



# 7 WAYS TO SKYROCKET YOUR ENERGY LEVELS!

This guide is for you if you're constantly tired, dragging every afternoon, or you catch yourself yawning all the time. These are the exact recommendations I make to my paying clients, and I've even included product recommendations in the "Fast Track" section if you want more energy asap!

1

## MIND YOUR MITOCHONDRIA

I bet you didn't think you were getting a science lesson! This is the powerhouse of all your cells! Mitochondria produce ATP. Keeping your mitochondria and ATP production healthy will raise your energy levels naturally. This will help you feel consistent stamina vs afternoon crashes.

2

## PRACTICE SAYING NO

I think we all can agree that we can not pour into others if our cup is empty. Is there something you can say no to, to alleviate some overwhelm?

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## HYDRATE WELL!

Drinking half your body weight in ounces everyday is suggested!

4

## BALANCE YOUR MEALS

Eat a fat, carb, & protein combo at every meal to create balance.

Eat by 1pm so that you give your body healthy carbs to fuel itself all afternoon.

Ex: Healthy carbs are sweet pot, beans, rice

5

## TAKE B12 & ADAPTOGEN HERBS DAILY

Adaptogen herbs empower the body to respond to stressors in a healthy way vs feel so depleted when under pressure. They help keep the body in balance and functioning optimally.

Methyl B12- Is the most absorbable form of B12 and it will help you convert the proteins and fats you consume into usable energy! Both of these pack a punch when it comes to increasing your energy!

6

## EAT MORE ORGANIC PRODUCE!

Studies show antioxidants help strengthen your body! The more colorful fruits and veggies you can consume daily, the better you will feel!

A great goal is to eat The color of the rainbow in produce every day!

7

## CHECK YOUR D & IRON LEVELS

Low Vit D & Low Iron can cause fatigue. If you implement the tips in this guide for 3 months and still battle feeling tired, consider asking your doctor to run some labs!

## Fast Track Your Results



[Grab my favorite energy stack here](#)



Have question? Lets chat!