How to Maintain Healthy Energy

Youthful vigor isn’t just for the young. With the right nutrition and lifestyle habits, healthy individuals can experience energy and vitality at any stage of life. The body can be thought of as a factory, and energy as the final product of the factory. To produce energy, raw materials must enter the factory; a factory worker must operate switches, which turn on and off machines; and additional materials must be used to keep the machines running smoothly. If all these pieces are in place, the body can efficiently produce energy. If any part is missing or defective, energy production may be inadequate.

The energy production process all starts with the raw materials, provided by the food and water you consume. Calories from carbohydrates, fats, and protein are the only nutrients the body can convert into a form of energy the body can use. Improving energy levels may be as simple as eating sufficient calories at regular intervals throughout the day or increasing water consumption.

Once calories enter the body, it’s up to the brain to control the machinery that converts those calories into usable energy. The brain stimulates the release of hormones, which act as switches turning on and off the energy producing machines, also known as enzymes. To operate efficiently, these enzymes require water, B vitamins and minerals. Antioxidants and other phytonutrients can help protect and maintain the cells involved in this process. Adequate intake through diet with the help of supplementation may nutritionally support the operation of these important enzymes.

Even with adequate nutrient intake, the brain, hormones and enzymes they control may operate sub-optimally by stress, inflammation, and free radical damage. Adaptogenic herbs like ginseng, golden root, and schisandra have been used traditionally to support the body’s response to these stressors. A healthy diet and lifestyle are also helpful in supporting energy production.

Caffeine and other stimulants may help support short-term, temporary increases in energy. However, to promote long-term energy and vitality, a more holistic approach to diet, lifestyle, and supplementation is required. The following wellness guide is intended to support energy in healthy individuals. Chronic low energy may be a sign of a serious medical condition such as hormone imbalance, iron deficiency, depression, sleep disorders, or other diseases and should be evaluated by a healthcare professional.

Disclaimer
No information contained here is intended to take the place of the care provided by your doctor or health care provider. This information is provided for educational purposes only. Genesis PURE and Genesis PURE products do not treat, diagnose, prescribe for or cure any disease, disorder, deformity or physical or mental condition. Individual results may vary. Always consult your doctor prior to starting any new health product or program.
Diet

• Eat a diet rich in fresh fruits, vegetables, whole grains, beans, and legumes that are in season.
• Eat plenty of quality protein and healthy fats from avocados, nuts, seeds, eggs and healthy fish.
• Consider safe fish - Monterey Bay Aquarium Seafood Watch Recommendations
• Drink at least half your body weight in ounces of water every day.
• Avoid alcohol, unnatural sources of caffeine (may substitute ENERGY or PURE Café), soda, sugar, artificial sweeteners (acesulfame K [ace-K], aspartame, saccharin and sucralose), preservatives (nitrites, nitrites and MSG), artificial colorings or flavorings and hydrogenated oil.
• Red meat (if permitted) and other animal products should be organic (in its natural form – cows eat grass; not grain; chickens eat bugs, grubs and seeds). Natural, organic meat and poultry contain the proper balance of saturated and unsaturated fats (the ‘good’ fats), are lower in calories, contain more nutrients, fill you up faster and contain CLA (conjugated linoleic acid), which is a potent defense against disease.
• Avoid pork, which is difficult to digest and may create toxins in the body.
• Never use vegetable or corn oil for cooking, as heating them may cause the oil to oxidize.
• Avoid fried foods.

Lifestyle

• If you smoke, quit.
• Chew food thoroughly – this aids in digestion and nutrient absorption, helping create a healthier body and mind.
• Eat until satiated, but NOT full. This means you should neither feel hungry nor full; stop between the two.
• Get plenty of sleep (7-9 hours per night).
• Do not eat after 9PM.
• Engage in at least 30 minutes of moderate-intensity physical activity daily. Vary your routine and incorporate strength, flexibility, and cardiovascular exercise to prevent overuse injuries and promote a balanced approach to physical activity.
• Use mindfulness activities like yoga, meditation, or gentle stretching to help reduce stress and tension.

Supplementation

Core*+
• GoYin
• Daily Build

Daily Basics*+
• Greens
• Mila

Support*+
• ENERGY †
• GPS E²
• GPS Moomiyo Edge
• HealthTrim® Metabolic Boost †
• PURE Café †

Unless noted below, you may also consider other Genesis PURE products.

Products that may NOT be Appropriate for this Condition:

For some individuals stimulants, such as caffeine, may increase symptoms of fatigue. Genesis PURE products containing significant amounts of caffeine are as follows: Control, E2, ENERGY, Metabolic Boost, and PURE Café.

†Do not take if you are under 18, pregnant or nursing, sensitive to caffeine, or have a preexisting heart condition. Do not exceed 3 servings a day. Drink adequate fluids to avoid dehydration. Do not consume while drinking alcohol. Consult your healthcare provider prior to use if you have or suspect a medical condition or are taking prescription medications. Excess consumption of caffeine may cause anxiety, restlessness, or insomnia.

Genesis PURE products should be taken at least 1 hour before or after prescription medications.

*These statements have not been evaluated by the Food and Drug Administration. Genesis PURE products are not intended to diagnose, treat, cure, or prevent any disease. Individual results may vary.
+With all herbs and supplements, it is important to consult a qualified health practitioner before implementing.
References