

Boost Energy and Reduce Stress Naturally

These days, more and more Americans are feeling overworked and overtired, lacking the energy needed to meet the responsibilities required for everyday life. This constant feeling of fatigue has become a part of the American way of life. Research has proven that the same processes that cause lack of energy in Americans can also keep us from getting an adequate amount of sleep, cause weight gain, disrupt hormonal balance, and add a significant amount of stress to our daily lives. However, people do not have to accept the pain, insomnia, or fatigue associated with chronic fatigue syndrome and fibromyalgia thanks to the following three step process called "Vitality 101."

The first of the three steps is nutrition. Good overall nutrition is important for everyone. To obtain this, a foundation product that supports energy levels, such as a powdered drink mix, can ensure that you are getting all of the necessary vitamins, minerals, and amino acids that you need. This drink should include the following ingredients: vitamin A, C, D, and E; magnesium; malic acid; betaine; selenium; zinc; amino acids; and fructooligosaccharides. Vitamin A is essential for healthy skin, mucous membrane, immune system responses, bone growth, and reproductive processes. In the form of beta-carotene, vitamin A is an antioxidant and a free radical fighter. Vitamin C, which is necessary for the proper functioning of the immune system, is an antioxidant free radical fighter as well as an assistant in hormone synthesis and a supporter of healthy skin integrity and iron absorption. Vitamin D is essential for healthy calcium and phosphorus metabolism. It is also responsible for the absorption of vitamin A and supports bone mineralization. Vitamin E, which helps oxygen circulation, supports healthy nerve transmissions, leg nerves and muscles, and helps boost energy levels. Magnesium supports enzyme activity involved in energy productions and healthy nerve and muscle function, as well as supports the immune system functions, while malic acid acts as a catalyst to stimulate the complete burning of fuel for energy. It also supports healthy connective tissue and muscle functioning. Betaine, which works with B vitamins, may have an effect on overall mood elevation. Where as selenium works with vitamin E to maintain healthy cell membranes and support healthy thyroid functioning. Zinc supports a healthy immune system, enzyme processes, and immune response. Amino acids are essential for the production of energy in the body, which is essential for brain function. Finally, fructooligosaccharides provide nutrition for good bacteria in the intestinal tract which improves digestion and healthy microflora. In addition to the powdered energy drink mix, it is important to take a high potency vitamin B-complex supplement that includes riboflavin, vitamin B6, vitamin B12, pantothenic acid, and choline, which are each important in restoring the energy production needed in your body. It is also very important to get enough water.

The second step of the process is to rest your body. Because having trouble sleeping is one of the most troubling symptoms of stress and can cause pain and hormonal and immune dysfunction, it is important to break the stress/insomnia cycle early. It may be helpful to use herbal products in order to get the good quality sleep that will repair and re-energize the body. Although there are many formulas that are marketed for sleep, it is very important that the right ingredients are in the sleep formula that you buy. This formula should include herbs that promote deep sleep including: valerian, L-theanine, hops, passionflower, Jamaica dogwood and wild lettuce. Wild lettuce has been found to have sedative effects and similarly hops acts as a mild sedative and has a sleep inducing effect. Similar to hops and wild lettuce, Jamaica dogwood has been found to be mildly sedative and it is often used for anxiousness. L-theanine causes a significant increase of neurotransmitter concentrations in the brain which promotes muscle relaxation and improves sleep. Valerian has been clinically proven to improve sleep quality. Lastly, passionflower eases nervousness and insomnia. Each of these herbs addresses a different aspect of sleeplessness, making the combination very important.

The third step in this process is to manage excess stress levels. In the world we live in today, it is important to manage the stressors in our lives. Adrenal extract, as well as other glandular extracts, can offer natural support to help our bodies deal with the effects of stress. In turn, they can also boost your energy levels. Exercise is also a good way to reduce stress and is important for good health. Not only can stress cause you sleepless nights, it can also lead to adrenal burnout or adrenal fatigue, which occurs when the adrenal glands are constantly producing cortisol in response to chronic stress. However, when stress is decreased, changes in our hormone levels can return to normal. The key is learning how to deal with daily stress so that the body is able to return to its normal state.

In addition to stress control, it is important to provide yourself with an adrenal supplement to improve the health of your adrenal glands and repair them when they are malfunctioning. If your adrenal glands are stressed-out, great results can be seen from taking a raw adrenal supplement. Be sure to buy a supplement that contains whole adrenal and cortex adrenal as well as vitamin C, vitamin B6, pantothenic acid, and licorice. The adrenal glands use these nutrients to manufacture cortisone and other compounds. Liver extract also improves energy levels by providing an excellent source of nutrients such as iron, B vitamins, and other minerals. It has been shown to support healthy function of the liver and increase the energy levels inside our body. A high-quality liver extract supplement should be cold-processed and encapsulated to enhance speed and absorption of nutrients from the liver because heat will destroy the key components in the liver. Along with the above listed nutrients, there are many other natural alternatives that promote relaxation and increase

energy levels during the day. *Rhodiola rosea* relieves stress and increases energy as well as lifts our moods, improves sexual satisfaction, and helps

in certain nervous system disorders. Remember to consult your health care practitioner before changing any medications. The above mentioned vitamin supplements are available at your friendly internet health food store.

About the Author

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