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Woman's World

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FEEL BETTER FAST!

Exhausted?

Lost your get-up-and-go? . . . Here's how to beat tiredness!

1 Down 12 oz. of cold water!

It'll increase your energy in less than one minute, promises Jacob Teitelbaum, M.D., author of *From Fatigued to Fantastic!* "When you're dehydrated, your blood thickens, and the nutrients it carries don't reach organs the way they should, making you sluggish."

2 Eat dark chocolate!

Skip the cup o' joe; it'll cause a crash within an hour or two. Instead, let a small square of dark chocolate melt on your tongue, says Dr. Teitelbaum. It stimulates pleasure receptors in the brain and is full of antioxidants, both of which increase energy.

3 Rub your ears!

Using your thumb and your forefinger, pinch the outside of each ear, starting at the top and working your way down your earlobe, says Dr. Teitelbaum. Repeat two or three times. "This stimulates energy receptors in the body, helping you feel more awake."

4 Take a brisk walk!

Just 10 minutes can significantly increase blood flow and brain activity, upping your energy levels all day long, even if you have a chronic health problem like fibromyalgia, studies suggest.