

## REAL FOOD FOR INCREASING ENERGY...

My hope is that by now you are through the worst of the cravings, detox, and on the other side. In that case you already have experienced the joys of more energy that real food has to offer. I want to talk about how to add energy to your life without taking life from it. Using stimulants, such as caffeine, to boost your energy when your body is exhausted is stealing life from the end of your years. "Robbing Peter to pay Paul." Building in rest and margin into your life is important. The herbs I talk about are not a replacement for that. What the herbs give your is building energy, not stealing energy. And of course your real food diet should be supplying nutrients without other harmful anti-nutrients. Toxins and anti-nutrients steal your bodies energy. You are worth a real food change in your life. What would you do with more energy?....

## Aloe gel (gel from inside the plant)

Natural energy booster. I make an aloe lemon aid so it is more palatable. Really not that bad. It will give you a boost of energy that is not damaging.

- 1-2 aloe gel (inside gel, not juice! The juice contains both inside and outside. The skin is a major laxative)
- 1-2 drops lemon essential oil
- 1 Tbsp lemon juice
- 1 pouch of Fitbiotic (optional)
- ¼ tsp green stevia powder

Place inside a pint canning jar. Shake (with lid). Drink.

## Adaptogens for Sustained Energy and Vitality

Adaptogens are herbs that slowly nudge the body to function properly and increase health and vitality. They add in lifelong resilience to do the everyday tasks as long as you wish to do those tasks. Providing endurance, strength and mental stability to thrive and to run the race the Lord has put before us. Are we looking for a healthy lifestyle that will provide that stamina throughout our lives? Or are we just trying to get through today's race...while spending years of future vitality? Just existing. When we choose short term energy boosts, they rob us of long term stamina. Adaptogens are herbs that build stamina and stabilize stress levels. They build a stronger body, that is ready to take on all that the Lord has before us. There are many adaptogens, but we are going to talk about four. These are generally well tolerated even at higher doses, predominantly taken once puberty starts and continue throughout life. Often they are administered as powder or decoction (simmered for 30 min.).

- **Caution: The adaptogens should be used by people that have started puberty with the exception of astragalus root.**

1. Eleuthero root: This is the first herb in which the word adaptogen was coined. It was discovered by a scientist stationed in Siberia. He noticed that the locals were much more resilient to the cold than the soldiers. The locals attributed the added endurance to daily consumption of eleuthero root tea. It was found to support athletic performance, increase tolerance to stress, prevent cold, and treatment for radiation poisoning. It has a mild flavor and can be sprinkled over food or taken as tea.
2. Astragalus root: This is a very mild herb, ok for children. It builds immunity; lowers inflammation; lowers cortisol; helps the cardiovascular system by lowering cholesterol

and blood pressure; and helps stabilize blood sugar. It has a mild flavor and can be sprinkled over food.

3. Ashwagandha root: Meaning “smell of horse” and that it does. But it’s benefits of balancing anxiety and depression; regulating sleep cycles; and aiding in both male and female reproductive systems cannot be overlooked. In India every male would take a little of this herb everyday of his life to stabilize mood and ensure lifelong vitality. Americans start taking it when there is a problem, they need much higher doses. I have found it beneficial for stabilizing women’s hormones when combined with shatavari.
4. Shatavari root: Meaning “a hundred husbands”. It is well known in India. Every female would have a little of this herb everyday of her life. In higher doses of 1 tsp, it can help the female reproductive system, the digestive system, and immune system.

### Try Them!:

- Place a jar of astragalus root powder beside your stove. Add a tsp for every serving to almost anything you cook. It is a very mild herb. It tastes great, especially mixed in food, and it is a very safe building herb.
- Try the guzzle method for the nasty tasting herbs: [video here](#)

## Essential oils for energy

Rosemary essential oil: Rosemary helps increase memory, decrease test anxiety, improves digestion, and has a mild stimulating effect.

Peppermint essential oil: Peppermint does so many things. It aids in digestion, decreases pain, stimulates memory and the brain.

## Be sure that you are getting the necessary nutrients to fuel your body

- Low Carb, High fat diets need moderate amounts of protein and large amounts of healthy fats (ketogenic >8 Tbsp) That is your energy!
- Vitamins: many people live their whole lives not really knowing their unique genetic polymorphisms. These are places in your genetic coding that make changing one nutrient into a form the body can more readily use. The result is that you become deficient in crucial nutrients. Knowing them allows you to supplement your weak points. Most people don’t, so getting a good quality multivitamin is usually recommended. “Good quality” not from the marketing hype, but really knowing that you are getting the forms of the vitamins needed. I like Seeking Health. There are others.
- Your body cannot store protein. It’s backup “storage” system is your muscles. Bad, right? Yes, get enough protein.
- Eat 6-9 vegetables per day. (1 serving is ½ c cooked, 1 c raw) Your body requires more vitamins, phytonutrients, and minerals than we regularly eat vegetables are a good source. In Addition you get plenty of fiber for added blood sugar balance, heart health, digestive health, and immune function. As a bonus, if you are full of vegetables you won’t have room for junk.
- If you have no gallbladder or gallbladder problems, you need to adjust your diet to meet your needs. There are only certain oils that are easy to digest for you. Ferment fish oils,

MCT, coconut oil, and ghee will be easier on your system. You also should consider digestive aids such as enzymes and bitters.

- If you are missing sections of your colon, you will also want to adjust your diet and take digestive aids. These recommendations need to be made on an individual basis.
- There are so many other things that can go wrong with the body and need adaptations. I can't mention them all. If you will need an individual program, that is my professional path. I will try to answer as many questions as I can in the time we have in class. With really complicated cases, individualized help is best.