

3 Steps to Finding More Energy

There are scores of energy examples. Solar, wind and coal initially come to mind, with the first two mentioned increasing in awareness and development in an effort to help our planet stay “green.” As our external energy resources assist us in our daily lives, our personal energy levels need to come from the best available sources for optimal longevity.

Many citizens throughout the world choose a breakfast of pastries and a starchy high-carb lunch of macaroni and cheese or similar midafternoon crash-and-burners. These choices will result in an urge for a little or super-sized pick-me-up, which is how the energy drink business is a \$39.2 billion industry worldwide. Yet the ingredients of these energy drinks, like caffeine and taurine, can pose compromised health effects.

So, how do we safely increase energy the “Dr. Bob approved” way? Below are some viable action steps that will help us stop yawning and start climbing Mt. Fuji with extra energy to spare:

1. Limit wheat consumption (i.e., bread, pasta, pizza, crackers, pretzels and cereal). Most people love grains, but the grains we eat do not always love us. You may, without knowing it, have wheat sensitivity. Gluten-free diets are no longer a buzzword but have become commonplace within the food industry because of the revelation that many individuals in our country have this sensitivity. Living wheat-free may be a challenge at first, but it is worth it when you consider some of the effects wheat has on sensitive individuals, including:

- Energy depletion
- Digestive distress

- Skin outbreaks

Currently, gluten-free items can be more expensive, but there are many new websites targeted to those with sensitivities and have more options, including .

2. Increase zinc and decrease copper consumption. A colleague of mine, Ann Louise Gittleman, wrote a book entitled *Why Am I Always Tired?* Her hypothesis included that too much copper depletes zinc in our bodies and that those with low zinc cannot make enough insulin, leading to a decrease in energy.

Foods with zinc include chicken, turkey and pumpkin seeds. Foods that displace copper, like manganese and sulfur, include:

- Eggs
- Green, leafy vegetables (kale and bok choy)
- Onions
- Cruciferous vegetables (broccoli and cauliflower)
- Blueberries

Foods with vitamin C are also helpful to displace copper:

- Bell peppers
- Tomatoes
- Strawberries
- Kiwis

3. Take care of your adrenal and thyroid glands. Overworked and stressed adrenal and thyroid glands can deplete energy levels. Limit sugar and “yeasty” foods. Again, foods containing vitamin C will provide help, and deep sea vegetables like kelp, salmon and good sources of omega-3s will benefit your thyroid.

Dr. Robert DeMaria is a catalyst for health and well-being. As owner of the *Drugless Doctor* brands, Dr. Bob's techniques have restored optimal health to thousands of patients without the need for prescription medication. His research and daily

experiences can be seen throughout his seven books, including the best-seller Dr. Bob's Drugless Guide to Balancing Female Hormones. Dr. Bob has consulted for FedEx, VitaMix and other national brands and has appeared on multiple media portals, including ABC Family, TBN, Fox 8 Cleveland, and WFAN NYC.

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