder or urinary tract, pregnancy/breast feeding, and increased consumption of coffee, tea, soda, alcohol and energy drinks.
8. **Think water first.** Whenever you are experiencing low energy and/or bodily symptoms, go to water first. Sprinkle a pinch of sea salt in 16-24 oz of water and drink up. The minerals, alkalinity, & hydration will fuel, replenish & stabilize your cells.
9. **Drink continuously.** Do not wait until you feel thirsty! Drink at least 4 oz every 30 minutes during the day. Cut this off about 15 minutes before each meal and pick back up roughly 30-60 minutes after meals.
10. **Opt for room-temperature** over cold or iced water. The stomach reacts differently to cold water than it does to warm, which can in turn affect digestion. Drinking cold water can congeal the fats in food and because of that can make your digestive system sluggish. Warmer water can increase your overall body temperature and that can be beneficial for your metabolism. It can also impact your circulation, relax muscles (which can help combat constipation and abdominal cramping).
11. **Drink magnesium throughout the day.** Magnesium helps to calm the brain and relax the blood vessels. It also helps to optimize hydration. Take 1 scoop in water 2-3 times throughout the day and you will notice increased energy and mental alertness, reduced stress hormone production, and deeper sleep at night.
12. If you struggle to remain hydrated **try the following creative ideas:**
  - Buy a decorative water dispenser and bond with it (no kidding).
  - Add the following fresh ingredients to invigorate your water: cucumber, lemon, lime, ginger, mint.
  - Try to drink 1 liter of water in the morning - to set you up for the rest of the day.
  - Download an app that will easily track your daily water intake (best options: Daily Water App, Hydro Coach App, and - Water Drink Reminder App).



## TIP #2: ELIMINATE THE SWEET STUFF

Although high-sugar foods can give you a big carbohydrate boost and temporarily lend a feeling of increased energy, the crash that comes afterward is a daunting one. Feeling tired all the time may be a sign that it's time to reexamine your diet to see if you're eating (or drinking) too much sugar.

Over the past several decades, added sugar has become one of the leading contributors to America's obesity as well as a host of other chronic diseases. "Added sugar" refers to any type of sugar or sweetener that is added to foods or beverages during preparation or processing. Sugar comes in many forms, including high-fructose corn syrup, fructose, fruit juice concentrates, honey, sugar granules, syrup, corn syrup, sucrose and dextrose. There are some 257 names for sugar that could be listed on food labels, but despite very minor variations, they all create the same damage.

The average American consumes about 19.5 teaspoons (82 grams) of added sugar each day, which is three times the recommend amount, and adds up to 66 pounds of added sugar per year. All this extra added sugar is extremely detrimental for our health. Studies link added sugar to cardiovascular disease, the world's number one cause of death. A 2014 study published in JAMA: Internal Medicine was the first to observe a significant relationship between added sugar consumption and increased risk for cardiovascular disease mortality. It found that people who consumed 17-21 percent of their calories from added sugars had a 38 percent higher risk of dying from cardiovascular disease than people who got 8 percent of their calories from added sugar.

Sugar contains a lot of calories, with no essential nutrients. It can cause resistance to the hormone insulin, which can lead to type II diabetes and many other diseases. Excess fructose from added sugars gets turned into fat, which can lodge in the liver and cause non-alcoholic fatty liver disease. In addition, the metabolic problems associated with sugar consumption ultimately lead to systemic inflammation. Multiple studies show that people who eat excess sugar are at a much higher risk of getting cancer. And if that's not enough, sugar triggers a massive release of dopamine in the brain. For this reason, people who have a susceptibility to addiction can become strongly addicted to sugar and processed foods containing sugar.

To learn more about the effect of added sugar on your overall health, [click here](#).

## WHAT YOU CAN DO TO MINIMIZE YOUR ADDED SUGAR INTAKE

Studies in which added sugar is removed from the diet have demonstrated the remarkable resiliency of the human body. Within days of eliminating refined sugar, biomarkers of inflammation decrease markedly, and blood sugar, blood pressure, and cholesterol levels improve. Risk of type 2 diabetes drops by nearly 25 percent.

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For example, an intervention study demonstrated that by reducing the consumption of 1 can of soda per day and increasing a cup of beans in diet, all participants became much healthier over the course of 16 weeks. Their blood glucose level decreased by 15%, insulin level decreased by 9%, body mass index decreased by 2%, and visceral adipose tissue mass decreased by 10%.

According to Harvard School of Public Health, even though the average consumption of soft drinks have been decreasing in recent years (40.7 gallons per person in 2015), many people have increased their consumption of energy drinks instead. Note that while a 20 oz. of Coke contains about 16 teaspoons of high fructose corn syrup, the average 20 oz. of energy drink can contain 54 to 62 grams (!) of high fructose corn syrup. A 2016 market survey confirmed that more than 29 billion gallons of energy drinks were consumed by Americans in 2016.

So, please watch for added sugar on food and beverage labels and make a special effort to avoid those loaded with sugar. And, yes, go easy on energy drinks! Remember, it's never too late for your body to bounce back and heal.

There is no reason, however, to avoid naturally-occurring sugars. Natural sources like those from fruits, vegetables, dairy products, honey, and maple syrup aren't as bad as from processed sugars and high fructose corn syrup. These foods also contain antioxidants, fiber, minerals, vitamins and various beneficial compounds which make the sugar a more healthful, sustained source of energy.

### 5 RULES OF THUMB FOR MINIMIZING SUGAR INTAKE

1. **Eat mostly whole and unprocessed foods.** That's the most effective way to reduce your sugar intake.
2. **There is no reason to avoid naturally-occurring sugars** such as those found in fruits, vegetables and dairy products. These foods also contain fiber, nutrients and various beneficial compounds which make the sugar a more healthful, sustained source of energy.
3. **Watch for added sugar on food labels** and make a special effort to avoid it. There are some 257 names for sugar, but despite very minor variations, they all create the same damage. Here are some of the most common ones: sugar/sucrose/fructose, high-fructose corn syrup, agave nectar, beet sugar, brown sugar, barley malt, brown rice syrup, corn syrup, dextrin, dextrose, glucose, lactose, malt syrup, maltodextrin, maltose, molasses, and rice syrup.
4. **Avoid starches that have a high glycemic index and low energy density.** Some starches can raise your blood sugar levels as quickly as sugar, which can be bad for you, especially if you have diabetes, reactive hypoglycemia or try to control your energy levels and cravings. So, base your diet on low glycemic index and more nutritious starchy foods.  
  
Starches to avoid include most breads, most rice, potatoes, breakfast cereals and baked goods. Starches that may be eaten in moderation include yams and sweet potatoes, sprouted bread, steel-cut oats, old-fashioned oatmeal, quinoa, millet and winter squashes.
5. **For occasional sweetness, use organic raw unfiltered honey, organic maple syrup or pure stevia.**

## TIP #3: NIX THE GLUTEN

Gluten is a complex two-part protein—consisting of gliadin and glutenin. It is the gliadin component that causes the negative reaction within the body. Gluten is found in wheat, rye, barley, etc. The word gluten has a Latin origin and means glue. Fittingly so, because gluten helps food maintain its shape, acting as a *glue* that holds food together.

Adverse reactions to gluten can range from light to serious depending on your tolerance of the protein. An estimated 1 in 141 Americans have celiac disease—a long-term autoimmune disorder that primarily affects the small intestine. Therefore, consuming foods with gluten causes their body to overreact to the protein and damages their villi which are small, finger-like projections found along the wall of the small intestine. If one, who is diagnosed with celiac disease, gets “glutened,” it can cause harm. When the gluten reaches the digestive tract, the cells of the immune system erroneously believe that it’s a foreign invader, like bacteria. The immune system then mounts an attack against it.



Gluten doesn’t only negatively affect those with celiac disease but others that may have a sensitivity. This disorder is much more common. You may have a gluten sensitivity if—after eating gluten contaminated foods—you experience:

- Bloating
- Abdominal pain
- Diarrhea or constipation
- Fatigue
- Depression or anxiety
- Joint and muscle pain
- Mental blocks or brain fog
- Headaches
- Skin problems (such as Psoriasis)
- Weight loss

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You don't have to be "diagnosed" to have a reaction to gluten. The latest researches indicate the pitfalls of gluten consumption. One [study](#) links gluten to inflammation. This gluten-induced swelling can occur anywhere and everywhere within the body, from the brain to the joints.

Gluten may also negatively penetrate the barrier function of the intestine, allowing unwanted substances to leak into the bloodstream. This is known as the leaky gut. A [study](#), published in *Gastroenterology*, reveals that the gliadin element of gluten hazardously affects the intestinal wall, permitting permeability.

Gluten can also be blamed for neurological diseases. In this [study](#), gluten is named the culprit for causing depression.

Another [study](#) indicates that gluten can cause—or worsen the symptoms—of irritable bowel syndrome.

Considering the possible, harmful effects and because gluten provides no essential nutrients, it makes sense to remove this problematic element from your diet. So say goodbye to gluten and hello to a healthier you.

### 3 RULES OF THUMB FOR IMPROVING INTAKE OF GRAINS & CEREALS

1. **Eliminate intake of grains containing gluten** including wheat (and wheat varieties like spelt, kamut, farro and durum, plus products like bulgar and semolina), barley, rye, triticale, oats, bran, germ.
2. **Limit intake of gluten-free grains and pseudo-cereals** - amaranth, buckwheat, quinoa, corn, millet, rice, sorghum, teff.
3. **Occasionally you may consume gluten-free** oats, long-grain white rice, wild rice, or quinoa.

## TIP #4: IMPROVE YOUR ZZZ'S

Sleep is absolutely essential for your health! Obtaining healthy sleep is important for both physical and mental health. It can also improve productivity and overall quality of life.

Sleep is more than just a time for your body and mind to rest. In fact, while you're asleep, your brain is hard at work processing information and experiences that you have acquired throughout the day as well as conducting general cleaning and detoxification. During sleep, your body releases growth hormones to work on your body's development. Sleep is also when those body cells that have worked hard all day and become worn out are repaired, replaced, and build up new supplies of energy for the following day. This is also the time when you grow the most.

Sleep is also essential to regulating your emotions. Your brain processes and responds to important emotions and experiences from the day and commits them to memory. In fact, being sleep-deprived for just one night can increase your emotional response to negative feelings by 60%.

Sleep plays a crucial role in regulating your circadian rhythm, or internal biological clock. Irregular circadian rhythm has been linked to various chronic health conditions, such as sleep disorders, obesity, diabetes, depression, bipolar disorder, and seasonal affective disorder.

### CAUSES FOR LESS THAN OPTIMAL SLEEP

According to a consumer report, a staggering 68%—about 164 million Americans—struggle with sleep at least once a week. Not only that, but 45 of Americans say that poor or insufficient sleep affected their daily activities at least once in the past seven days, according to the [National Sleep Foundation](#).

Losing valuable shut-eye can be blamed on several varying factors. Anxiety, stress, and depression are some of the most common causes of sleeping problems along with anger, worry, grief, and trauma.

Other sleep loss causes may not be as detectable. The problem could be traced to our diet. The foods we ingest can either benefit our bodies or wreak havoc. A nutrient-rich diet is a strong defense against sleeping problems because our bodies use amino acids, vitamins, and minerals to create the calming neurotransmitters that allow us to sleep. When our diet contains a lot of processed foods or large amounts of sugar, we forfeit these beneficial, powerful nutrients.

Another factor in sleep deprivation is overstimulation. Not only does drinking stimulants like coffee affect the amount of winks we get, but also electric lighting from devices like laptops and smart phones. The blue lighting from these screens can shift our systems into overdrive. On top of all this, our lives, in general, can be overstimulated. Our hectic day-to-day activities can trigger our adrenals into a fight-or-flight mode, resulting in a cascading chain of events that may result in less than optimal sleep quality.

### HOW MUCH YOU SHOULD SLEEP

How much sleep you need depends on many different factors, including your age, genetics and how well you sleep at night. Sleep needs vary across ages and are especially impacted by lifestyle and health.

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The National Sleep Foundation's recommendations for sleep duration are broken down by age group as follows:

- Older adults (65+): 7-8 hours
- Adults (18-64 years): 7-9 hours
- Teenagers (14-17 years): 8-10 hours
- School children (6-13 years): 9-11 hours
- Preschoolers (3-5 years): 10-13 hours
- Toddlers (1-2 years): 11-14 hours
- Infants (4-11 months): 12-15 hours
- Newborns (0-3 months): 14-17 hours

### 10 RULES OF THUMB FOR IMPROVING YOUR SLEEP

1. **Spend an appropriate amount of time asleep** in bed, not too little or too excessive.
2. **Maintain optimal sleep hygiene.** The activity of mast cells adhere to one's circadian rhythm, so getting inadequate light during the day, excessive light at night, going to bed too late, and neglecting one's circadian hygiene in general will likely aggravate histamine tolerance.
3. **Stick to a sleep schedule of the same bedtime and wake up time, even on the weekends.** This helps to regulate your body's clock and could help you fall asleep and stay asleep for the night.
4. **Make sure you are sleeping for at least eight hours every night.** Sleep is a big factor in fat loss! A lack of sleep can lead to fluctuations in blood sugar levels, improper cortisol regulation, and food cravings (particularly for sugary or starchy foods).



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5. **Practice a relaxing bedtime ritual.** A relaxing, routine activity right before bedtime conducted away from bright lights helps separate your sleep time from activities that can cause excitement, stress or anxiety. Examples: 10-20 minutes of guided visualization/meditation, gratitude journaling, affirmations.
6. **If you have trouble sleeping, avoid naps, especially in the afternoon.** Power napping may help you get through the day, but if you find that you can't fall asleep at bedtime, eliminating even short naps may help.
7. **Evaluate your room.** Design your sleep environment to establish the conditions you need for sleep. Your bedroom should be cool and be free from any noise that can disturb your sleep. Your bedroom should be free from any light. Check your room for noises or other distractions. This includes a bed partner's sleep disruptions such as snoring. Consider using blackout curtains, eye shades, ear plugs, "white noise" machines, humidifiers, fans and other devices.
8. **Minimize electromagnetic (EMF) interference (such as cell phone, wifi, TV, etc.).** A study conducted at the University of Melbourne found significant disruption of melatonin (the hormone that regulates our sleep and wakefulness) production due to exposure to weak EMFs, which may possibly lead to long-term health effects in humans. The primary reason for this is that the pineal gland (the organ that produces melatonin and other hormones) interprets the electrical nature of the EMF radiation as a source of light. Another study by the Weston A Price Foundation, showed clearly that cell phone radiation affects our bodies ability to produce healthy cells. For additional information on EMF effects on sleep and how to eliminate it in your bedroom, refer to [How to eliminate EMFs in the Bedroom](#) blog by [EMFAcademy.com](#).
9. **Sleep on a comfortable mattress and pillow.** Make sure your mattress is comfortable and supportive. The one you have been using for years may have exceeded its life expectancy - about 9 or 10 years for most good quality mattresses. Have comfortable pillows and make the room attractive and inviting for sleep but also free of allergens that might affect you.
10. Aromatherapy is another method which aids in procuring a good night's sleep. A study, conducted by Critical Care Nurses in 2017, reveals that lavender essential oil increased the quality of sleep and reduced the level of anxiety in patients.

Embracing and applying these methods on a consistent basis should help ease those nighttime blues. These tips should enable you to wakeup to natural, healthy living and say goodnight to your sleeping problems for good.

## TIP #5: NURTURE YOUR MITOCHONDRIA

Mitochondrial dysfunction is a big term for 'I'm feeling tired all the time.'

Mitochondria are the energy producing power plants within our cells. They generate the majority of the ATP (adenosine triphosphate) that our cells use for energy to complete everyday tasks they give our cells the ability to function, create hormones, act as our immune system, process thoughts and emotions, and much more., etc. In short, mitochondria are required in order for us to do anything.

Over the last few years, volumes of research have strengthened the link between mitochondrial dysfunction, fatigue and a host of disease states.

If you're feeling wiped out, exhausted and dragging through your days, often it's because you're not treating your mitochondria right. Your mitochondria play a massive role in your energy levels, how well your metabolism functions and even how much brain fog you deal with every day.

So, if you're pummeling your mitochondria daily with a litany of bad habits - like crappy food, poor sleep, high stress levels and an office-chair-to-couch-potato lifestyle - you won't have enough energy on hand to power your day.

### 6 RULES OF THUMB FOR BOOSTING YOUR MITOCHONDRIA

1. **Stop eating rubbish!** Particularly the stuff that spikes blood sugar (see tip #2 and #3). Try to keep your diet 'RONG' - real, organic, non-GMO - by avoiding processed foods, pesticide-laden produce, and factory-farmed foods.
2. **Feed your mitochondria well.** Your mitochondria is way more efficient at burning fats for energy than carbs (yes, you read it right), and creates fewer free radical byproducts in the process of burning fats. In addition, look for foods packed with vitamins, phytonutrients and antioxidants. That includes goodies like high-quality, pasture-raised animals, wild-caught fish, organic veggies (especially leafy greens and cruciferous vegetables), extra virgin olive oil, nuts and seeds, and some low-glycemic index fruits.
3. **Soak up the sun.** The sun is one of the most powerful mitochondrial boosters in our arsenal for optimal health and wellbeing. Spend 10-20 minutes a day outside, walk your dog, walk around your office at lunch, sit in the park. To learn more about the important role the sun plays in your health, [click here](#).
4. **Keep moving!** There are many reasons why regular activity boosts your health. We all know that staying active is one of the best ways to keep our bodies healthy. But did you know that your mitochondria love it. Take the stairs, take a walk, work out, wear a pedometer, or add a movement to your housework. Whatever it takes. Just get moving on a regular basis.
5. **Practice intermittent fasting.** To boost mitochondrial function and longevity, practicing intermittent fasting a few days a week will boost mitochondria health by reducing mitochondrial free radical production. How to do it: Compress your 'eating window' from the typical 12 -16 hour

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down to 8-10 hours. You'll eat dinner earlier and breakfast a bit later - and give your body many more non-eating hours.

6. **Supplement your mitochondrial health.** While nothing encourages the mitochondria to thrive more than a clean, healthy diet, you can give your 'mitos' a targeted boost with some carefully chosen nutrient supplements. The supplements I recommend to support mitochondrial health include: NADH + CoQ10 lozenge (these two nutrients are what your mitochondria use for fuel in order to make ATP), Nicotinamide Riboside, Alpha Lipoic Acid, Glutathione, B complex, Magnesium, Fish oil, and a comprehensive electrolyte blend which also contains mitochondrial support (D-Ribose, creatine, niacin) before exercising or post-exercise.

