



Need an energy boost?

Try these 5 tips.

There is an Energy Crisis plaguing us – and it's not about natural resources. Most people want to feel more energetic, alert, and rested. Unfortunately, hectic lifestyles, poor sleep, and suboptimal diets often leave us feeling anything but energized.

Fatigue isn't just about feeling tired; it can have serious implications for our physical and emotional health, weakening our immune system and increasing our susceptibility to illnesses, depression, and chronic conditions such as heart disease. Beyond the well-known remedies of exercise, stress management, and quality sleep, our dietary habits play a pivotal role in our energy levels.

Here's how to revamp your diet for more vitality:

Prioritize nutrient-dense foods. A diet rich in vitamins and minerals is crucial for optimal metabolism, which converts food into energy. Aim for a diet heavy on vegetables, fruits, nuts, seeds, beans, and whole grains. These foods deliver high nutrition per calorie, unlike refined and processed foods, which may fill you with calories but little nutritional value, leading to energy crashes.

Focus on omega-3's. Diets high in omega-3 fatty acids are linked to improved mood, memory, and brain function, all of which are essential for energy. Include sources like fatty fish, flaxseed, hemp seeds, leafy greens, and walnuts daily. While omega-3 supplements can be beneficial, they should supplement, not replace, a nutritious diet.

Ditch the diet. If your “diet” is synonymous with “deprivation,” you're doing your body a “disservice.” Calorie restriction can lead to a reduction in metabolism and energy as the body tries to conserve resources. This can make you feel even more tired, not to mention grumpy. Instead of cutting calories to extreme levels, focus on balanced, nutritious meals that fuel your body and rev up your metabolism.

Water for energy. Proper hydration is essential for maintaining energy levels, as even mild dehydration can lead to fatigue. Skip sugary drinks and stick to water, aiming for at least 1 cup every 2 hours. (Unsweetened tea and seltzer count too.) Carrying a reusable water bottle can help you stay on track. Bonus: all those extra trips to the loo make you move more.

Become the designated driver. Although alcohol might seem like it helps you relax, it's actually a depressant and can interfere with your sleep cycle, contributing to next-day fatigue. If you choose to drink, do so in moderation, and consider the antioxidant benefits of red wine. Note: individuals taking certain medications, and/or those suffering from certain forms of anxiety, high blood pressure, or dependence issues should avoid alcohol completely. Ask your doctor.

Give these strategies a try to combat fatigue, strengthen your immune system, and maintain a higher level of energy and wellness.

Kale and Apple Salad with Apricots and Almonds



This salad mimics those pricey, fancy salads found on restaurant menus, but it's super affordable, easy to make at home, and really delicious. Pair this with a bowl of hearty bean soup or half sandwich for a light but satisfying meal.

You will need:

For Dressing:

- 2 tbsp apricot jam or orange marmalade
- 2 tbsp apple cider vinegar
- 2 tsp dijon mustard
- ¼ cup olive oil
- ¼ tsp salt
- Fresh ground black pepper to taste

For Salad:

- 1 bunch of kale, washed well, stems removed and torn into bite size pieces
- 1 apple, sliced into matchsticks
- ⅓ cup sliced almonds, roughly chopped
- ⅓ cup dried apricots, chopped

Whisk dressing ingredients together in a large bowl. Add kale and mix well with your hands, massaging the leaves for a minute or two to tenderize. Add remaining ingredients and toss well.