



# *10 Ways to Have More Energy*

**FOR THE MODERN & BUSY LIFE**

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## MEET DR. LULU SHIMEK

Hi! It's wonderful to meet you.

I'm Dr. LuLu Shimek

I'm a Naturopathic Physician and expert in genetic health, working with patients experiencing chronic disease: hormonal imbalance, endocrine disorders, gastrointestinal dysfunction, depression, anxiety, and fatigue. I believe that once we dive deep down to the root of the problem of the distortion and ignite our body's innate ability to heal, we see unimaginable changes in our well-being.

My passion lies in helping people discover their zest and joy for life that has been lost along their path of illness. Before starting Dr. LuLu Naturopathic Clinic, I journeyed through many careers, a true "renaissance woman." I studied interior design at the University of Georgia and have a doctorate from the prestigious Bastyr University. I also am an herbal formulator, international speaker and author spreading the message of health and educating about prevention and wellbeing. Check out my new book - [- \*Detox Nourish Activate: Plant & Vibrational Medicine for Energy, Mood and Love.\*](#) My podcast, *The Genetic Genius*, is dedicated to genomics and planetary alternative health. Her new book will focus on using botanical medicine and other natural modalities to heal the whole body by optimizing vitality, increasing wellbeing, and enhancing cellular performance.

I facilitate ceremonies to activate plant and mineral medicine connecting points around the world to elevate planetary consciousness and community. As the botanical medicine director, at the Veterans Healing Farm, I can share my expertise with the veteran community about using plants to help heal and elevate their lives. I am invigorated by traveling and seeing the world with my husband visiting botanical gardens and anything related to delicious food.

Do you find yourself feeling lazy mid-afternoon? Do you find yourself feeling sluggish halfway through the day, and you have to fight the urge to take the rest of the day off, struggling with adrenal fatigue? Or do you feel plain exhausted and tired for no apparent reason? Fortunately, there are easy and affordable ways to fend off exhaustion instantly and naturally to raise your energy levels.

So, skip the extra cups of coffee and try our 10 easy ways to boost your energy levels instantly.

## INCREASE YOUR INTAKE OF MAGNESIUM

One thing that can help to ensure that your vitamin and minerals needs are fulfilled is having a balanced diet. However, if you feel down or have low levels of energy, you might be suffering from a deficiency of magnesium. Magnesium is needed by the body for more than 300 biochemical processes to take place, including the breakdown of glucose into energy. When the level of magnesium is even slightly low, your energy level can fall significantly. Studies suggest that women who have magnesium deficiencies have higher heart rates and require more oxygen to perform physical tasks as compared to women with no such deficiency. In short, the shortage of magnesium can leave your body to work harder and ultimately feel depleted.

The recommended daily intake of magnesium is around 300 milligrams for women and 350 milligrams for men.

**To add enough magnesium to your diet, make sure to have following foods added to it:**

- Make sure to add a handful of almonds, hazelnuts or cashews to your daily diet.
- Try to increase your intake of whole grains, particularly bran cereal.
- Try to eat more fish, especially halibut.

These foods can help to increase your amount of magnesium and fight the urge to get sluggish and lazy throughout the day by raising your energy levels. If you feel particularly sluggish in the afternoon, struggle to keep yourself alert throughout the day, or are struggling with adrenal fatigue and feel exhausted all the time, this intake of magnesium daily will help alleviate laziness by boosting your energy levels beyond your imagination.

## SAY NO TO STRESS

Stress has a very negative impact on health and the level of your energy as it brings you down. Try to relax and avoid stress as much as possible. You can follow some stress relieving tips to get rid of it permanently.

**Here is a list of more useful tips.**

- **You can go out for a brief walk** whenever you feel tense to release the tension into the fresh air and feel lighter.
- **Music therapy** is another stress reliever; listen to some soothing and calming music to keep all the negative thoughts at bay.

- **Sleeping well** can help refresh you since sleep deprivation overwhelms you and you feel frustrated and stressed out.
- **Take deep breaths** going out into the fresh air; with each exhalation, you will feel the burden of stress lifting from your shoulders.
- **Smile** more often and laugh out loud. This will help you to feel happy and free of any stress.
- **You can also use heat therapy** to relieve stress. Apply some heating pads or wraps on your shoulders and neck to feel relax and safe from stress.
- **Book yourself a massage** at the local spa to help you burst the big balloon of stress.
- **Being grateful** will also help you to reduce stress as it promotes positive feelings, and you feel good about yourself.

When followed regularly, these tips will help remove all sorts of stress and depression from your life while keeping your energy levels high.

## GET ENOUGH SLEEP

Getting enough sleep is a very important factor in boosting your energy levels, which has a direct effect on body and soul. When you do not sleep enough you get annoyed at every little thing and do not feel good about anything. This may affect the people around you in a very negative way. Additionally, adenosine, a by-product of cell activity that's produced by the body, is believed to be a factor in humans' perception of being tired. Adenosine builds up during the day but, during sleep, our bodies clear it from our systems, helping us feel alert. So, try

to get enough of the sleep to feel fresh and healthy when you get up and make this world a better place.

**Some tips to improve your sleeping habits to boost your energy are:**

- **Follow a set schedule** for going to bed and getting out of it. "Early to bed, early to rise" is the best strategy to promote good health.
- **Try to maintain this schedule** on weekends as well with an hour's relaxation at the maximum. You will disturb your mind by the changing routine.
- **An hour before sleep** must be spent in a calm environment. Avoid using TV and cell phones and avoid strenuous exercise to promote the peace of mind to sleep better.
- **Avoid heavy foods**, nicotine, and caffeine several hours of going to bed to help you sleep better.
- **Keep your bedroom clean** and inviting; also create a calming environment in it for a better sleep. You can take a hot bath or enjoy a massage to promote better sleeping habits.

These tips will help you to sleep better and get up fresh to keep your mind, body, and soul healthy and your energy levels high.

## EAT HEALTHY

Eating healthy food can help you in various ways. It can help you reduce weight, maintain a healthy lifestyle, and eventually raise your energy level to the

maximum. Include foods and vegetables in your diet and avoid eating junk food as much as possible. In this way, you will keep yourself safe from many diseases and make your immune system stronger.

**Bring this positive change to your life by following these rules:**

- **Start by choosing a healthy diet.** For instance, there are simple carbohydrates that are dissolved easily by the body, so these must be taken in limited quantity as the body releases a lot of insulin to balance it out. On the other hand, there are complex carbohydrates that are dissolved slowly and are good for health. These are present in whole grain, brown rice, leafy vegetables, and oats. Up your intake of these things as they are also loaded with vitamins and other nutrients.
- **Protein** is also essential for the body to stay healthy, so consume lean meat such as fish and chicken. Protein is also present in legumes and nuts.
- **Know the difference between the good and bad fats.** Unsaturated fats and omega-3 fatty acids are the good fats that don't play any role in raising your cholesterol level. These are found in fish, nuts, and olive oil and in many other seeds as well. Saturated fats are the bad fats found in processed food that can raise your cholesterol level and cause heart diseases, so try to stay as far away from them as possible.
- **You can eat super foods** that are rich in nutrients to fulfill the demands of your body in a healthy manner.
- **Try to limit food portions** to avoid overeating and weight gain to stay fit and healthy.
- **Drink plenty of water** and avoid fast food.



Using these steps, you can maintain a healthy diet that can enhance the health of your mind, and body which will help you to increase the level of energy even when you don't get time from your busy routine.

# EXERCISE

Many people exercise to stay fit physically, but little do they know that it has a lot of mental benefits as well. The link between physical fitness and mental health is unquestionable. Make a habit of exercising regularly to keep your mind and body fit, and boost your energy levels.

**Follow the below steps to stay motivated for exercise.**

- **You can start by changing your perspective** from being lax and lazy to athletic. Stay motivated by considering that you are setting an example for your friends and family.
- **Set a goal** for something you'd like to achieve, such as weight loss or how many miles to run, or workout out for so much time and plan a way to get to it.
- **Set a regular time** for your workout and don't alter it.
- **Try to add fun** to your exercising regime like playing loud music while you do it to help you keep motivated.
- **Team up with a friend** or your partner to get better results.

You can get fit and promote physical and mental health by using these steps to keep exercising and ultimately increase the level of your energy consistently.

# MEDITATE

Meditation can have a very positive effect on our attitude towards life. Take some time to quiet your mind. This helps to soothe your nerves and relieve stress. When you don't feel stress you get good vibes from everyone and feel happy about life and your relationships. You can also do some yoga; it includes some very good techniques to reduce tension and feel as light as a feather.

Meditation can help prevent various diseases and maintain good health. Meditating techniques such as concentration meditation focus on a single point. Mindful meditation is used to control wandering thoughts. In general, meditation can provide various benefits such as lower blood pressure, improved blood circulation, lower heart rate, less perspiration, slower respiratory rate, less anxiety, and less stress.

## **The following steps can help you to start meditating:**

- Sit back or lie as comfortably as possible. Close your eyes.
- Breathe naturally and don't try to control it.
- Now breathe by focusing your attention on it and notice how your body moves with each inhalation and exhalation. Observe how your thorax, chest, and abdomen move during breathing. Just notice the movement without controlling the breathing process. Start doing this for 2 to 3 minutes and then increase the duration.

Meditation will help you in many ways to boost your energy levels if you follow a routine.

# ADD SMOOTHIES TO YOUR DAILY DIET

You can add smoothies to your daily diet that can maximize the levels of energy and keep you physically fit. This is the basic formula for the healthiest smoothie with optimal nutrition.

## It contains the following key elements:

- **Protein:** The choice of protein depends on the goals and lifestyle of every individual. If you want to have the smoothie as a substitute for a meal, adding protein is a must. You can go for a vegetarian protein or a grass-fed whey. You have to add one serving per smoothie and serving size depends on the protein you select.
- **Fiber:** The best choices to add fibers to your smoothie are flax seeds, avocado or chia seeds.
- **Fruit:** You can add any fruit of your choice, such as bananas, peaches, pears, beet, mango, lime, berries, and carrots. For a thicker consistency, you can freeze your choice of fruit instead of using ice cubes. But use them in a limited quantity to obtain best results.
- **Something green:** Greens make your smoothie healthier. You have various choices for this, such as spinach, kale, basil, cilantro, parsley, and cucumber.
- **Healthy Fats:** You can add according to your choice but best options are avocado, coconut oil, walnuts, and cocoa butter.
- **Liquids:** You have to add some liquid for the blender to start, so you can add a cup of liquid of your choice. The liquid could be anything from water to almond milk, flax milk or coconut water, depending on your desired consistency.

- **Superfoods:** Superfoods are the supplements that add an extra punch to your smoothie and provide some nutritional value as well. Some great examples are Maca, Cacao, goji berries, bee pollen, aloe vera, coconut oil, hemp seeds/protein, spirulina, and acai.

Daily smoothies can help to raise the energy level of modern and busy people without putting in much effort and time.

## ADAPTOGENIC HERBS AND HERBAL TEAS

Another great method to help you when you're feeling exhausted, fatigued, or stressed is the use of adaptogenic herbs. These healing plants can balance and restore the body's natural ability to handle stress by regulating the adrenal system, which is responsible for controlling how the hormones respond to stress. Adaptogens don't just target a specific body part; they help your entire body gently cope with stress, anxiety, and fatigue and maximize the level of your energy without having to put much effort into it.

**Some of the best adaptogen herbs to boost your energy levels include:**

- Ashwagandha
- Rhodiola
- Holy basil
- Ginseng

By incorporating these adaptogenic herbs into your daily routine that can help you feel calmer, less exhausted, and more focused.

Coffee isn't the only option to boost you when you need energy anymore. Herbal teas are the new natural drink that provides a boost in energy levels without the risk of stimulants and processed ingredients.

**Two different types of herbal teas can be used for this purpose.**

- **Green Tea** has many benefits such as anti-aging and fighting free radicals. It is loaded with the antioxidant catechin, which helps to fight damage in body cells.
- **Rooibos Tea** is another type of tea that helps to fight fatigue and raise the levels of energy. This refreshing red tea is loaded with antioxidants such as aspalathin, which is known to regulate the adrenal hormones, helping to reduce stress while keeping energy levels high.

Adding these all-natural herbs and teas to your daily diet can help you a great deal with keeping your energy levels high while you work through your busy routine.

## REDUCE CARB CONSUMPTION

While they do provide your body with energy, foods heavy in carbohydrates can leave you feeling sluggish. The main culprit? Simple carbs, like those found in sugary drinks, cookies, and processed foods (think white bread and pasta), which burn through your body quickly. They provide a quick boost in energy which is then followed by a spike in blood sugar levels which isn't good for your health.

**In order to enjoy good health and energy, here is a list of tips to help you kick the refined sugar and processed food habits.**

- **Get motivated:** To get yourself motivated about quitting the bad habit of refined sugar and processed food, read some book or topics that might help you.
- **Avoid drinking any form of soda pop and sweetened drinks:** The amount of sweetener in soft drinks is very high. Dropping the soft drinks will help eliminate the bad habit instantly.
- **Don't eat or buy packaged foods:** Even organic packaged foods may contain significant amounts of sugar. Stay away from organic and well as non-organic packaged food and don't keep it at home to avoid temptation. Try to make your own snacks at home, such as homemade popcorn, homemade muffins, hot cereals, eggs, and toast, to name a few healthy options.
- **Choose wisely while eating out:** Sugar is hidden in many dishes at restaurants; try to stick to grilled meat and roasted vegetables.
- **Eat a balanced diet concentrated in protein and vegetables:** if you add more vegetables and proteins to your diet, you will notice that you feel much better and lose the craving for sugar. Removing sugar and refined food from your routine is not enough; you must also include some healthy things in your diet to boost your energy levels and get healthy over time.
- **Deal with cravings:** You might get some serious cravings for the sugary foods once you try to leave it behind for the better. The best way to fend off such cravings is by having a fermented food or drink such as homemade sauerkraut, coconut kefir or kombucha. The sourness of these foods negates the craving for sugar and provide the body with healthy probiotics to reduce cravings and boost energy levels.

- **Go have fun:** Find other great distractions to avoid unhealthy food like taking your kids to the park, reading a good book, or enjoying nature. Start enjoying life without sugar.

## STAY HYDRATED WITH WATER AND ELECTROLYTES

The earliest and most evident sign of dehydration is an increase in exhaustion and a lack of energy. Not drinking enough water can be the reason behind the instant drop in your energy levels. Because the body is composed primarily of water, even a small drop in its level can affect metabolism.

**Follow the below tips to stay hydrated and keep your energy levels balanced.**

- Stay hydrated and make sure that you consume enough water and other fluids throughout the day. Drink 10-12 glasses of water daily.
- If that number of fluids seems a little too much, remember that many foods, like fruits and vegetables, contain water as well.
- If you work out regularly, substitute water with a drink that helps replace the electrolytes your body is sweating out. Forget sports drinks loaded with high fructose corn syrup and additives. Opt for coconut water or water naturally flavored with lemon and honey instead.

These tips can help boost your energy levels while keeping you happy and healthy. Incorporate these habits into your daily life to bring about permanent changes for the good. By following these steps, you will ensure a healthy life with high levels of energy.



# READY TO TAKE YOUR ENERGY TO THE NEXT LEVEL?

Think about how amazing your skin and body could feel with even more nourishing food and healthy habits.

If you're ready to love the skin you're in and feel better than you have in years, it's time to try my proven system. It's worked for me and countless clients, and I know it will work for you, too.

Are you ready to dive deeper into a clean eating program that to take your health, life, and energy to the next level?

Join me for my [Genetic Detox Program](#). You'll receive an in-depth guide, tons of mouthwatering, allergy-friendly, easy-to-make recipes, and a step-by-step plan of action with suggested whole foods meals that will help you detox your body naturally. Most importantly, you'll get access to me to address any questions, concerns or struggles coming up for you.

# A LOVING DISCLAIMER

Drawing on my background, training, skills, and life experiences, I support my patients—spiritually, mentally, emotionally, and physically. I am a medical doctor and hold a degree in medicine and functional medicine.

**This content is not intended to diagnose or treat any diseases.**

It is intended to be provided for informational, educational, and self-empowerment purposes ONLY.

Please consult with your doctor or wellness team if you have any questions regarding this information, and then make your own well-informed decisions based on what is best for your unique genetics, culture, conditions, and stage of life.

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**PLEASE NOTE:** All contents within this guide are based on my professional knowledge, opinions, and experience as naturopathic physician. Please consult your doctor regarding medications or medical advice.