

Exhausted? Here's What to Do for Peak Energy



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WHAT TO DO FOR
PEAK ENERGY

I love this time of year because the weather is warming up, blossoms are opening up on trees, and the days are getting longer with more light in the evenings.

The only downside of that is what I often hear in my office when March rolls around... "I'm exhausted!" "I need more coffee than ever!" and "I want to crash all day until about 8 pm and then I'm wired!"

If I were to ask you right now to rate your energy on a scale of 0-10, 10 being UNSTOPPABLE, 0 being a zombie,

what would you say? Be honest with yourself!

Most of you – if I'm guessing based on what I see in my wellness clinic – are completely and utterly exhausted day in and day out.

Did you know that having less than optimal energy is the first sign of low-grade chronic acidosis?

And to make matters worse, what do most people rely on to get them through the day? Coffee and sugar! AKA more ACID!

The truth is, that acidic morning cup of joe isn't doing anyone any favors. Coffee has 35 acids, which are all toxic to your body. It is a liver and adrenal suppressor. And if that wasn't enough for you, try drinking coffee every day for 30 days straight, then stop. How are you going to feel?

Now, try that same experiment with spinach for 30 days and stop – do you think you will have cravings and even an addiction like the coffee will cause?

Coffee creates a rollercoaster effect, where you drink it because you want more energy, and it gives you energy for a little while, but then all of that acid is in your system, which makes you more tired. So what do you do? Drink more coffee.

And the rollercoaster ride of caffeine highs and lows continues!

Plus, for too many people, coffee causes headaches, jitters, and stomach upset.

And don't even get me started on sugar! I can't imagine a less effective way to get energy when you're tired. Sugar gives you a burst of crappy carbohydrate energy, so you might feel good for a few minutes. But you know what's coming...



The post-sugar crash hits hard and you are left feeling worse than ever (not to mention feeling guilty about what it will do to your waistline).

So if coffee and sugar don't give you the energy you need, what does?

There are good ways to get lasting energy without jitters, headaches, or crashes.

I'm going to walk through my 12 favorite ways to get peak energy, many of which you can do in under a few minutes, are inexpensive or even free, and will make you feel fantastic!

1. Stay away from alcohol.

It's probably no surprise that alcohol makes you sleepy, but did you know that it can actually have a negative effect on the quality of your sleep? If you're drinking alcohol regularly, it's probably robbing you of restful sleep, which will mean less energy during the day.

2. Hydrate consistently.

If you saw a wilted plant, what's the first thing that comes to mind? Drugs and surgery, right! Just kidding... But sadly enough, that is the conclusion too many people jump to when it comes to our bodies. Let's bring it back to common sense – give it water, sunlight, nutrients, and if there are any toxins in the soil, remove them!

Your body is no different. You see, there are 2 things that make you out of balance and sick – *toxicity* and *deficiency*. Your body has something in it that it needs to get OUT, or it needs something added IN. Do that, and if it is not too far gone, just like the plant, you will heal yourself.

90% of Americans are chronically dehydrated. The average person loses 2½ to 3 liters of water daily, and that's from everyday activities like walking, eating,

and sleeping. Add exercise into this mix, and you can tack on another liter to that statistic. To avoid dehydration and deprivation, drink half of your body weight in ounces of filtered water daily. For example, if you weigh 150 pounds, drink 75 ounces of water every day. Add a slice of lemon to increase the alkalinity and your energy.

3. Make sure you're getting enough mineral salts.



Your body doesn't run on calories, proteins, fats, or carbs. Your body is electric and runs on salt. In fact, salt water constitutes 70% of your body (mostly in your bloodstream).

And while most Americans get far too much regular salt in their diet, most are also deficient in mineral salts, which are the fastest way to neutralize damaging acids that slow your body down. This is

why it's crucial you use mineral-rich salts like Himalayan, Celtic Grey, and Redmond Real Salt instead of table salt, which is stripped of alkaline minerals.

4. Eat less gluten and dairy.

Some foods energize you, and other foods suck the energy right out of you. To keep your energy levels high, avoid crappy carbs and dairy products that deplete your energy.

Simple carbs found in bread, pastas, cereals, and processed foods (along with anything containing sugar) spike your energy along with your blood sugar, but then you come crashing down and are left with less energy than when you started.

Cow's milk, cheese, yogurt, and other dairy products clog your digestive tract, slowing you down along with it. To keep your digestion and metabolism moving, minimize dairy products.

5. Eat foods rich in magnesium.

Approximately 80% of all American adults are deficient in magnesium, a crucial mineral responsible for more than 600 functions in the human body. Some of those functions relate directly to energy levels and the ability to sleep well at night.

By getting plenty of magnesium, you're going to have more energy, better rest, stabilized mood and mental health, and a better metabolism, which all contributes to your overall energy level.

Here are the top food sources of magnesium:

- Spinach (1 cup = 49% of the recommended daily value of magnesium!)
- Watercress
- Kale
- Chard
- Collard and turnip greens
- Wheatgrass
- Black beans
- Mung beans
- Almonds
- Cashews
- Pumpkin seeds
- Avocados
- Bananas
- Broccoli
- Brussels sprouts



6. If you're going to drink coffee, drink it the right way.

When you drink coffee, not only will you inevitably crash from caffeine highs, but also you'll have more energy-depleting acid in your body.

In order to end the caffeine rollercoaster ride, add a scoop of new [Acid-Kicking Coffee Alkalizer](#) to your morning brew. Available in delicious Mocha, Vanilla, and Salted Caramel, this supplement powder delivers energizing minerals like magnesium and pure Himalayan mineral salt, which we talked about already, along with clean keto fats, to give you lasting energy without the acid crash.

7. Enjoy natural energy drinks.

Coffee isn't your only option to energize! When you need a real power punch of energy and cleansing vitality, you can't do better than a straight-up green smoothie. Maximize the dark, leafy greens listed above to give you slow-burning energy for hours.

Here are a few recipes to try:

- [Tropical Greens Smoothie](#)
- [Greens Detox Smoothie](#)
- [Almond Butter & "Jelly" Smoothie](#)

And don't forget about my [Ultimate Green Smoothie Formula](#) you can use to make any smoothie alkaline, nutrient-packed, and energizing.

8. Get moving.

You've probably heard that people who exercise sleep better and have more energy. But do you know why? The answer lies in the body's lymphatic system. It's the system in charge of getting rid of acids and toxins. When you are too sedentary, acids begin to accumulate in the body, draining your energy. It's vicious cycle.

So how do you make sure your lymphatic system keeps moving? Well, your blood is moved by the pumping mechanism of your heart, but your lymph, which you have 4 times more lymph than you do blood, doesn't have a heart. It relies on body movement to keep it flowing.



Whether you jog, walk, take classes, swim, or [trampoline](#), get moving in whatever way is fun and sustainable for you so you keep it up, maintain your energy, and keep your lymph flowing.

9. Eat foods rich in B vitamins, especially B12.

Vitamin B12 is known as the energy vitamin for good reason – it helps convert the fats, proteins, and carbohydrates we eat into usable fuel for the body. What's more, the body cannot store B12, so without getting enough B12 regularly, you're going to suffer from fatigue.

When it comes to how you feel, all of the B vitamins aid in your body's production of energy, so you want to make sure you eat these vitamin B-rich alkaline foods:

- Sardines (high in B12)
- Mackerel (high in B12)
- Wild-caught salmon (high in B12)
- Chia seeds (high in B1, B2, B3, and B7)
- Pine nuts (high in B1)
- Macadamia nuts (high in B1)
- Beans (high in B1, B6, and B9)
- Almonds (high in B1, B2, B6, and B7)
- Hemp seeds (high in B1 and B6)
- Lentils (high in B9)
- Walnuts (high in B9)
- Flax (high in B9)

10. Simply breathe.

I know it seems too simple to be effective, but breathing is the fastest and most efficient way to detoxify and energize your body. **In fact, 70% of the total toxic load inside your body is removed through your lungs.**

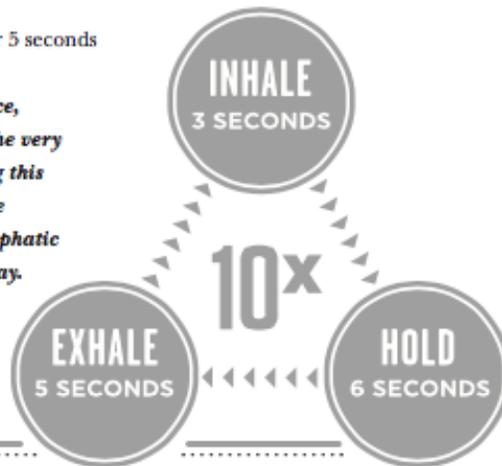
When we are not consciously breathing, we are building up acid. When you build up acid, your body becomes overstressed and inflamed, and has to work so much harder to keep you going, which crushes your energy. Breathing is so powerful it can lower blood pressure, slow the heartbeat, energize, relieve stress, and most importantly, change your pH within just 1-3 minutes.

To find out how effective it is, give this a try... Next time you are feeling stressed and depleted of energy, stop and do 10 repetitions of my 3:6:5 Power Breaths from [my book](#).

HERE'S HOW IT WORKS:

1. Breathe in through your nose for 3 seconds
2. Hold breath for 6 seconds
3. Breathe out your mouth for 5 seconds

Do 10 repetitions, at least once, ideally three times daily. At the very least, I recommend practicing this deep breathing exercise in the morning to energize your lymphatic system and jump-start your day.



11. Enjoy energizing essential oils.

There are several essential oils that will energize you, improve your focus, and revitalize your mood. Add them to a diffuser, your morning shower, or dab a drop on your wrists for an immediate pick-me-up.

- Peppermint oil is stimulating and helps alleviate headaches
- Citrus oils like grapefruit, lemon, and sweet orange are energizing
- Evergreen oils like cypress and cedar are refreshing
- Eucalyptus oil stimulates the mind

12. Start your day with chlorophyll-rich alkaline green drinks.

Drinking 5 servings of alkaline greens like [Alkamind Daily Greens](#) in water is the very first thing you should do EVERY morning when you wake up. There is no better way to energize and kick-start your day.

A recent US government survey found that out of 21,000 people surveyed, NONE (0%) ate the recommended daily average of basic nutrients. It's not that no one eats their vegetables (although for too many, that is the case), it's that the sorry state of our produce leaves us having to eat an impossible amount to absorb enough nutrients. So it's not easy to get the nutrition we need even when we try.

That's why it now takes 60 servings of spinach to get the same amount of iron as just one serving in 1948! Since 1950, the calcium in spinach has dropped from 130mg to 48mg. That's crazy!

Supplementation has become a necessity, and by starting every morning with an alkaline green juice, you're going to give yourself a natural energy boost that will last all day (no crashes, no jitters).

That's why reviewers say...

"Gives me more energy and helps me to transition to a cleaner lifestyle. Lifetime purchaser here. –Robert M.

*"It tastes good & I have noticed my energy has stabilized. No afternoon dips. Also, my added sugar craving has waned. I use to eat chocolate & cake almost daily. Especially around that 3PM slump but since I started drinking this I've found myself not really craving sweets. I would call it a miracle!" –
Chakriya L.*



"Killed my sugar and caffeine cravings in a flash. Love the taste! And I feel like my skin looks amazing." –Keri S.

What are you waiting for? Get your [Alkamind Daily Greens](#) today!

GET OFF YOUR ACID!

Dr. Daryl