

5 Secrets

to increasing your energy



By Shane Doll

■ How would you like to have abundant energy all day long? Are you sick and tired of afternoon energy crashes and feeling exhausted by the time you get home from work? If so, you'll want to hear a few of the secrets I have for increasing your energy levels. Outside of a lack of sleep, the biggest reason why people have little energy has to do with how they eat. The foods you eat, and the time you eat them, will have more impact on your energy levels than anything else. Follow the guidelines and recommendations below and you'll see an amazing difference in your energy levels.

Energy Secret #1:

Eat Smaller, More Frequent Meals

Energy levels are largely regulated by the hormonal balances in your body. One such hormone that plays a significant role in your energy levels is the hormone insulin. Insulin is secreted when blood sugar levels get too high and is normally accompanied with an energy crash. Ever wonder why you feel like taking a nap after eating a stack of pancakes? It's because of the insulin release. The same thing can be said for ANY food or drink that is high in sugar. And the longer you wait between meals the more pronounced the rise in blood sugar will be. Eating small servings of food, ideally every 3 1/2 - 4 hours, is the best strategy for stabilizing blood sugar levels and keeping insulin secretion to a minimum.

Energy Secret #2:

Following A Zone Based Diet

You should start looking at food as being a drug, a very powerful drug. Every time you eat or drink something you alter the hormonal balances in your body, either for good or for bad. The best strategy for achieving the optimal hormonal balances is eating the correct combination of carbohydrates, fats, and proteins. When you combine foods with the correct ratios of these nutrients (ideally 1:1:1) you'll provide your body with slow release energy all day long without the crashes.

Energy Secret #3:

Drink A Morning Cocktail

The cocktail I'm referring to consists of warm water, lemon juice, and honey. Combine 8-12 ounces of room temperature water with a 1/2 tsp of honey and (2) tsp of lemon juice. This is a little known combi-

nation that works as a natural fat emulsifier and astringent for your digestive system. Drink this cocktail first thing upon awakening and you'll give your body a natural boost.

Energy Secret #4: Increase The Fiber In Your Diet

A sluggish digestive system will rob more energy than anything else in your body. It doesn't take a rocket scientist to figure out that the better your digestive system works the more energy you'll spare for other uses. Eating more fiber from fruits, vegetables, nuts, and whole grains is one of the absolute best ways to increase your energy levels naturally. When consuming starches like bread, rice, cereals, etc. look to get at least (3) grams of fiber per serving. While you'll often see recommendations for 30 grams of fiber per day, I see this as a minimum. For optimal energy and overall health look to consume the majority of your carbohydrates from high fiber sources.

Energy Secret #5: Practice Qigong or Deep Breathing Exercises

I am a firm believer in using deep breathing practices for increased energy. Eastern modalities like Qigong have been around for centuries and their benefits are hard to dispute. Energy meridians in your body are for real and deep breathing exercises provide the keys to unlocking them. I would encourage you to explore Qigong or deep breathing exercises that can be completed in the comfort of your own home or the office in as little as 10 minutes a day. The benefits to your energy levels will be remarkable. ■



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