

## 6 Ways To Avoid The Afternoon Crash

The afternoon crash is real, right? We're talking here today about six ways to avoid the afternoon crash.

Number one, you want to eat protein and healthy fat with breakfast within one hour of waking up. Could be as simple as an egg cooked in coconut oil or a hard cooked egg with a quarter of an avocado.

Number two, with lunch, you want to make sure you have a complex carbohydrate with your lunch to slow the release of glucose through your system so you don't get that crash and need a pick me up around three or four o'clock. If you're using sugar in your coffee, substitute it for something like xylitol, or coconut sugar is my personal favorite, and then make sure you have healthy snacks before your blood sugar dips.

Then, number six is an eight-minute power nap where you put your legs up on the couch and you lay down on the floor, that way the blood can drain from the lower extremities and you get more circulation and you just rest and try to sleep for eight minutes.

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