

How Foods Supercharge Your Energy Levels

Firstly the “energy” in THE food is THE most important here

1. Water is essential for hydration, fruits and vegetables are high in water, as these consist of 70% water. You notice this when juicing them.
2. Foods which are in season. They contain the matching energy from the sun and light, i.e. strawberries in winter are unlikely to have the same sweetness and hence nutritional values
3. Local Foods. Foods having travelled around the globe before landing on your plate are harvested while under ripe. Toxic preserving processes used whilst in transit massively effect antioxidant nutrients and deteriorate fresh produce too.
4. Eating fresh ingredients gently steamed or raw, uncooked fruit and vegetables (raw salads) because the vital food enzymes are destroyed in cooking which strips the food of its life force, nutrition and “energy”
5. Eat leafy greens these have a good range of nutrients iron, protein, minerals, vitamins and chlorophyll. Chlorophyll is the green in the leaves it is the blood of the plant, similar to our blood. It absorbs sunlight to convert into usable energy. It uses magnesium and we use iron to transport oxygen. Leafy greens increase blood cell production and its ability to carry oxygen.
6. Eat a variety of different foods, this is the key to obtaining essential nutrients. Make sure to choose a range of rainbow coloured fruits and vegetables.
7. Eat lighter foods in the evening like steamed vegetables with prawns and ginger or a fresh avocado salad – digestive activity is at its peak during the middle of the day when the sun is closest to the earth. This influences the body's ability to breakdown food too.
8. Consume good fats, these are essential to assist the various nutrient compounds to be broken down and metabolised – cold pressed virgin olive oil, coconut butter, sesame oil, & avocado oil.
9. Incorporate fresh herbs into your foods towards the end of cooking time to preserve flavour and vitality properties. Herbs are potent anti virals, anti fungals and many more incredible qualities.
10. Hemp seeds are a great source of good fats and protein essential to energy – and are a good source of protein for vegetarians.

The Energy Lifestyle Team

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We want you to know that it need not be difficult or complicated to begin to transform your life from the lackluster, exhausted woman you feel now into the vibrant, happy woman you really want to be. Nor do you have to work through this on your own.

We at The Energy Lifestyle Team, have each helped other women just like you transform their lives. Our aim and wish for you is to guide you to elevated energy levels to last throughout each and every day.

If you enjoyed our FREE download then you might like our **Skyrocket Your Energy Programme**. It gives you step by step instructions for practical techniques take you just a few minutes every day. It also contains energy boosting recipes.

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