



25

ENERGY-BOOSTING *SUPERFOODS*

Delicious Foods To
Energize Your Brain



A Word Before We Dive In.....

Hey,

Thanks for making the choice to get your hands on this book.

This book is different from the other books that you've read before.

I've done my best to make this book an easy read and hammered it with one energy boosting tip after the other. You'll find lots of killer info in here.

Not just theory.

But real actionable advice that you can start implementing right away and see results.

As in have higher energy.

This has been in the works for a long time.

Everything I've written in this book is based on my own experience. I've lived with everything I've preached in this book.....

.....from the foods I mention to the exercise advice to the high energy tips. They all stem from my own experience of trial and error and I've refined them over the years to present to you what you're about to read.

So print it out, highlight what you find useful and most importantly, put it into action.

You're going to love this.

Name

Reason for writing this book

I've long known that food impacts our thoughts.

What you eat has a big impact on how you think and act as a person. Mental clarity and diet are closely tied in together.

Some foods when eaten will flush you with energy and you'll be ready to take on the world while other foods will sap you of energy and you won't be able to do anything after a few hours of eating them.

The reason I decided to write this book was because once I started my own business, I always had a massive to-do list. I wanted to maximize my productivity and wanted to get the most out of my time.

And I'd be doing my thing, firing on all cylinders and *getting it done in spectacular manner* until....

.....I ate.

All my energy fizzled out, I became lethargic and the motivational wheels came to an agonizing halt. I'd procrastinate, make excuses and tell myself that I'll get it done later in the day.

But again, the same story.

After it happened a few times, I realized that my low energy and the inability to maintain my focus was primarily because of my food choices. I studied a lot of stuff and carefully tweaked my diet by adding energy boosting foods into my diet.

And this book was born.

Look, we're all busy individuals who want to be productive and get the

most out of our time. I mean, who wouldn't want to be more productive and have a couple of extra hours a day to do what they love?

But productivity isn't about managing your time.

It's about managing your energy.

When you're micro-managing your time, you're trying to control an external entity, something that is limited and beyond your control. You're bound to fail.

You cannot control time and managing time is a misnomer.

What you need to do instead is to manage your energy.

There are certain times during the day when you have high energy and low energy. What you need to do in order to be productive and get more done is schedule the most important activities around the time when you have the highest energy so that you push through and finish what you start.

That's how you win the game of productivity.

And incidentally, what you eat, the food that goes into your mouth plays a big role in your energy. It can make you active or it can put you to sleep.

Taking care of what you eat is the first step in having high energy and being productive.

If you want to be more productive in life, have more control over things and generally progress in life – energy management should be on the top of your to-do list.

And diet plays a key role in that.

What you eat, when you eat and how much you eat will have a big impact on how active or lazy you are throughout your day and how much you get done.

Eating too many sugary foods or junk foods will give you an ‘instant high’ for a few minutes but will eventually lead to an ‘inevitable crash’ that will leave you tired and unable to do anything productive for the next 4 or 5 hours.

Not what you want.

Instead, take a pick from the 25 foods – or super foods as they are called in the diet industry – that I’ve listed below and add them to your diet to experience an energy boost.

Knowing what you want to eat is the first step in eliminating those junk-food cravings that you get. Once you see how beneficial they are, you won’t willingly go back to eating junk or sugary foods.

How to use this book?

To be straight forward – as a guide.

Use this book as a guide.

Print it out, highlight what you like and start implementing what's mentioned here. Come back to it often and refer to it when you're confused on what you should eat or when you need a refresher on healthy foods.

These foods are all called 'super-foods' for a reason.

They serve the dual purpose of nourishing you as well as providing you with long-term energy so that you can get to the more important stuff in your life and do it with vigor and enthusiasm.

It's a list that I've compiled that seemed to have work best for me and after hearing rave reviews about these foods from external sources; the web and the folks that I know, I've put them here.

And this in no way is the 'ultimate-list'.

If you find something more useful or something that suits your taste buds and fits into your lifestyle perfectly, feel free to add it in there.

So without further ado, let's dive in.

What makes an Energy Boosting Superfood?

Energy boosting foods have certain qualities that separate them from all the other food sources that you eat.

They are:

- 1) **Nutrient Dense** – Loaded with nutrients these foods not only provide you with high energy but also nourish your body by providing it with essential micro and macro nutrients.

These foods are also loaded with antioxidants that kill the free radicals – the bad guys that cause brain damage, premature aging and inflammation – in their tracks and keep you healthy and kicking.

- 2) **Alkaline** – Most of the foods that we eat are acidic and lower the ph levels of the body. Too many acidic foods can lead to inflammation and over-stress the digestive tract resulting in low absorption of the food that we take.

Alkaline foods reverse that process and raise the ph to optimum levels where the body absorbs the most nutrition and functions at peak capacity.

- 3) **Have high quality protein** – Protein is one macro nutrient that we don't get enough of. Unless you're obsessed with getting in your daily dose of protein, you're not getting enough. Trust me when I say this, the daily recommended dosage of protein by the FDA is nowhere close what your body actually needs to function properly.

We eat way too many fats and carbs and not enough protein. The first step to optimum health and high energy is to balance out all the 3 macronutrients and allow your body to do the rest.

The key is to mix and match these foods and time them according to the requirements.

The foods that you choose to fuel for your workouts will be different from what you choose as a healthy bedtime snack that will aid in recovery. Or your mid-day snack on a 'non-training' day will be different from your post workout meal.

Each has its own purpose.

You need to think about the purpose of the food and what you need it for and then make your choice.

So here are the 25 energy boosting super foods in no particular order:

1. **Almonds** – Almonds are the most nutrient dense 'nut' under the sun. Packed with close to 160 calories/ounce (13.4 grams of fat and 3 grams of fiber) almonds are one of the most nutritious snack that you can grab.

Over the years, they've gotten a bad rap because of their high fat content, but that's good fat – unsaturated fat – the kind that aids in body's hormonal functioning.

Apart from fat, almonds are loaded with vitamins and minerals; potassium, calcium, iron, magnesium and vitamin E. They're also known to reduce the bad cholesterol and reduce the risk of heart disease.

Due to their high fat content, they make you feel full and keep you

full for a long time which makes it a healthy snacking option.

So the next time, you feel hungry and find yourself going for that pack of Oreos, take a second and grab a handful of almonds. They're nutritious, healthy and provide your body with that much needed energy boost.

But be careful and don't go overboard.

Due to their calorie dense nature, you can very easily go overboard and load up on calories which can hinder your weight loss efforts. A serving of an ounce when you feel hungry is perfect to do the job.

2. **Broccoli** – Broccoli has long been touted as the 'superfood of superfoods'.

It is one of my personal favorite veggies to eat. Not only is it healthy because of its high fiber content, or its antioxidant and Vitamin C content, but the one thing that makes it stand out in my book is the alkalinity factor.

Broccoli is one of the most nutrient dense alkaline foods that you can possibly eat. It fights blood pressure, improves cardiovascular health and its anti-cancer properties have given it a stellar reputation in the fitness circles.

Plus, it's one of those perfect foods for fat loss.

Why?

Because it makes you feel full, reduces cravings – big time – and gives your body everything it needs to grow.

And fat loss becomes effortless.

You can also use broccoli as a detoxifier and use it to cleanse your body of toxins and press the reset button on your body.

You can eat broccoli anytime you want but if you want to lose fat, eat it post-workout when your body's metabolism is revved up and you're in fat burning mode. Broccoli will keep you full and you'll be more likely to stick to your diet plan and less likely to be derailed by sugary foods.

- 3. Spinach** – Remember, your teacher telling you to eat green and leafy vegetables? And all the books saying the same thing? And all the adults?

I mean, what were they referring to specifically?

This.

Spinach is the first thing that pops up in my mind when I think of the phrase 'green and leafy'. It's in fact, the king, or queen, of green and leafy category.

Because of its dark green color, spinach is loaded with antioxidants, is anti-inflammatory and contains vitamins that may improve vision and bone health.

Spinach protects the mucus lining of the stomach and aids in constipation. It also plays a big role in improving skin complexion and plays a big role in getting rid of pimples, zits and giving you that smooth and soft skin.

The best way to eat spinach is to cook it rather than eat it raw because it contains 'oxalic acid' which hinders the absorption of iron and calcium and cooking lowers the powers of oxalic acid.

Now how you eat spinach depends on what your taste buds fancy. If you find it hard to eat it as a vegetable, take it in the salad form or drink it as a super-juice.

No matter what your method of choice, spinach will benefit you tremendously.

And hey, if Popeye relied on it to get massive biceps, so can you.

- 4. Blueberries** – Blueberries are the superfood of antioxidants. You'll literally be hard pressed to find a food that has more antioxidants per ounce than blueberries.....

.....they're packed with them.

Apart from their high antioxidant content and their highly alkalizing properties, blueberries lower cholesterol, reduce the risk of diabetes, hypertension, have anti-cancer properties and are a great mood enhancer.

Blueberries aid in recovery of your muscles and if eaten at the right time – post workout or just before bed – will allow your muscles to heal at a much faster rate.

One of the things that make blueberries stand out for me is their taste.

Eating a handful of blueberries satisfies my taste buds as I feel like I'm eating an ice cream or something sugary without getting a fraction of the calories if I were to actually eat those foods.

Their taste alone makes them a standout and a perfect night-time snack when you're looking for something tasty to chug down and yet don't want to eat anything unhealthy.

Eat 1 to 2 cups of blueberries every day to reap maximum rewards. You can eat them raw or add it in yogurt or make a healthy protein powder smoothie.

- 5. Strawberries** – You can call strawberries a member of the berry family, or a sister to the blueberry.

What makes strawberries so special is their high Vitamin C content.

Vitamin C is a powerful antioxidant that kills the free radicals and helps with a lot of stuff; premature aging, reversing brain damage, increasing insulin sensitivity and increasing body's ability to fight off diseases.

Strawberries are also known to reduce LDL (bad) cholesterol, lower blood pressure, reduce the risk of heart disease and improve cognitive function (beneficial for old people who may suffer from dementia or Alzheimer's).

Strawberry's anti-inflammatory properties and anti-cancer benefits make it a perfect everyday food.

Eat a handful of strawberries with a meal, or slice and dice it on your oats or drink it as a smoothie.....the options are endless.

- 6. Goji Berries** – Goji berries have gained a lot of popularity in the recent years. Such are the benefits of these shriveled red berries that they are considered to be both a fruit and a herb.

Goji berries have been used in Chinese medicine for more than 6000 years and are known for their protection against heart disease, cancer, boost immune system and improve cognitive ability.

Being a member of the berry family they are highly alkalizing and are packed with antioxidants (Vitamin C, B2, A, iron).

Goji berries are considered to have healing properties and have been linked to hair restoration, mood enhancements, reversing the signs of aging, improve eyesight, elevated energy levels and a plethora of other health benefits.

They make for a perfect snack when you're going about your day.

Grab a handful and pop them into your mouth for a sweet and sour snack. Or couple them with some almonds and you have yourself a complete mid-day snack that will keep you full and energized for the next couple of hours.

- 7. Sweet Potato** – Sweet potato is one of those foods that do not get enough mentions and yet, they happen to be one of the more 'complete' superfoods that you'll come across.

They're sweet in taste and yet they don't spike the blood sugar levels like many other sweet foods. The sugars are slowly released into the bloodstream sustaining you over a period of hours.

And the list of its vitamins and minerals can take pages.

Vitamin C, B6, D, A, magnesium, iron, potassium, selenium....

....they've got everything.

They're anti-inflammatory and have a lot of immune system boosting properties. Some studies have even mentioned that sweet potato may lower the risk posed by heavy metals and oxygen radicals when passing through the digestive tract.

Sweet potato has higher carbs than any other food mentioned before and that's what makes them a great post-workout recovery meal or a pre-workout snack (for the pump).

It will replenish the muscle glycogen and make for quicker recovery between workouts and of course, keep you energized for several hours.

- 8. Quinoa** – Referred by many as the king of grains or 'supergrain', quinoa is high in carbs (complex), high in protein (about 30 grams per cup) and has a high fiber content (about 19g per cup).

It is a perfect post-workout food that aids in recovery as it not only has lots of good carbs but also has the highest protein content amongst all grains.

Quinoa has very strong benefits that make adding it to your diet a no brainer....

....it is extremely high in protein, suppresses appetite (so you eat less and don't get any cravings), lowers blood glucose levels and fights diabetes and destroys free radicals in the body to reverse visible signs of aging on the skin.

It doesn't really get any better than that.

One of the best ways to add quinoa to your diet is to eat it at a time when you're most likely to deviate from your diet and eat something bad. Quinoa is tasty, nutritional and will keep you full for hours.

Replace your breakfast cereal with quinoa, eat it for lunch, use it as a post workout meal.....mix and match and keep adding variety to your meals.

9. Pineapple – Pineapple is the exotic food in the category of superfoods. It's sweet, juicy and offers tremendous health benefits.

This tropical fruit is high in fiber, high in antioxidants, is anti-inflammatory and strengthens the immune system. It also keeps your eyes healthy, floods your body with energy producing enzymes and contains bromelain which aids in digestion and absorption of protein.

While the health benefits of pineapple are countless, you have to be careful with it.

It is high in sugar and a one cup serving of it will get you to take about 17 grams of sugar. The best time to eat it is immediately after your workout to jumpstart the healing process. You'll get to eat something sweet, healthy and the calories won't go straight to your gut.

Pineapple being a healthy great-tasting fruit makes it versatile in terms of how you can eat.

You can eat it just like that (raw), eat it like a salad, make a smoothie out of it, put it in your oatmeal or, my personal favorite, put a hot slice of pineapple on top of a vanilla ice cream scoop which also happens to be one of my favorite guilty snacks. (Don't judge me, I'm only human)

10. Carrots – Carrots aren't the first thing that comes to mind when you think about superfoods.

In fact, far from it.

But they in fact qualify as a superfood.

Carrots are most widely known for the benefits they provide to vision; improving and protecting eyesight, to be specific. But its benefits go beyond just eyesight.

Carrots promote healthy teeth and gums, improve quality of sleep (alpha-carotene), has anti-cancer benefits, prevents diabetes, lowers risk of prostate cancer and gives you that glowing skin that we all so long for.

Carrots contain a lot of fiber, are rich in potassium, magnesium, Vitamin A, B2, B6 and lies on the lower end of the glycemic index scale.

The best way to eat carrots is to eat them at the end of the meal as carrots clean and remove plaque and stuck food from your teeth.

- 11. Eggs** – Just seeing eggs on the list of superfoods should be enough to convince to add them to your diet. It is virtually impossible to find anything negative about eating eggs.

Eggs are the complete health food.

High in protein and good fat, eggs are widely considered one of the most nutritious, if not the most nutritious, food that you'll ever come across.

A large sized egg contains about 6 grams of protein and as much fat.

The egg white is pure protein with zero fat content and it is the most potent (highest bio-availability) form of protein that you can get from food.

And yes, you absolutely need to eat them yolks.

All the nutrition content; potassium, sodium, magnesium, iron, vitamin B-6, B-12 and D are in there. By not eating the yolk, you're essentially eliminating roughly 80% of all nutrition in an egg.

The one thing that you'll constantly hear about is eggs raising your cholesterol but you don't need to worry about it.

Eggs regulate the perfect cholesterol balance; raise the good cholesterol and lower the bad one and if you workout hard enough, you can eat as much as 6 to 8 egg yolks a day without ever worrying about your cholesterol.

The most common way to eat eggs is to boil them, make an omelet or scramble them and have some green veggies along with it.

12. Salmon – If you read anything on the topic of heart health and omega 3, chances are you'll find salmon being mentioned in there more than a few times.

Even though it is impossible to mention everything about salmon and what makes it a superfood in less than a book, but I'll still gloss over the main points:

- Salmon contains healthy amounts of **Omega 3 fats** which aids in cardiovascular function and is known to improve cognitive function in adults thereby reducing the risk of dementia and Alzheimer's in the elderly.
- It is also **anti-inflammatory in nature** and contains Vitamin D and selenium both of which improve bone health and insulin sensitivity of the body.

- Salmon contains a **complete amino acid profile** (making it the perfect source of protein) also improves the skin health and brings a unique shine to nails and hair.
- It is easy on the digestion and also **works as a probiotic** by aiding in the growth of 'good bacteria' in the digestive tract.

Even 1 to 2 servings of salmon in a week are enough to reap all the rewards that you get from eating salmon.

You can eat salmon in a variety of ways.....

.....steam it if you want the low calorie version, grill it if you want taste to go along with nutrition or opt for salmon sushi when you're dining out.

13. Avocado – If I had to choose my top 5 super foods that you can take on an island with you and eat for the rest of your life, avocado will easily make the cut.

That's how good it is.

Avocados have all the qualities of a superfood – nutrient dense, antioxidants, fiber and powerful alkaline qualities – that you can imagine and more.

They top the list of foods that contain potassium, Vitamin E and magnesium. The oleic acid in avocado lowers cholesterol (both total and bad) while raising the good cholesterol.

Avocado helps in weight loss by lowering the insulin sensitivity of the body, improves eyesight and has been known to improve sex drive (...and performance in men).

One cup of avocado contains about 10-12 grams of fiber which is roughly 40% of the daily requirement.

You can eat an avocado multiple times a day with your meals or as a stand-alone snack.

Its benefits are tremendous and so much so that some **health practitioners have labeled avocado as the perfect baby food** because it aids in mental and physical growth of toddlers.

- 14. Coconut Water** – You'd be hard pressed to find a drink that serves the dual purpose of beating the heat and being ultra-nutritious at the same time.

Coconut water is one such drink.

Coconut water is considered a tonic in tropical areas and people rely on it to not only hydrate them but also for a bunch of other benefits.

However, it tastes nothing like an actual coconut. Coconut water has a slightly nutty and sweet taste and contains lots of essential vitamins, enzymes and amino acids.

It is rich in minerals including zinc, magnesium, iron, selenium, phosphorus and potassium.

Coconut water also helps in relieving constipation, fatigue, improving eyesight and reversing or slowing down the process of aging. It is an alkalizing drink and also fights against free radicals and drinking it regularly may reduce the risk of heart disease and hypertension.

It regulates the body temperature and provides the body with an

instant energy boost by replenishing the lost electrolytes and restoring the proper ph balance in the body.

With all its health benefits and energy boosting properties, coconut water is worth going coco-nuts over.

15. Banana – When it comes to energy boosting foods bananas rank right at the top.

In fact, the effects in terms of energy are so instant that you can see folks in the gym eating a couple of bananas right before they hit the weights.

Bananas are one of the best known sources of potassium which reduces blood pressure, boost heart health and increase bone density.

They have strong antacid properties and protect the stomach from ulcers by removing the ulcer causing bacteria from the stomach and creating a thicker mucus lining in the stomach.

Bananas are high in the amino acid tryptophan which boosts serotonin production in the body causing the nervous system to relax and wind down resulting in better and more relaxed sleep.

There are virtually endless ways to eat a banana. Eat it raw, add it in your milk, oats, make a smoothie or sandwich it between an omelet and eat it in your own unique way.

16. Apples – Remember, the joke about apple being a doctor's worst enemy? It still rings true to this day.

Apparently, apple is the go-to superfood of the food purists.

Apples are surprisingly high in antioxidants and a powerful source

of potassium and Vitamin C. It's low on the glycemic index scale and makes for a great fat-loss food especially when you consider its fiber content and the fact that one big apple is only about 70 calories.

Apple has been known to keep lung cancer at bay and regularly including it as a part of a diet might also increase body's insulin sensitivity and reduce the risk of type II diabetes and asthma.

Apple is a skin-friendly food. Eating it regularly clears the skin of zits, pimples and adds a youthful firmness to it.

One of the big factors that you need to be aware of if you want to get the maximum benefits out of this fruit is about the skin.....

.....the skin of an apple has close to sixty percent of the total antioxidant content – and about three to five times the antioxidant content of the flesh – of the fruit.

So make sure you wash it thoroughly before eating one to wash off the pesticides or buy all organic apples in the first place.

The best way to eat an apple, in order to reap the most rewards, is to get your hands on one and dive right in as you get the benefits of eating the skin that way. Other ways include eating it as a salad, or as a dressing for your cereal or squeezing it out and drinking the juice.

An apple, even after so many years, is still effective at keeping the doctor away.

- 17. Pumpkin Seeds** – Well, guess what? While pumpkin may be the designated 'Halloween Fruit' and meant to send off a spooky vibe, its seeds are one of the most widely popular superfood of the 21st

century.

And rightly so.

Pumpkin seeds are the perfect ‘pick-and-go’ snack that you can have when you’re crunched for time and can’t afford to make or eat a full blown meal.

Just grab a handful of roasted pumpkin seeds and you’ll get about 5 grams of protein, 5 grams of fiber and you’ll be close to hitting your daily requirement of zinc, magnesium and potassium.

Studies have revealed that pumpkin seeds reduce the risk of bladder stones, prostate cancer, reduce cholesterol and are even used as mood elevators and keep depression at bay.

Pumpkin seeds are extremely calorie dense and it is easy to go overboard and overeat them, so make sure you only eat a handful of them a day as they are a ‘hot food’ and may raise your body temperature and cause you to sweat more.

You can eat pumpkin seeds by roasting and flavoring them at home or buy the ready-to-eat version from the store.

18. Maca – Maca, a root grown in the Andes Mountains in Peru is the next in the list of energy boosting superfoods.

It is known as the ‘Peruvian Ginseng’ and is considered a herbal medicine used for a wide variety of disorders like anemia, tuberculosis, stomach cancer, chronic stress, migraine headaches amongst others.

It also works as a laxative and used to remedy impotence and erectile dysfunction in men.

Maca relieves menstrual issues like cramps and hot flashes in women and is used to increase libido and sexual performance in both men and women. It is used to relieve symptoms of stress and anxiety and works amazingly well as a mood enhancer.

Maca improves the overall functioning of the immune system and also nourishes the skin by improving the collagen synthesis making it more soft and firm.

Maca is available in powder form and it is best to consume by adding it to other foods like yogurt, smoothie or salad.

19. Watermelon – Known as nature's aphrodisiac, watermelon is probably the sweetest superfood you'll ever taste.

At less than 48 calories a cup, watermelon gives you the best of both worlds – taste (without too many calories) and nutrition.

It is about 90% water making it a perfect summer time treat to quench the thirst and replenish the lost electrolytes.

Watermelon is an excellent source of Vitamin C, Vitamin A, Vitamin B6 and contains high amounts of fiber. It is also known to aid in the production of the amino acid arginine which improves the blood flow to the muscles and is also responsible for the release of growth hormone in the body.

Watermelon is known to reduce the risk of heart disease, colon cancer and also alleviates symptoms of asthma.

Even though you may be able to find watermelon year round, it is wise to eat it during the summer months when it is fresh and readily available.

When it comes to eating watermelon you have a lot of choices....

....eat it raw, or serve it as cubes on the side of the main course or juice it and drink it up.

20. Cucumber – Also known as the sister of watermelon, cucumber is one of those superfoods that you take it for granted and don't really consider a superfood just because how common and inexpensive it is.

But if you consider the benefits of this veggie (or fruit or freggie, if you can call it that) it qualifies as a superfood without a shred of doubt.

Just like watermelon, cucumber is 90% water and plays a big role in hydrating your body, especially during the summer time. It is rich in Vitamin A, B1, B6, C, D and is also high in calcium, magnesium and potassium.

(Little known fact: Due to its hydrating properties cucumber can be used to prevent a headache and hangover. To do this, eat a few slices of cucumber right before going to bed and you'll wake up without a headache the next day.)

Cucumber has tons of antioxidants and is anti-inflammatory in nature. It is especially effective in curing diabetes (type II), reducing cholesterol, controlling blood pressure and the silica in it promotes joint health.

It's low on the glycemic index scale and only a few slices will make you feel full. But even if you end up going overboard and binge-eat one cucumber after another, you won't gain weight.....

.....because you're just consuming water and fiber.

Cucumber fights cancer, is a natural remedy for bad breath and plays a big role in the beauty industry. It is used in facials, body scrubs and works wonder in treating under eye puffiness.

You can eat cucumber raw, add your favorite spice for taste or eat it as a salad. You can even squeeze out the juice and make a smoothie out of it.

21. Chia Seeds – Chia seeds are all the buzz in the health industry right now. They're some of the most nutrition-packed foods on the planet.

A tiny 1 ounce serving of chia seeds will give you everything; protein, carbs, fiber, Omega-3 and a massive dose of antioxidants. It's stellar mineral profile including potassium, calcium, iron, copper, magnesium, zinc and phosphorus covers pretty much all your daily mineral needs.

Its perfect amino acid profile makes it a complete protein and a great addition to your post-workout meal to fuel muscle recovery.

Chia seeds have one of the most impressive antioxidant profile putting it right at the top of the antioxidant food scale with blueberries.

One of the lesser known, and more impressive, facts about chia seeds is that more than 90% of carbs that come from chia seeds are fiber. Fiber doesn't raise the blood sugar levels and promotes a healthy gut as it isn't digested by the body. They're also high in omega 3 fats which are anti-inflammatory and keep heart diseases at bay and slow down the aging process.

Some studies have even linked chia seeds to improving athletic performance by increasing the body's cardiovascular capacity

and making the body better at harnessing the carbs present in the body.

If you're an athlete or someone who wants to get the best out of your body for a particular event, or in general, adding some chia seeds to your diet will get your body will respond positively.

Chia seeds can literally be added to anything.....from smoothies to cereal to pancakes and everything in between.

22. Spirulina – Spirulina is a type of bacteria that grows under the water. It uses the process of photosynthesis to manufacture energy.

Spirulina is high in protein (4g per serving of 7g) and has Vitamin B1, B2 and B3 along with copper, iron and magnesium as the primary minerals. The protein in spirulina has a **complete amino acid profile** and the bio-availability is comparable to that of eggs.

Spirulina is strongly alkalizing and an amazing source of antioxidants. It also provides anti-inflammatory benefits, reduces the risk of heart disease, lowers cholesterol and prevents many types of cancer from developing.

It is also effective in reducing blood pressure and increases the count of red blood cells in the body and fights anemia.

The reason spirulina ranks as one of the top superfoods in the world is because it is an organism and all the nutrients and enzymes required for growth are present in it.

And when you take it, you get all those nutrients and enzymes.

Spirulina is available in tablet and powder form. A daily dosage

of 2 grams is enough to reap all the benefits. You can drink it the first thing when you wake up or between your meals when you feel drained or need an energy boost.

23. Flaxseeds – Flaxseeds stem from the ‘flax’ crop and are widely known in the fitness circles because of their ability to reduce cravings and promote recovery after an intense workout.

Flaxseeds are high in dietary fiber and when eaten before a meal, are proven to make you eat less and keep you from overeating.

Flaxseeds contain a large amount of antioxidants that destroy the free radicals in the body and reduce inflammation and promote optimum nervous system function.

An ounce of serving will give you approximately 5 grams of protein, 7 grams of fiber, magnesium, manganese and a whopping 12 grams of fat (good fat).

They also contain a nutrient called lignans, which has been shown to fight off cancer, cardiovascular diseases and even osteoporosis.

Their high fat content is what makes them unique and it is recommended to refrigerate them in order to preserve their healthy omega 3 fat content and make sure they don’t go rancid.

Because they’re small, they can be eaten with virtually anything; sprinkle them on your yogurt, blend in a smoothie, bake in a cake or eat them after your workout and before your meals to get the maximum benefit.

24. Pepper – Pepper while being a superfood (or a super ‘spice’) is also one of the best natural fat burners you’ll ever come across.

It is used as a flavoring element to add a bit of a spice and taste to the food but its benefits go beyond flavor.

Black pepper has been used in Ayurveda recipes since the dawn of well, dawn. It is considered to have healing properties and is used to stimulate appetite and helps in a plethora of throat and lung related problems.

Rich in antioxidants, black pepper is known to fight free radicals and reduce inflammation. Black pepper is a rich source of vitamin C, A and K and its mineral profile offers a complete spectrum of essential nutrients including iron, calcium, magnesium, zinc, copper, thiamin, folic acid and riboflavin.

Black pepper also enhances nutrient absorption from the food you eat but its biggest strength is that it revs up your metabolism allowing you to burn more calories and helping you reach your fat loss goals.

That's why it's a preferred choice for fitness athletes who want to keep the fat burning at its highest and stay lean all year round.

In order to get the most from black pepper and retain its nutritional value, store it in an air tight container away from sunlight.

The best, and easiest, way to add black pepper into your diet is to sprinkle it on your meals. It adds flavor, gives you nutrition and slowly eliminates the fat from your body.

25. Water – Another dude who is going to tell you to drink more water?

Yep.

There are books written about the importance of water and if you don't have a bottle handy when you go about your day, you're not drinking enough, plain and simple.

Stats reveal that most people run around with their version of dehydration and don't even know it. And this affects everything; from athletic performance to thinking ability to energy levels..... everything.

Human body is 60% water, muscles are 75% water and even a 2% dehydration can affect body in adverse ways.....

.....decrease athletic performance, hinder cognitive ability and make you feel fatigued way before your muscles give in.

We need water to think, we need water to digest food, we need water to function.....we need water for everything.

How much should you be drinking depends on your lifestyle and your activity level.

How do you know if you're drinking enough?

No need to call a friend, you can check it yourself.

If your pee is clear, your body is hydrated (yes, I did go there). If it is yellow or has a yellowish tinge, you need to drink more water.

Water isn't exactly a superfood but is critical in making sure that all your bodily functions are working fine. Drinking water may not pump you up with energy but not drinking enough will definitely sap you of energy.

So there you go.....the top 25 super foods that boost your energy all the while providing you with nutrition that you need to function at a high

level.

You might already be eating some of those and that's a good thing and you might need to add more to your diet. Either way, do what works best for you and you'll definitely see the results in terms of health and energy.

Now food is a part, a big part, of the high energy puzzle.

There are other factors that contribute to your energy as well.

Factors like your lifestyle, your habits and your mindset are big when it comes to boosting your energy and keeping you productive.

So, as promised, here are the.....

Top 10 Energy Boosting Tips

Having high energy is more than just eating right.

It's a combination of a lot of factors.

Exercise + diet + rest are the rest of the pieces that complete the high energy equation.

If you want to have high energy for life, you need to get all of these things in order. Once you do that, it will become almost impossible for your body to have low energy.

See, your body was made to have high energy.

Thousands of years back when we were wading around half-naked in the jungle, we needed energy to catch food and keep ourselves safe. Low energy at the wrong time meant becoming the lunch of a sabre-toothed cat hiding in the bushes.

Over the years, we've become more sophisticated but the basic roots of our 'lizard brain' still remain the same.

We're wired to have high energy.

But we get in the way of our own bodies and disrupt the process by doing different activities that prove to do the opposite of what we want.

Things like sleeping late, overworking, stressing out too much, alcohol, drugs disrupt the body's natural ability to cope with stress and recuperate which leads to the body running inefficiently.

What we need to do is get out of our own way and get close to how we were meant to be and everything else will take care of itself.

So read these energy boosting tips that you might know and realize on some level but for some reason don't implement. Read them over and over again until you internalize the message and start to put it into action.

As action is where the results are.

So here they are.....'The Top 10 Energy Boosting Tips' again, in no particular order:

1. **Get plenty of sleep** – Sleeping is one of those things that we all take for granted to some degree. We all have work to do, errands to run, kids to take care of and there never seems to be enough time to do it all.

When the items on our to-do list – if you keep one – keeps piling up, one of the first things we compromise on is sleep. 'Well, maybe if I sleep a little less tonight, I'll have more time to get it done tomorrow'.

Mathematically, you will.

But psychologically, you will be more stressed, agitated and on the edge the entire day. The seemingly little things on your to-do list will seem like big herculean tasks that you have to wrestle with on your own.

Stress.

Stress.

And more stress.

If you visit a shrink, not that I've been there or anything, is to get a full night's rest. The reason being sleep resets your system and

triggers feeling of safety in your system.

Meaning, it makes everything A-okay.

When you're sleep deprived your problems seem bigger than they actually are, your self-control would be lower and you'll be more likely to make decisions in the moment based on emotions.

A rested mind is a healthy mind.

You'll think better, make better decisions and have higher energy throughout the day. You just cannot underestimate the value of a good night's sleep.

Now how much should you sleep?

Answer – Depends.

On your lifestyle, on your past habits and quite frankly, you.

When it comes to sleep, there is no one size fits all. We all are different in our sleeping requirements.

A mixed martial artist who goes through five different workouts a day will have different sleep requirements than a programmer who sits in front of the screen 8 hours a day. Or someone who lives an extremely active lifestyle will sleep more than someone whose lifestyle isn't that active.

It's all about the demands that you put on your body and your body's ability to recuperate from the stress of your life.

Some self-help gurus will tell you that you can get by with 5 hours of sleep while other books will advocate getting a minimum of 8 hours of sleep.

Again, it depends.

If you've been sleeping for 10 hours all your life, you'd find it hard to function properly with 5 or 7 hours of sleep a night a night.

The only viable solution is to experiment and find out for yourself.

Sleep for 10 hours a night for a week and note how you feel. Next week sleep for 8 hours a night and see how you function. Make weekly observations and then choose the duration that makes you feel positive and energized.

If you're groggy and cranky and have low energy throughout the day, you're sleep deprived. If you feel lazy when you wake up and find it hard to 'get going' but feel fantastic when you do push through the initial barrier, you're sleeping too much.

Test and find out what your body needs.

I personally, cannot do without ten hours of sleep.

My friends berate me for it and call me 'sleepy-head' and 'lazy-bum' but when I wake up, I'm sharp as a tack.....

.....rested, focused and don't experience any brain-fog – you know, those moments when your judgment gets hazy and you make decisions in the moment and then hate yourself for it later – throughout the day.

I feel motivated, energized and get more done if my sleep debts are paid.

So find out what your unique sleep requirements are and then make adjustments in your life to get those hours of sleep in every night.

That for the most part will keep you energized throughout your day and allow you to manage stress better.

And while we're on the topic of sleep.....

2. Sleep in total darkness – Sleeping in total darkness has been linked to deeper REM sleep.

In fact, sleeping in complete darkness allows your body to shut down mentally so that you can relax and your body can begin the repair and rejuvenation process. The sleep hormone 'melatonin' is produced in darkness and light disrupts its production and triggers the stress response in the body.

The body then finds it difficult to relax and shut down and your sleep quality is greatly diminished. If you've ever slept during the day or in glaring light you know what I'm talking about.

You'll wake up groggy, in a bad mood and won't be able to give your 100% to anything because you're not fully rested.

And you don't need to be in total sunshine to feel its affects. Even a tiny buzzing light from your laptop or from the wall clock or light slithering into your room from under the door is enough to trigger this process.

If you've got any light coming in to your room when you sleep, and I'll emphasize ANY here, no matter how small – your sleep quality is nowhere near what it could be.

You'll experience tremendous benefits if you find a way to get rid of that light and make your sleeping environment a 'dark fortress'.

Turn off the laptop, switch off the cell phone and make sure that

there's not a single unit of light entering your room when you sleep. Get black curtains if you have to, put rags under the door to block the light and make sure that every electronic device is turned off at least an hour before you hit the sack.

Bright lights and light from electronic devices has been linked with delaying the melatonin response in humans. Which is bad news because it takes longer for your mind to shut down after you've used a laptop or exposed to bright lights.

So the lesson here is – no electronic devices one hour before bed.

No laptops, no phones and certainly no TeeVee.

Dim the lights if you can before going to sleep or better yet, go out for a walk in the moonlight to calm yourself down and signal to your nervous system that it's time to sleep.

Your REM sleep will be deeper, you'll wake up rested and completely energized the next day.

- 3. Eat carbs before bed** – This might go against the standard advice of 'not eating carbs before bed' but hear me out.

I'm not advocating you eat all those 'bad foods' that you've been finding an excuse to eat right before that.

Nope.

Far from that.

What I'm trying to say is that the right choice of carbs at the right time can relax you and drastically improve your quality of sleep.

Here's the science behind it.....

Carbohydrates trigger the release of 'serotonin' in the body.

And serotonin is the 'feel-good' hormone that not only makes you feel good but also makes you feel 'satisfied' and helps your body relax.

(Side Note: Ever wondered why you feel lazy after eating something sugary? Like a pizza or candy? That's serotonin kicking in. There's a reason why they're called 'comfort foods'.)

If you want to improve your sleep quality, eating a small to medium serving of 'slow digesting carbs' will help you relax and allow you to effortlessly drift off into 'la-la land'.

Foods like oats, blueberries, strawberries, broccoli, green leafy-vegetables – generally breakfast cereal in small portions – are a great way to end your day.

If you exercise regularly and take care of how you look and feel, you will not gain fat.

As long as you don't go overboard on the portion, you won't gain fat.

You'll sleep better, be relaxed and keep them cortisol levels down....which, by the way, is responsible for belly fat.

This is wildly popular in the bodybuilding circles.

When those Olympians have to cut back from 300 pounds of fat and muscle to 260 pounds of pure beef, they have to be strict in their diets. Their carb intake is extremely low and that hinders the normal bodily functions.

Their mood is crappy, they can't think clearly and their sleep quality takes a hit. And working out and doing more cardio just adds to the ongoing stress of their bodies running low on fuel.

What they do to make sure that their stress levels stay low and they don't burn out is add carbs at the end of the day to trigger serotonin and fall asleep easily.

Because without carbs your body cannot relax.

Here's how you can benefit from this.....

Choose a slow carb – something that is low in glycemic index and doesn't trigger a massive insulin response – and eat a small to medium serving of it 1 to 2 hours before you go to bed.

Don't stuff it until you feel 'full', that's how you gain fat, but keep it just enough to give you a taste.

To go a step beyond, add a source of lean protein with it and you have yourself a healthy and nutritious 'sleepy-time' meal which will not only nourish you but also help you fall asleep.

The key here is to choose slow carbs – no candy or pasta and definitely not doughnuts – and exercising portion control.

Personally, I've found that having oats 2 hours prior to going to bed helps me relax tremendously and I sleep like a baby.

4. **Say no to caffeine** – Okay, moderation with caffeine.

While there are all these studies that link caffeine intake to anti-cancer benefits, the fact of the matter is that it keeps you on 'high alert.'

Which is good news if you're just starting your day but bad news if you want your body to shut down completely when you sleep.

2-4 cups of caffeine a day are fine but make sure you get them in by the evening. Taking caffeine 4-5 hours prior to bedtime will affect your sleep quality and circadian rhythm.

While there are other foods that you can take to give you that rush of energy – green tea comes to mind – but if you must drink caffeine, do that at least 4 hours before you sleep.

And don't get addicted to caffeine either.

Long term caffeine use has been linked to adrenal fatigue and your body's inability to digest what you eat. Caffeine is a stimulant and stimulants trigger a 'fight-or-flight' response in your body.

That is good when you're going to war or getting psyched up before hitting the gym, but not-so-good when you just want to relax and call it a day. Caffeine will elevate the cortisol levels which will keep you stressed and cause more fat storage around the abdomen area.

I recommend going cold-turkey on caffeine for a couple of weeks if you've been drinking it for more than 2 years non-stop, but if you can't quit, moderation is the key.

Start limiting yourself and get your body used to functioning without the need for stimulants.

Quit or not, it's your call.

But the bare minimum that you NEED to do, in order to sleep better and have energy the next day, is to not drink coffee 4-5 hours

prior to bed.

If you sleep at midnight, no caffeine after 7 PM.

5. No carb breakfast – Again, not conventional advice.

The standard American breakfast is cereal and eggs. Most folks are used to chugging on some form of carbs in their first meal of the day. Toast, juice, jam, jelly, syrup, bread come to mind.

While it's a well-known fact that having carbs in your breakfast will give you energy throughout your day, but if your goal is to optimize body composition – keeping muscle and burning fat – taking carbs in your first meal will make it harder for you to do that.

See, when you're asleep your body is in fat burning mode.

And if you workout regularly....high intensity training, to be specific, your body is a fat burning furnace. Deprived of calories in your sleep, your body is using fat for fuel to carry out its functions.

When you wake up, you want to keep that fat burning going.

When you dump carbs in your body when you wake up, you bring that fat burning mechanism to a grinding halt.

Your body will stop using the stored fat as fuel and start using the carbs you just ate to carry out the daily activities. So essentially, you'll burn only the calories that you're eating and not the stored fat.

What you need to do to make sure that your body stays in the fat burning mode is to eat breakfast comprised of protein and fats.

Protein will sustain your muscles and fat will give you enough cal-

ories to function throughout the day. And guess what?

Your body will still keep on burning fat.

Choose a lean source of protein like chicken, turkey, eggs or fish and throw in some good fats like nuts to make yourself a nourishing first meal.

The standard cereal breakfast will make you feel lethargic and trigger feelings of relaxation in the body – remember the hormone serotonin I mentioned before – which is not what you want when you want to be up and running.

One of the big positives of protein and fat breakfast is that it will keep you full for a longer period of time than if you were to eat carbs. The feeling of being full, satiety, lasts longer with protein than with any other food source.

You'll feel full, have less cravings and be more aware of what you eat the entire day because you'll find that once you've set the right tone for your day, you'll be more likely to follow through and stick to your diet plan.

So, no carbs in your first meal.

When it comes to carbs, remember this – you have to earn them.

Sweat it out in the gym, live an active lifestyle and earn your carbs. Live by this rule and you'll never get fat in your life. Sure it's okay to indulge every once in a while – we're all human, after all – but make sure that you time your carbs around your workout.

The best time?

Post workout as the food you eat at that time will be used to refu-

el the lost glycogen and have the lowest probability of turning into fat.

6. Practice Mindfulness – Wait, what?

A lecture on spirituality and enlightenment in a book about diet and energy?

Well, yes and no.

Mindfulness, for those who don't know is not just for the awakened soul. It is for everyone.

Mindfulness simply means living consciously and being aware of everything that is going on inside you and around you.

We live in the information age and there's tons of stimulus coming at us from every direction; internet, phone, e-mail....you name it.

We're always 'on'.

We're on a stimulus diet and our mind never gets to shut down.

Watching TV when you've got nothing to do, listening to music all the time, checking your e-mail every few minutes, logging in to social media to see what others are up to.....

....we're always jumping from stimulus to stimulus and have lost the proverbial art of not doing anything and just 'being'.

Just being present and observing everything without judgment.

As a result of always being 'plugged in', stress levels rise but we ignore it and run with those levels of stress until we drop (read: fall sick) or burn out (lose motivation in the work that we're doing).

Mindfulness makes sure that you don't get lost in the tiny little details and burn yourself out. It keeps those stress levels in check by relaxing your mind and giving it a much needed breather.

Mindfulness might seem much more complicated than it actually is, but the truth is that it is one of the simplest thing you'll ever do.

Here's what you do:

- You find and sit in a quiet place where you would not be disturbed.
- You simply observe your breath without judgment.
- If you drift off, you bring your attention back to your breath.

In short, you pay attention and become an observer of your own breath.

That's pretty much all there is to it.

You don't have to head to the mountains to you know, meditate or anything. You find a peaceful place, feel your breath fill your lungs and observe it leave and keep your attention there.

You're not trying to make it happen or forcing anything to happen, you're just observing what's happening.

Five minutes of mindfulness is an excellent start.

If, in the beginning you find it hard to focus your attention on your breath, don't worry, just be there and go through the process.

You might be jittery the first time you do it, but you'll start to quiet down after a few times you do it.

The benefits of doing this are tremendous.

Apart from the fresh perspective you get, you'll drastically reduce stress, disengage from everything around you and have a fresh perspective on what you want to do.

Mindfulness is a perfect tool to calm you and 'center you' when you feel like you're losing it or when the stimulus around gets too high. Simply take 5 minutes and focus on your breath.

The results of mindfulness are long-term.

You won't magically relax the first time you do it, but you will start to experience a shift happening. And as you keep on doing it, you'll start to see the benefits; a calm head, less emotional decisions, better sleep and experience the feeling of being satisfaction that we all long for.

Once you know how to do it, you can essentially do it anywhere; in your office, after work, while taking a walk or whenever you feel disconnected from your 'core'.

What time you do it, depends on your lifestyle.

Personally, mindfulness is soothing for me and I like to do it at bedtime because I fall asleep instantly. You could do it just after you wake up, mid-day or at the night time.

Totally your call.

But if you want to keep your mind healthy and live a longer and happy life, mindfulness is an absolute must.

7. Lose the spare tire – Being fat in the belly area is so not cool.

The days when a big belly was considered a sign of your drinking prowess are gone. Nineties. We call them nineties.

Now, a big belly not only reflects badly on you but also keeps you unhealthy.

Excessive abdominal fat, and fat in general, has been linked to high blood pressure, low sex drive, high cholesterol and a bunch of other diseases including heart disease and kidney failure.

In simpler terms, excessive fat is bad and unhealthy.

Lose it.

Fat loss has been overcomplicated by the fitness industry. Every fitness guru will tell you a different secret formula to magically burn the fat off.

But if you've been down that road, you know where it leads.

Frustration-ville.

Here are 3 best tips to burn off fat:

- a) **Stick to a high fat and high protein diet** – Remember in general, fats are good and carbs are bad. You have to earn your carbs. Eat them around your workout and choose the complex carbs that digest slowly and keep you full longer.
- b) **Cardio on empty stomach** – When you wake up, your body is in fat-burning mode and when you add in cardio at that time, your body will use the stored fat as energy as it doesn't have any fuel to use. Keep the intensity low to moderate. The more intense you make it, the more you risk losing muscle because your body doesn't have any fuel at that time.

c) **Intermittent fasting** – The formula here is simple; you eat for a certain duration of time and then don't eat anything the rest of the day. The simplest protocol is the 16-8 protocol. You eat all your daily calories in the 8 hour window – ideally, the post workout duration – and then go cold turkey for the next 16 hours.

The majority of your fasting time is sleep and the last hour involves you being in the gym. An entire book can be written about intermittent fasting, but the fact is that it works. Body-builders use it to drop down to low single digit of fat percentage.

No matter what the Hollywood tries to tell you 'dad-bod' is not 'in'.

It never was and it never will be.

Shed the spare tire.

Your confidence will shoot up, your sex drive will increase, you'll look good, feel good and who knows you might be elected as the president some day.

Kidding.

8. **Get outdoors** – Well guess what? Sun is still the most potent source of energy you'll ever come across.

But I guess you already know that.

What you may not know is that Vitamin D from the sun performs the exact opposite function of melatonin . Melatonin is produced in the body when you're about to fall asleep.

Its production is highest when you are in complete darkness.

That's why when you're tired and you get in a dark and quiet place, you doze off.

Sunlight contains vitamin D which does the exact opposite of melatonin. In fact, melatonin and vitamin D counter each other. You can only have one or the other in your body. When the presence of one of these rises, the other one automatically falls.

That's enough theory for now, so how do you use this?

Here's how: When you feel like your energy levels are dropping and you feel like falling asleep – think about that mid-day slump – get outdoors and get yourself some sunshine.

When you feel like falling asleep, melatonin production in the body starts to rise. If it's not possible for you to fall asleep or take a quick nap at that point of time, you can give yourself an energy boost by getting out into the sun.

Go outdoors and take a walk for a few minutes. Or sit in the sun and allow your body to soak in all the vitamin D it can soak.

Melatonin production will cease and vitamin D levels will rise in your body.

You'll start to feel active again.

If you're in a situation where you cannot go outside like when it's raining outside or when you want to pull off an all nighter, go for a quality vitamin D3 supplement.

Vitamin D3 is essentially what we get from sunlight and is the most absorbed form of vitamin D. You'll experience the same benefit if you were to go out and experience sunshine. It's a great

choice for everyone.....

.....especially folks who stay indoors most of the time and don't get enough sunlight during their day.

9. Manage stress properly – If you take away just one thing from this book, let it be this one.

Stress has become a big health concern of the modern era.

We take everything we do so seriously that we start to identify with it. We're so concerned with doing a great job that we start to compromise on other things in our life.

Things like spending time with family, or walking the dog or playing guitar or 'just taking some time off' take a backseat while we frivolously try to do our best and get everything under control.

Don't get me wrong here.

I'm not advocating slacking off on your work and start goofing around.

While working is important and I believe that you should do your absolute best in whatever it is that you do, the problem arises when you start giving it too much important and start taking it too seriously and you can't 'shut down'.

You're always stressed out and constantly ~~thinking~~ obsessing about work and you bring that stress to other areas of your life.

Dude, stop taking life so seriously.

Relax, take a step back and make time for some play.

Newsflash – Stress will eat you alive from the inside if you don't find ways to regularly dispose it off.

No matter what you go through or what curveball life throws at you, make it a priority to disconnect from everything and bring those stress levels down.

Walk the dog, play guitar, watch a movie, workout, have sex, read a book, prank a friend, tell stories to your kids, play a video game.....

....whatever rocks your boat.

If you cannot think of at least 10 fun activities right now that you can go do and have a boatload of fun, your life is on the fritz.

Make a commitment to yourself to regularly blow off steam. Don't let the stress levels pile up.

Stress has been linked to a lot of stuff like hypertension, premature aging, heart diseases, obesity, hair fall, low sex drive, Alzheimer's etc.

If you don't take the time to dispose it off regularly,

Stress will take you to an early grave.

The solution here is to schedule your 'miller time'. A time when you mentally 'shut down' and make time for 'play'.

Schedule it and be vigilant about it.

Take some time out of your daily life to disconnect from work and indulge in something that makes you forget about everything else in your life.

For me, what does the trick are two things; working out and dish-
ing out some tunes on my Fender.

When I am working out, I'm in the zone and nothing else in my life
matters. Same when I have my guitar in my hand. Even though
I'm not that good or good enough to be on stage, but when I have
my instrument in my hand, it's just me, my guitar and the thou-
sands of screaming fans cheering for me in my head.

Find your ways to get rid of stress and you'll be happier for it.

10. Intelligent Supplementation – If you working out and taking
care of what you eat, you'll generally be healthy.

But you rarely get everything from your diet no matter how bal-
anced it is. If you want to make sure that you're getting everything
you can and function at an optimum level, you need to supple-
ment.

Supplementation, in fact is a no brainer for folks who tax them-
selves physically and mentally.

When you're putting extra demands on your body you need to
make sure that your body is able to recuperate from those de-
mands at the right pace. Otherwise, it's just a matter of time be-
fore your body gives in and you end up visiting your doc.

Remember supplements are just that, supplements. They aren't
the real thing. While most of your nutrients should come from
food itself accurate supplementation will fulfill the gaps that your
diet leaves.

There are lots of supplements that you can choose from, but if
you've never supplemented before focus on 'the big 3':

- a. **Magnesium** – The big role of magnesium is to ensure that your central nervous system is working correctly. It calms down the central nervous system, relaxes you and makes sure that all the neurons in your body are firing the way they should.

It also works great if you suffer from anxiety and have trouble falling asleep.

When you're looking for magnesium supplements stay away from the ones that have 'magnesium oxide' as the primary available form. Oxide is the lowest absorbing form and you don't get much benefit out of it. Instead, opt for glycinate, orotate or any other form....they're all better absorbed than the oxide version.

A dosage of 400mg a day an hour before you go to bed will relax you, help you fall asleep and allow your body to recover faster from workouts.

- b. **Vitamin D3** – I've already mentioned this before but I'll say it again. If your lifestyle primarily consists of staying indoors and you don't get plenty of sun (or you're reading this from the north pole or the south pole), consider supplementing with a quality vitamin D3 supplement.

Vitamin D3 will keep your energy levels high and make sure that calcium from your diet is absorbed and that your bones stay strong and healthy. It is an absolute must for night owls and people who don't go outdoors enough.

Recommended daily dosage is somewhere between the 4000-7000 micro grams.

- c. **Zinc** – Stress levels can lower the levels of zinc in the body.

Zinc is known to increase sex drive, motivation and keep your mood elevated. Deficiency of zinc can be judged by lack of energy, low sex drive and a weakened immune system.

If you believe the stats, almost 2 billion people on the planet suffer from zinc deficiency and could benefit from supplementation.

The recommended dosage for a healthy adult is 30mg per day. But you have to be careful with zinc supplementation as zinc can build up to toxic levels.

If you workout regularly, you can stick to the 30mg per day on your workout days and if you don't hit the gym that often, take it on alternate days.

Again, go for gluconate or orotate forms rather than the oxide version. It might cost you a bit more, but it is well worth it.

These are the 3 foundational supplements that should be there in your supplement stack. Once you use these for some time and see the benefits, you can go for more specialized supplements like Omega 3, wheat grass, probiotic etc.

Also, remember that in order for supplements to work and as a general health rule, you should already have a diet that's balanced in all 3 macronutrients – carbs, proteins and fats.

We get plenty of carbs, more than enough fats and protein is where the deficiency lies. Most of the population does not get enough protein. If you're not getting a minimum of 1-1.5 grams of protein per pound of lean bodyweight consider supplementation with a high quality whey protein.

I know I said ten but here's just one more....

11. Exercise – How could exercise not be in a list of things that boost energy?

I mean, it's counter intuitive.

Exercise requires energy and it may seem like you'll have less of it once you've used it for your workout.

But that's not how our body works.

Working out does a whole lot more than just use up energy.

Tony Schwartz in his book 'The Power of Full Engagement' presents an interesting paradigm. He mentions that the single best way for emotional and physical renewal is to elevate your heart rate.

Which means if you need to renew yourself physically or emotionally go hit the gym. Hit the weights or do some high intensity cardio and get your heart pumping blood.

After you're done working out, your body will manufacture more energy and you'll feel much more energized and active. It's been proven over and over again and if you try it, you'll experience that too.

Countless times I've been sitting at home just being lazy, thinking about what I 'should' be doing. Instead, I hit the gym and it gives me a whole new sense of perspective and flushes me with positive energy.

I break the inertia of inaction and then the motivational fuel carries me through the rest of the day. I've seen it happen over and

over again.

So the big takeaway here is to workout when you need an influx of energy.

Now what type of workout should you do depends on your age and your experience.

If you like lifting weights, go lift weights. If you like to do crossfit style training, by all means go for it. If you like to sprint then get out there and rdo some sprint intervals.

The options are endless as long as you get out there and exercise your body and your heart.

It isn't really that much complicated.

Just a word of advice here.....

- If you want to get the most out of your weight training sessions, focus on the big compound movements like squats, deadlifts, bench press, pull-up and clean and jerk. Keep your workouts to less than an hour as after that the stress levels elevate and your metabolism slows down.
- For cardio, there's nothing more exhilarating than doing intervals. Specifically, sprint intervals. Going for as hard as you can and then bringing your heart rate down only to do it all over again. For starters, the 2:1 approach works best.

The 2:1 approach means you take twice the time off as you are 'on'. For instance you choose to sprint for 10 seconds, you take 20 seconds of rest and that counts as 1 interval. You can pick your 'on' time according to your fitness level

but sticking with this ratio will give you magical results.....

.....high energy, confidence boost and the fat will have a hard time staying on your body.

Do that 3-4 times a week at the most and you'll see massive results.

Feel free to mix and match and do your own thang but workout in some way, shape or form.

It's good for ya.

Okay, just one more cuz I feel like I'm on a roll here.....

12. Daily dose of positivity and motivation – Now, without going all 'self-help' on you and freak you out with another lecture on positivity, I'll tell you this.....

....we earthlings work in crazy ways.

We have all the energy to do what we want but our bodies will make excuses and find ways to not do it, if the end result isn't motivating enough.

If you want to do something but feel like your body isn't supporting you, or you feel like you don't have enough energy to do it, try motivating yourself.

By bringing your emotions into it.

Keep your eye on your goal and bring emotions into the picture.

Realize how badly do you want it, the price you've paid and the

price you'll have to pay if you don't do it.

If you want it bad enough or desire it enough, your body will energize you and surprise you with what it can do.

What you need here is motivation coupled with a healthy amount of positivity.

Your mind will jump through any obstacle and overcome odds that seem insurmountable to you if you motivate it the right way.

This is a little bit on the mental side of things but part of, a big part, having a healthy body is having a healthy mind to back it up.

So the takeaway here is get passionate about something.

Do what you've always wanted to do but somehow couldn't bring yourself to do. Go on that adventure trip, start a business, take that leap of faith....live a life full of adventure.

Higher energy will come as a byproduct of that.

You can thank me later.

Now I know that following everything listed in this book could get a little strict and I'm in no way urging you to completely abandon your way of eating (and living) and switch to this.

That wouldn't be feasible.

However, you can start by implementing the advice that resonates with you and then take it from there. Don't make too many changes at once, it might be too much to handle.

If you find that you don't take the time to 'disconnect' and carry your

work everywhere you go, scheduling some 'miller time' or practicing mindfulness might be the best option for you. If you have trouble falling and staying asleep, start sleeping at the same time every day, sleep in total darkness and supplement with a quality magnesium supplement.

Whatever you chose to do or however you chose to implement the information, take it one step at a time.

Once you've implemented that thing and it becomes a habit, come back here to get a refresher and add on to it.

Take it one step at a time.

And when it comes to living healthy, remember the formula.....

Moderation in all vices.

It's okay to get a drink every once a while or eat burgers and fries once a week or <fill in your choice here> if you exercise self-control and limit yourself.

Moderation is the key.

And as one of my mentors always said – be a good animal.

Sleep on time, eat on time, get your nutrients and don't forget to take them vitamins, sweat a little every day and your body will change from the inside and you'll look better, feel better and have higher energy throughout the day.

Doesn't happen overnight, but it does happen.

Remember, consistency is the key.

As with anything in life, you get results where you put the most atten-

tion on and where you take regular action aka where you are the most consistent.

You don't expect to hit the gym, pump some iron one day and then expect to wake up with 17 inch pythons shooting out of your shoulders the next day. Or take a supplement one day and hope that all your problems will go away.

Patience is the key to changing your body.

Be it losing fat, building muscle or having higher energy.

Do the right thing and your body will follow on its own timeline.

So go through the info presented here one more time if you have to..... take notes, make a plan and follow through.

High energy will be yours for the taking.

Signature

If you're digging this right now and want to.....etc etc. (you can add a mini sales pitch about the product you're promoting with a link that takes them to the sales page....)