

7

EASY STEPS TO BOUNDLESS ALL-DAY ENERGY



PUREHEALTH
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by

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INTRODUCTION:

How often do you feel run down? Do you wake up tired? Do you only have enough energy to make it to the early afternoon before you feel as though you just need a nap? When you get home, do you only want to rest, eat dinner, and fall into a food coma while you binge Netflix?

If this sounds like your life, you aren't alone. Millions of people have problems keeping up their energy levels. They spend so much time working and dealing with the day-to-day aspects of life in the modern world that they don't have time to take care of themselves. Their energy levels dwindle, they become more tired, and they end up doing even less. It's a cycle that's unfortunately easy to get into and difficult to escape from if you don't know how to do it.

In fact, many people don't even realize that their internal batteries are seeming to hold less power each day. They attribute it to working hard or getting older. However, there are plenty of people who work just as hard and who are older who still have enormous reserves of energy. What is their secret? It might be simpler than you realize.

In the pages that follow, we will be looking at seven of the best and easiest steps you can take to regain your energy levels. You can find healthy, natural ways to boost your energy, so you can stay energized all day long.





Increasing Your Energy Levels

Finding ways to increase your energy levels naturally is not as difficult as some might think. Not only is following the steps relatively simple, but they are very effective. You can feel changes very quickly in most cases and the more committed you are to adopt these steps into your life the sooner you will have those dramatic increases in your energy.

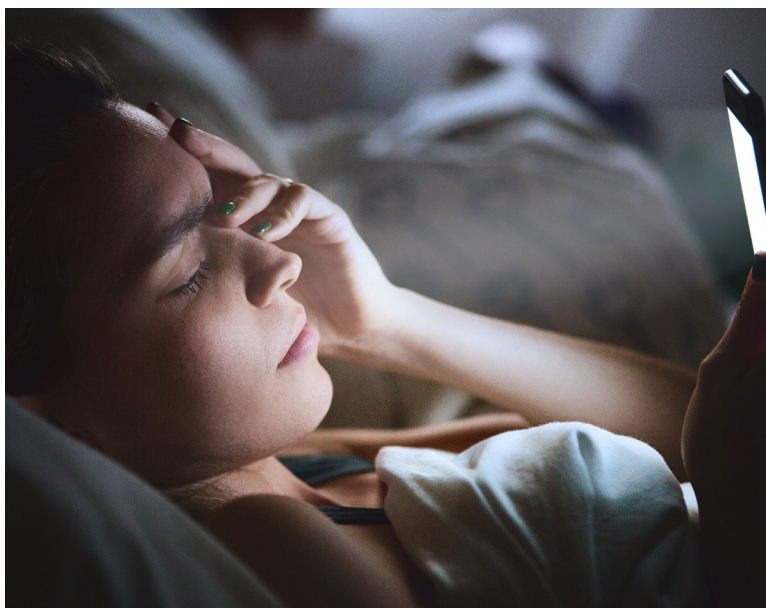


Step #1:
Get the Right Amount of Sleep



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Many people have trouble getting enough sleep in today's modern, busy world. Even those who have good intentions of getting to bed on time often falter. They spend time watching television, reading on their tablets, watching videos on YouTube, or scrolling through social media. All of the screen activity makes it difficult for the brain to get ready to fall asleep. Before they know it, it's 2 AM and they have to wake up in a few hours to get ready for work.



Others who put down the screens before they head to bed might still have trouble getting to sleep. When it's quiet and they are lying in bed at night, their mind wanders to all of the things that happened during the day, or they might even dwell on problems from the past. These thoughts make it difficult to get a good night's rest.

Naturally, then this happens, their energy the next day is going to suffer. The next night, though, it's the same routine of staying up too late. All of this adds stress to the body and makes it more difficult to sleep.



Most people should try to get about seven hours of sleep a night. However, everyone is different. Some might be able to thrive on six hours of sleep and others might need eight. It's important to find your "sweet spot" for sleep and make sure that you get those hours each night.

In addition, it's wise to avoid getting too much sleep. When it comes to sleep, there can be too much of a good thing. Try to avoid naps during the day, for example, as these can interfere with your sleep cycle at night.



Step #2:
Add Exercise to Your Daily Routine



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Exercising regularly is important for a range of different reasons. It will help you reduce the risk of developing chronic diseases and health issues like heart disease and diabetes. It also helps to keep the weight down, reducing the risk of becoming obese, which leads to health issues, trouble sleeping, trouble breathing, and more. Exercise also helps you to boost your energy levels naturally.



Many people do not realize just how helpful exercise is for boosting energy. Even though exercising does use energy, it helps to prepare your body for physical activity in the future. The exercise that you do helps to get the body into better shape, and it starts to use the energy more efficiently.

You will find that once you have been exercising regularly for a few weeks, your energy levels start to soar. Not only that, but you will feel better, you will look better, and you will be more confident in yourself.



Keep in mind that when you are first starting out, you do not want to overdo exercising. If you work the body too hard, especially during those first days of getting back into an exercise routine, it could have negative effects. You will be too sore to want to work out any longer, and you will slip back into your old habits.

Instead, you should start slowly and then start to ramp up the exercises as your body becomes more capable.

Adding some form of exercise to your routine each day is helpful. However, this doesn't mean that you have to head to the gym each day or take a class each day. You can supplement your exercises by choosing to take a walk at lunch and after dinner, for example. Look for little ways that you can move more throughout the day to help add to your exercise schedule. A little bit here and there can add up.

You will be burning calories, losing weight, and gaining muscle and energy.



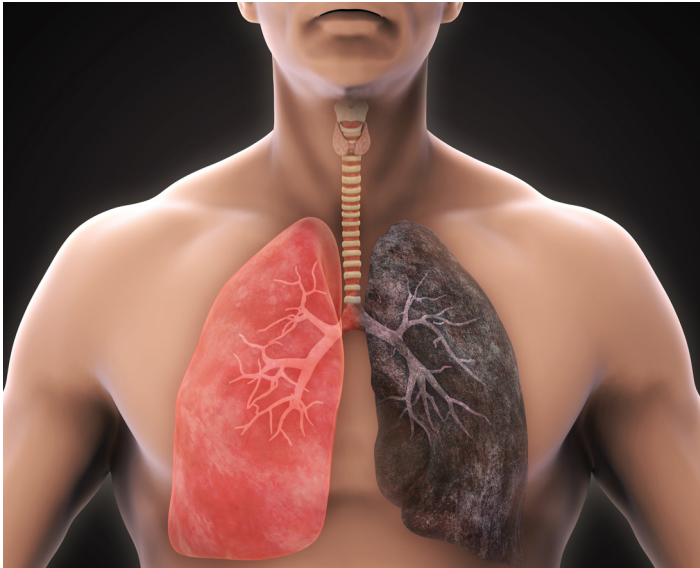


Step #3: Remove Bad Habits



Step #3: Remove Bad Habits

Do you have any bad habits that could be robbing you of your energy? Two of the worse habits a person can have are smoking and drinking excessively. The smoke from cigarettes can increase your risk of a wide range of different types of health issues and diseases. These include stroke, heart disease, lung cancer, and emphysema, for example.



There are also toxins in the cigarette smoke that cause your lungs to be less effective. This means that the longer you smoke the more trouble your body will have transporting oxygen where it is needed. This means you are going to feel tired more often. When you have to get up and move, even for short distances, it can feel difficult to get enough breath and energy.

It is essential that you stop smoking now if you want to improve your health and your energy levels. Quitting smoking is very difficult. It can sometimes be easier when you have something like nicotine gum to help wean you off the cigarettes. Those who have struggled with quitting may want to talk with their doctor about methods they can use. Once you quit, you will find that your energy levels will start to rebound.

Another bad habit that should be eliminated is drinking too much. While having some alcohol on occasion is fine, alcohol can make many people feel tired. Regularly drinking alcohol can make you feel more tired than you normally would, and it can also cause issues with the quality of sleep that you are getting.





Step #4: Eat Healthy Foods and Avoid Sugar



Step #4: Eat Healthy Foods and Avoid Sugar

Many people who are feeling as if their energy levels are too low will want to look at the types of food they are eating. The body needs quality fuel if they expect to have energy levels. Poor diets lead to other problems, as well, such as an increased risk in the development of chronic diseases and weight gain.

It is essential to choose nutritious whole foods and that can provide your body with the fuel it needs to get through the day. Those who are eating unhealthy, processed foods that are filled with unhealthy fat and sugar will find that it can be detrimental to their energy levels.



Sugar, which is a crutch that many people use when they start to feel sluggish during the day, provides a limited amount of energy. It's unhealthy and it is short-lived. Those who grab a candy bar or a sugary drink to provide them with energy are only making the problem worse.



According to an article published on Harvard Health Publishing from the Harvard Medical School, the “best way to use food as energy is to pay attention to the glycemic index, which measures how quickly sugar from food is absorbed into your bloodstream.” Foods that have a high glycemic index provide only a short burst of energy, but they result in sugar crashes. Foods that have a low glycemic index can provide steady energy.

By having a healthier diet in general, your body will actually have additional energy that you can use.



Step #5:
Keep Hydrated



Step #5: Keep Hydrated

Your body is mostly made up of water. It needs water to function properly, but many people are not getting enough H₂O each day. Consider how much water you lose each day. Sweating, urination, and even respiration cause you to lose water, slowly dehydrating you.

When you are suffering even from mild dehydration, it can change the ability of your brain to function cognitively, it can affect your mood, and it can affect your levels of fatigue. Without enough water, your organs will start to suffer, as well. Therefore, it is very important to keep hydrated.



However, drinking just any beverage is not going to do. Coffee, soda, and similar drinks are not going to help you stay hydrated. They have caffeine, sugar, and chemicals in them that are not healthy for you, and that could serve to dehydrate you further. Instead, you should be drinking fresh water regularly throughout the day. In addition, the caffeine and sugar in those types of drinks are only going to give you a small, false boost of energy.

When you are exercising, which causes you to sweat, you should be drinking even more water. Staying hydrated might seem like a “boring” step, but it is very important if you want to remain healthy and boost your energy levels.



Step #6: **Reduce Your Levels of Stress**



Step #6: Reduce Your Levels of Stress

We live in a very busy world today. It's common for people to feel overwhelmed, which can raise their levels of stress. Stress can often make it very difficult to concentrate. You have thoughts and fears that race through your head, making you feel anxious. Stress can be a huge problem that can take its toll on you physically, as well as mentally and emotionally.

When stress levels are high, the body will release a hormone called cortisol. Too much cortisol can lead to many problems including muscle weakness, diabetes, and other health issues. Research provides at the Annual International Conference of the IEEE Engineering in Medicine and Biology Society in July of 2019 found that patients who had excess cortisol disorders would often have symptoms of daytime fatigue and disturbances to their sleep at night.



Those who find themselves stressed out all of the time often feel tired and fatigued, as well. This is because their body and mind are spending so much of their energy worrying and trying to deal with the stress of their life. Stress, when left untreated, can be detrimental.

Therefore, you will want to find ways that you may be able to better reduce your levels of stress. Many options are available that might work for you. Some people like to meditate or use mindfulness techniques. Some use exercise as a stress relief. Others like to play games, go for a drive, take a hike, or enjoy a hobby that they like. Everyone will have their own methods of dealing with stress. Find the ones that work well for you.





Step #7: Use High-Quality Supplements



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It would be great if you could get all of the nutrients you need from your diet, but that's not often the case. Fortunately, there is a range of supplements that you can use to help with your overall health. Using natural supplements can also help you to improve your energy levels.

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Whenever you are going to use supplements, make sure that you are choosing only natural supplements and that you look to see exactly what is in the supplements you are taking. When you choose right, they can make a difference in how you feel, how you perform, and the energy levels that you have.

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CONCLUSION:

Now that you have the seven steps that are needed to naturally boost your energy levels, it is time that you committed to making a difference in your life. If you start to follow these steps, you will begin to notice a number of positive changes happening. You will begin feeling better, you will have more energy, and you will often feel much happier and have a better outlook on life.

If you have followed all of the steps on the list, and you still don't feel as though you have any energy, you should speak with a doctor. They will check to see if there are other issues at play that could be causing problems with your energy level.

For most people, though, the steps above will help to transform their lives and to give them more energy than they've had since they were kids. Start making those changes and adding those steps today.



WHY CHOOSE PUREHEALTH RESEARCH?

These modern times bombard you with stress and surround you with toxins. And that takes a toll on your body over time. These show up as aging skin, aches and pains, out-of-control inflammation, and disease. Your body needs hundreds of micronutrients to conduct thousands of metabolic reactions every single day. Diet, toxic load, medications, and poor absorption are just a few reasons why your body may not be receiving these building blocks of genuine healing.

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