

CREATING ENERGY

CHARGE YOUR BATTERIES

No energy? Lost that “spark”? Can’t get started? Craving “energy substitutes” like caffeine, sugar, even alcohol? Understand what your body is telling you by understanding energy.

You are an electrical machine: Inside every cell are powerhouses that convert the fuel you eat (fats, carbohydrates, or proteins) into a full “battery” of electrical energy. The stored-up energy in your battery runs your cells, the cells work together to run your organs and systems. Your nervous system (which is also electrical) coordinates it all, including releasing hormones—or not—depending on your energy, fuel, and other needs.

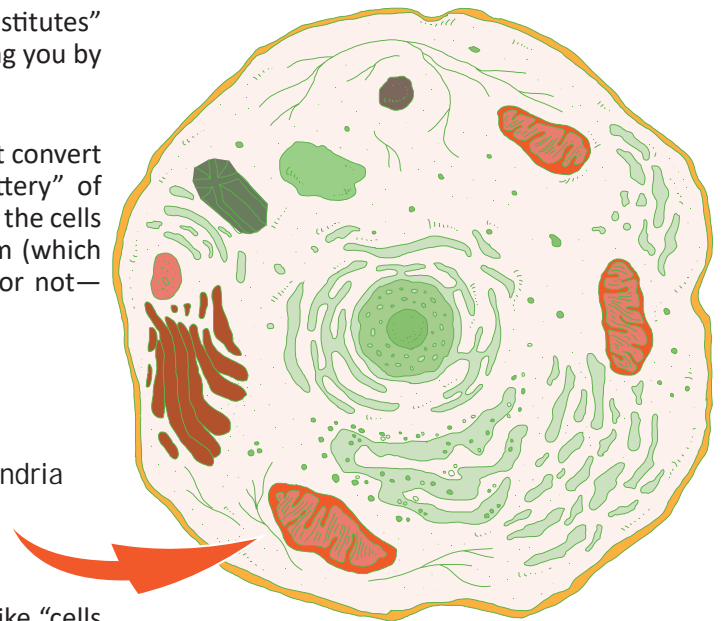
What do you need to produce energy?

- ◇ Fuel (fats, carbohydrates, or proteins)
- ◇ Oxygen: lots of it
- ◇ Vitamins and minerals: lots of them

Meet your mitochondria: These energy-producing powerhouses are like “cells within cells”. The more active a cell, the more mitochondria they contain to produce the energy they need.

- ◇ Your heart beats 24/7; each cardiac muscle cell has thousands of mitochondria
- ◇ Your liver runs at least 400 different bodily functions; each cell can have as many as 2000 mitochondria
- ◇ Your thyroid gland produces (or should) thyroid hormone. This hormone directly acts on mitochondria so they make more energy

Mitochondria



MORE POWERFUL THAN A BOLT OF LIGHTENING...

How do we get them to work? First understand why they aren't working:

- ◇ **Chronic Inflammation:** Bacteria, yeast, parasites, viral, inflamed gut, autoimmune...
- ◇ Toxic Chemicals: Pesticides, herbicides, polyaromatic hydrocarbons (PAH)
- ◇ Toxic Metals: Lead, mercury, aluminum
- ◇ Medications: Antibiotics, anti-microbial, diabetes, antidepressants, pain medications
- ◇ Circadian Rhythms: Cannot restore
- ◇ Sleep Apnea: Not enough oxygen
- ◇ Poor Circulation: Not enough *delivered* oxygen or nutrients, vitamins, minerals
- ◇ **Nutrient Deficiencies:** Especially B-1, B-2, B-3, B-5 from food sources, E,
- ◇ Emotional Stress
- ◇ Over-feeding / Under-activity: When we overfeed, especially on sugars and carbs that become sugars, and don't use the energy, two things happen:
 1. our “batteries” are full; we shut down making more electricity and instead store fat
 2. sugar and carbs increase acidity in the cell; we shut down making energy
 3. sedentary lives; why would we need energy?

REDUCE INFLAMMATION:

- ◇ Choose your food: A perfect, pristine, no nonsense kind of diet—high in vegetables with some fruits, clean poultry and wild fish, avoid “the whites” and anything else that inflames your gut. Get you back on track.
- ◇ Lose weight in a healthy fashion: Being obese (overfed), living on packaged foods (so-called healthy or not), and using popular skin care products (that often contain estrogen-like chemicals) is a recipe for low energy. Inspect these:
 1. How much energy do you really need? My favorite calculator is here: <https://www.supertracker.usda.gov/bwp/index.html>.
 2. Cut energy consumption by just 10% and feel *MUCH* better. Need 2000 calories? Eat 1800, no less.
- ◇ Get and stay active: Regular physical activity provides oxygen. Both low intensity, longer duration and high intensity short duration physical activity will lengthen lives and quality of life. Play! Whatever you love doing, *Play*.

ELIMINATE TOXIC CHEMICALS/METALS & GET NUTRIENTS

The best foods include:

“Detoxifiers” cabbage, bok choy, broccoli, Brussels sprouts, cauliflower, collards, kale, mustard greens, radishes, rutabaga, turnips, watercress...

“Sulphurs” garlic, onions, leeks, shallots

“Reds” Peppers and tomatoes with powerful anti-oxidants

“Phyto-colors” Berries: (unsweetened) cranberries, blueberries, raspberries and strawberries; Roots: beets, radishes; Fruits: green apples

“Yellows” with carotenoids: acorn squash, carrots, pumpkins, sweet potatoes, yams

“Fats” Extra virgin olive oil, cold-pressed flaxseed oil, fish and butter from pastured cows are anti-inflammatory

Minerals: insufficient iron, copper, selenium, magnesium... you cannot make energy

Mushrooms: Turkey tail, Maitake, Chaga, and Reishi boost the immune system and help rebalance

Green tea: Helps your gut heal and so much more. Five cups per day provides polyphenols as anti-oxidants and anti-inflammatories

Selenium: 200-300 mcg/day which is approximately 2-3 large Brazil nuts

SLEEP

Let's get to the bottom of this! Not sleeping? I can help and there is hope.



THE ANSWER?

We are all different.

Let's find out what is causing your unique situation and finally fix it.

Explore recipes at
www.OurNutritionKitchen.com

Questions? email marie@synergynutrition.info

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