

5 Ways to boost your energy and keep it up

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LET YOUR ENERGY S.H.I.N.E.

Are you one of the 31 percent of adults suffering from ongoing fatigue? Tired of being hooked on coffee and "loan shark" energy drinks? Here's how you can get long-lasting, healthy energy — and feel great every day.



Simply remember the word "shine," which is an acronym I use to summarize the five areas of health that need to be tended to for optimum energy. Though I developed this treatment for patients who suffered from chronic fatigue syndrome and fibromyalgia — two huge energy zappers — it is just as effective for anyone looking to maintain healthy energy on a daily basis.

▶ S.H.I.N.E. stands for

- Sleep
- Hormones
- Immunity
- Nutrition
- Exercise (as able)

Sleep

You need to get adequate sleep, preferably eight to nine hours a night. Sleep replenishes the body's energy and heals its muscles. Inadequate sleep will leave you exhausted and in pain, and can lead to a dysfunctional immune system, leaving you less able to fend off viral and other infections that can deplete your energy stores even further.



Hormones

Did you know that labs miss the large majority of people with hormonal deficiencies, particularly deficiencies in thyroid and adrenal (your stress handlers) function. It's better to go by symptoms. Feeling tired and achy, experiencing unusual weight gain and becoming intolerant to cold temperatures suggests a low thyroid. Irritability when hungry — what I call "Feed me *now* or I'll kill you!" syndrome — suggests you need adrenal support.

Exhausted adrenal glands can be improved through nutritional supplements. Try a mix of adrenal glandulars, vitamin C, pantothenic acid and licorice. This will smooth out your energy and level your moods in a few days. In addition, you should cut out sugar, but do *not* restrict salt. Another helpful trick is a special "tai chi move" I invented. When watching the news (which is meant more to scare you to death than to inform you) and it starts feeling bad, stretch your arm far to your side, pick up the remote control, point it at the TV and click "off." The amazing surge of relief this provides will amaze you!

Immunity


When your immune system is compromised, you become prone to infections. Untreated infections in your body can leave you drained of energy. Viral infections such as herpes, cytomegalovirus or Epstein-Barr can produce extreme fatigue with almost no pain or fever. Candida/yeast infections are also common. When symptoms of infections occur, you need to seek treatment. If one is present, getting treatment with antivirals, antibiotics or antifungals (depending on the infection type) is effective to keeping your energy at top levels.

Nutrition

Optimal nutritional supplementation is essential for all-around optimal energy. Widespread nutritional deficiencies are common, and many people lack dozens of important nutrients in their daily diets.


Exercise (as able)

Preferably in the sun. The current advice to avoid sunshine is dangerous and leads to widespread vitamin D deficiency. Better advice? Avoid sunburn — not sunshine!



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