

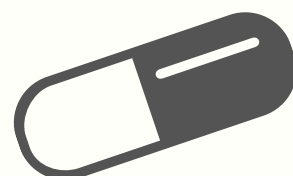
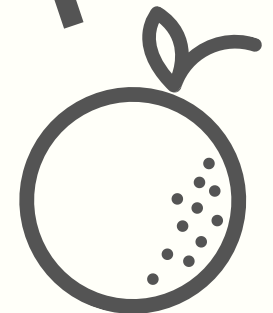


VIBRANT WELLCARE

TOP 5 THINGS A NATUROPATH DOES EVERY DAY FOR MORE ENERGY

**PEOPLE ALWAYS ASK WHAT DO YOU
DO FOR MORE ENERGY.**

Well, here it is. This is a list of the top 5 things I do everyday to have more energy. I have researched and tried lots of products, methods and protocols and this is what works best for me. I hope it works for you!



1 Fun Sweaty Activity

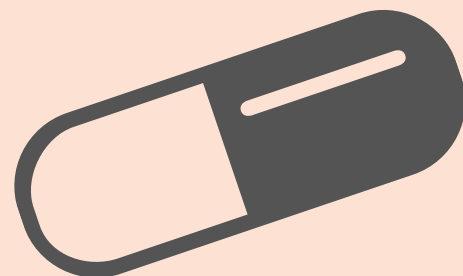
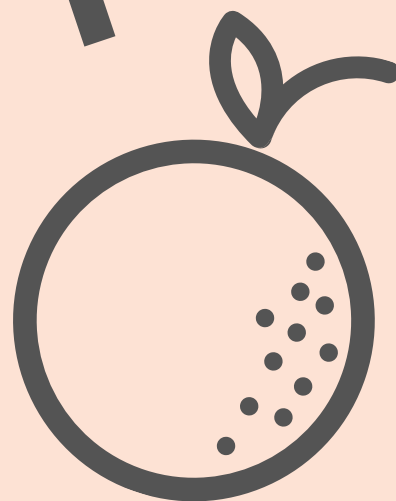
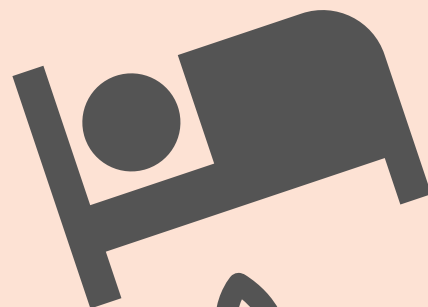
Make sure that you do at least 30 minutes of fun sweaty activity every day. This increases blood flow, increases oxygen uptake, boosts your mood, supports a healthy lymphatic system, and improves your immune system.

It does not matter what activity you choose. I like to do yoga, so even when I don't have time to attend a full class I try to do at least 30 minutes of sun salutations or walking my dog each day.

The only requirements are that you enjoy it and your whole body is moving.

Full body activity increases your energy.

Melissa Olson
Board Certified Traditional Naturopath
Vibrant Wellcare



#2 Drink 60-80oz of Pure Water

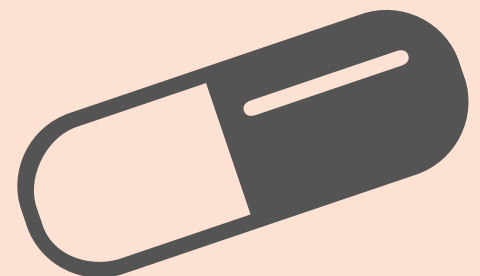
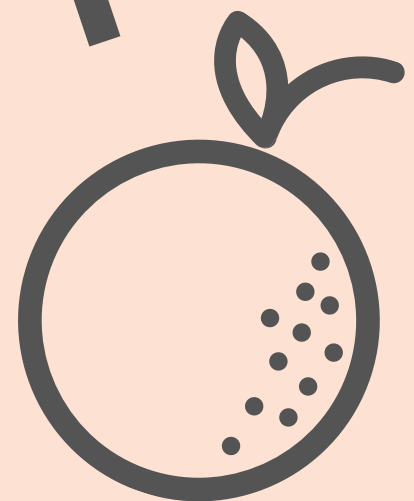
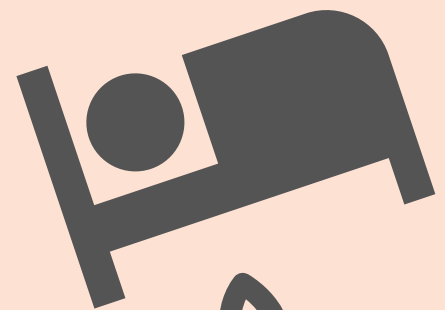
The official rule is drink no more than 1/2 your body weight in ounces of pure water, never to exceed 80 ounces.

If you are drinking more than 80 ounces per day you are flushing your minerals and electrolytes out of your body. This can actually deplete your energy!

If you are drinking water that has minerals added for taste, those are likely synthetic mineral salts that cause you to be more thirsty and further deplete your actual minerals. Drink plain pure filtered or distilled water. It is the best cleanser nature has every made.

Avoid tap water and spring waters. These waters are filtered for biological contaminants only and are not filtered for chemical contaminants.

Melissa Olson
Board Certified Traditional Naturopath
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#3 Develop a Sleep Routine

When our kids were young most of us made sure they had a night time routine to help them maximize their sleep and our sanity.

Here is my bedtime routine! a) Remove all electronics from the bedroom to reduce EMF exposure, b) drink a cup of Kava Kava tea to reduce stress and relax, c) watch the sun go down to reset my circadian rhythm, d) make sure all lights of any kind are off so my body can maximize my melatonin production, e) stretch for 5 minutes to get the wiggles out and relax my muscles, f) practice diaphragmatic breathing with a mantra to further calm my body and mind, and g) diffuse lavender and cedarwood essential oils.

By developing a bedtime routine you are training your body to know when to sleep and when to wake.

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#4 Eat Only Whole Fresh Foods

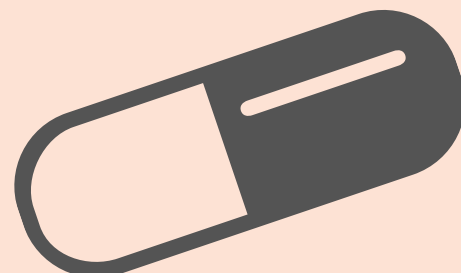
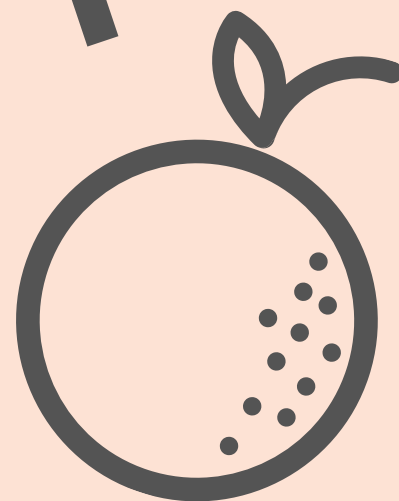
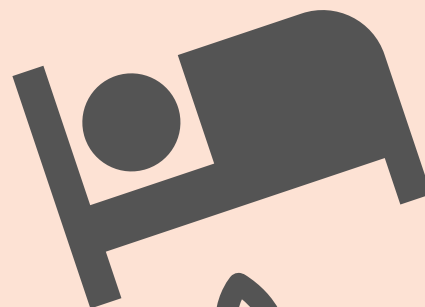
You are what you eat and your food has a huge impact on how you feel. If you eat the Standard American Diet (SAD) then it takes all your energy just to "handle" the loads of chemicals and nutrient deficient foods you consumed in a day.

If you eat exclusively fresh whole foods your body has plenty of energy and nutrients to do exactly what it needs to do during the day and the ability to clean and rebuild itself during the night.

Shakes are not food. Packaged things are generally completely devoid of nutrients, enzymes, and life sustaining energy

Half your plate should be veggies, one quarter should be protein, and one quarter should be starch. I start my day, everyday, with a fresh whole piece of fruit to feed my liver and get me going for the whole day.

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#5 Take Your Vitamins

In order for our bodies to have the energy we need it is very important that we have adequate nutrients. Our foods only contain about 20% of the nutrients they did 40 years ago. You cannot get enough nutrients from food any longer, and that is assuming that your digestion and absorption is perfect.

B Vitamins are about getting more energy out of your food. Vitamin C is about circulation and oxygenation. This is just the tip of the iceberg. More and better nutrients mean more energy!

Watch your email for more information about the specific supplements I take every day to give my body the tools to handle anything life throws at me.

Don't forget to join my Facebook community to learn so much more!

[#NaturallyVibrantYou](#)

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