

# 7 Ways to Bank More Energy

by Margy Squires



Have you been feeling a little overdrawn lately? Could be you don't have enough currency banked and your account is coming up "insufficient funds". Here's 7 ways to deposit more energy in so you'll get more out!

**1 Check your magnesium number.** A simple Red Blood Cell (RBC) Magnesium test can tell if you're low. Read *Magnesium: Energize Me!* in the TyH Online Health Library and you'll quickly see why this mineral is the first deposit you need to make for an energy surge.



**2 Diversify with a multivitamin mineral (MVM) with 100% B vitamins.** The Bs help convert your food to energy. You'll gain trace minerals, antioxidants against stress fatigue and some (like ours) even add energizing CoQ10 and Alpha Lipoic Acid. Over a 10 year period, one National Institutes of Health study showed consistently taking an MVM decreased their risk of disease, too. Think of an MVM as an investment strategy with great returns!

**3 Bank more sleep.** Seriously. Most Americans today try to survive on 5-6 hours when it takes 7-9 to get to Stage IV, restorative sleep, a time your body and brain rebuild repair and recharge.



**4 Water your account.** Blood is 90% water. Trying to get nutrients and oxygen to muscles, organs and cells is harder to do when your transport system (bloodstream) is sluggishly shallow. Stay hydrated! Since you lose about 2 quarts, aim for 8-10 glasses minimum a day. Water also helps flush out kidneys and GI system for proper toxin elimination.

**5 Inspect transactions.** Are you sabotaging yourself? Poor diet choices are typical thieves. Two biggies are caffeine which stresses the adrenals and alcohol taxing the liver. An eat-and-run diet, high sugar or quick energy drinks put in few nutrients, propel fat and insulin spikes and expensive withdrawals. Buy into healthier fare with enough fiber (26 grams a day) to keep the stomach and GI tract happy and moving in the right direction. Donate time to a daily walk or other forms of exercise that foster blood and oxygen circulation.



**6 Nutritional Re-Stock.** If your diet has been less than ideal, the good news is adding in a few target supplements can strengthen that reserve. Besides converting food to energy, the B vitamins "de-stress" the adrenals; tiny

glands that try to keep pace with the speed of life. Take a B Complex and add B-12 methylcobalamin at 1000 mcg daily. Consider two specialty nutrients that directly affect mitochondrial function, the energy "factories" in every cell: CoQ10 and Alpha Lipoic Acid (ALA).

CoQ10 helps fuel the mitochondria with ATP (adenosine triphosphate), often dubbed "energy currency". Two organs rich in mitochondria are the heart and brain, both of which have high energy needs for lots of ATP "currency". Since CoQ10 and mitochondrial function decrease as we age, "re-depositing" 30-100 mg daily seems reasonable. ALA facilitates sugar breakdown to produce ATP for mitochondria fuel. Plus, ALA helps detoxify and strengthen the liver for efficient fat metabolism, another source of fuel. A typical dose is 100 mg daily. Bonus: both are antioxidants which offer cellular protection as well to safeguard overall health.

**7 Consult with an expert.** A yearly physical exam can screen you for heart and cholesterol issues, look at blood chemistries that reveal organ health and check for hormonal imbalances. There may be a physical cause for your fatigue. While staying healthy is your primary goal, get an expert medical opinion to support your efforts.

## SUMMARY

Did you know it takes 30 days to make a habit? Take the challenge by investing in one or more of these 7 energy deposits for a month. By day 31 your account will be overflowing with "sufficient funds" in energy currency to withdraw.



©TyH Publications (M. Squires)

*For information purposes only and not intended to diagnose, cure, treat or prevent any medical condition.*

## Expanded Reads in the TyH Online Library

- ◆ *Advance Your Health: Multi-Gold™*
- ◆ *Alpha Lipoic Acid, Antioxidant with Energy*
- ◆ *CoQ10, Energy & the Power of CoQ10*
- ◆ *Valerian, Sleep on it!*