

Need More Energy?



If you lack the energy to meet the demands of life, you aren't alone. Fatigue is the second most common reason for a primary care medical visit, second only to pain. The National Institutes of Health states that approximately one out of five Americans claims to suffer from fatigue severe enough to interfere with normal daily life.

The dramatic increase in the sale of energy drinks also reflects how many people don't feel they have the energy they need. From 2008 to 2012, sales of energy drinks grew 60%, with total U.S. sales topping \$12.5 billion (*foodproductdesign.com*). In fact, according to data from the National Health and Nutrition Examination Survey, 2009–2010, about 20% of Americans consume energy drinks daily. Oh, and let's not forget that over half of all Americans drink coffee every day, as well as the caffeinated sodas many people consume. Clearly, a lot of people feel they need something to give them more energy.

Unfortunately, all these caffeinated beverages don't give people the energy they seek. They stimulate energy discharge, but don't increase energy production or storage. Using them is sort of like whipping a tired horse to make it go faster. You'll temporarily get the horse to go faster, but it will just become more exhausted. So, when people use caffeine and other stimulants to try to get energy, they develop deeper and deeper levels of fatigue. The body is "running on empty" all the time and never receiving what it needs to replenish its "batteries."

Understanding Energy

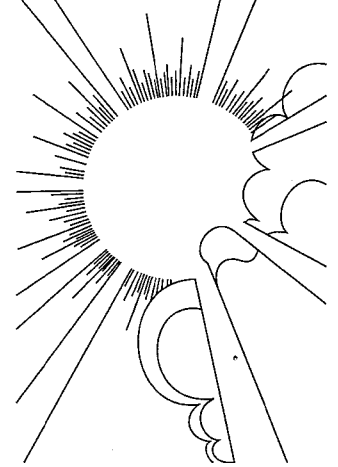
To understand how we can get more energy, we need to understand how the body obtains energy. Food is the fuel that contains *potential* energy for the body. But eating more food doesn't give you more energy because the food has to be converted to energy through the process of digestion and metabolism. If more fuel is consumed than can be converted to energy, the body simply stores it as fat. And, although fat is sometimes referred to as an energy reserve, it is only a fuel reserve.

Metabolism is what converts the food we consume into energy. That energy comes in the form of heat and electricity. The body is constantly dissipating heat, but it stores electrical energy. It is this storage of electrical energy that constitutes our energy reserve.

According to Dr. Jerry Tennat in his book, *Healing is Voltage*, the pH of a fluid is correlated with its storage of electrical energy. An alkaline solution has extra electrons to utilize for energy. An acid solution lacks electrons and will borrow them. The body runs on a slightly alkaline pH, but as electrical energy reserves are reduced, the pH of the body becomes increasingly acidic. Stimulants (like caffeine) deplete these reserves of electrical energy, resulting in a more acidic state, which ultimately leads to chronic illness.

That's why we need to learn to increase energy production and storage, not just energy discharge when we are tired. In this issue of *Sunshine Sharing* we'll talk about natural methods for increasing energy to improve endurance, stamina and overall health. Turn the page and read how you can get the energy you need without resorting to stimulants like coffee, tea, cola drinks and energy drinks.

SUNSHINE SHARING



Important Notice

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Natural Ways to Boost Your Energy!

Not having enough energy is a sign of lost health. To restore energy, you need to restore health. You may need help in figuring out what underlying problems are causing fatigue. If you are suffering from severe fatigue you should consult with a medical doctor to make sure you don't have a serious health problem that is affecting your energy level. For example, fatigue may be the result of any of the following:

- Chronic infection
- Respiratory problems (asthma, COPD and pneumonia)
- Cardiovascular problems (coronary heart disease, arrhythmia, valvular heart disease and congestive heart failure)
- Side effects of medications (antidepressants, antihypertensives, antihistamines, sedatives and statins)
- Glandular problems (low thyroid, adrenal fatigue)
- Lack of sleep due to chronic pain or sleep apnea

If you don't have a serious health issue causing your fatigue, here are some ways to improve health and get more energy naturally.

Support Energy Production

Live foods contain more electrical energy than processed foods. Also, whole foods contain vitamins and minerals, which cells need to extract energy from food. Mitochondria are the power plants cells use to extract electrical energy from food. Without the right vitamins, minerals and amino acids, these cellular power plants won't function properly.

So, start increasing your energy by eating more fresh (especially raw) fruits and vegetables and less refined sugar, white flour and processed foods. Coffee, sodas and energy drinks won't supply these nutrients either, but there are some supplements that will.

Target Endurance is an energy-boosting supplement that can enhance performance, improve stamina and increase mental alertness. Target Endurance contains zinc and copper chelated to the

amino acids arginine, leucine and glycine. This directs these minerals to the mitochondria where they enhance energy production. Research on these specially chelated minerals showed that they increased energy in laboratory animals by almost 500%. The minerals in Target Endurance increased swimming time in rats from an average of 10 minutes to an average of 48 minutes. To enhance the effectiveness of these minerals, they have been combined in a blend with other herbs, vitamins and minerals known to enhance cellular energy production.

Target Endurance is one of the best formulas to take for increasing energy when weaning off of caffeine and other stimulants. It is also helpful for weaning off of refined sugar when taken with **licorice root**.

Cellular Energy is another blend that supports mitochondrial function. It can benefit aged and weak individuals, support recovery from chronic illness and debility, and aid athletes who wish to enhance physical performance. People who experience fatigue, lack of stamina or feelings of weakness may benefit from Cellular Energy. The nutrients in this formula include B-complex vitamins, the minerals manganese, zinc and magnesium and l-carnitine (an amino acid that draws fatty acids into the mitochondria to be converted to energy). Besides increasing mitochondrial energy production to enhance physical and mental performance, Cellular Energy can also speed healing of damaged tissues, enhance resistance to infections and aid detoxification at the cell level.

Energ-V is an all-herbal blend for enhancing energy. It contains adaptogens (schizandra and eleuthero) to help the body adjust to physical and mental stress and herbs that support the various energy-producing glands, especially the thyroid and adrenals. Energ-V has proven helpful not only for fatigue, but also as an aid to increased stamina during exercise.

There are also many single nutrients that can help improve energy production. One of these is magnesium. Magnesium helps energy production in the mitochondria, but it also helps muscles

Feeling Tired? Caffeine Isn't the Answer!

Caffeine may be the most widely used drug, primarily because it isn't regarded as a drug. People have been using caffeinated beverages like coffee, tea and sodas increasingly during the last century to try to stimulate themselves. Energy drinks have compounded the caffeine problem simply because they contain even larger amounts of caffeine than coffee or sodas. Not only are adults consuming these beverages in large quantities, they are allowing their children and teenagers to do so as well.

In spite of its innocuous reputation, excessive use of caffeine may cause serious damage to the brain and central nervous system. Consuming large amounts of caffeine regularly can lead to serious health problems.

Doctors report that an increasing number of patients come to the ER having consumed three or four energy drinks within an hour (equivalent to 15 cups of coffee). A recent government survey found that from 2007 to 2011, the number of emergency room visits related to energy drink consumption nearly doubled, increasing from 10,068 to 20,783. The largest percentage increase

(279%) over the same period was found in people over the age of 40.

Side effects of excessive caffeine consumption can include an elevated risk of developing osteoporosis (caffeine causes the body to lose calcium, resulting in weak bones), rapid heartbeat, arrhythmia, sleeplessness, anxiousness, nervousness, irritability, cold sweats, loss of appetite, nausea and diarrhea. Symptoms of caffeine overdose also include headaches, fever, dehydration and seizures (acute overdose). Caffeine use also interferes with sleep, which means that the body can't effectively recharge its energy through proper rest.

The bottom line is that consuming caffeine isn't the answer to low energy. It's just making the problem worse. If you really want more energy, stop using caffeine and start rebuilding your body's energy reserves by following some of the suggestions found in this newsletter.



(and nerves) stay relaxed. Relaxed muscles hold a high amount of reserve energy, and when this energy becomes depleted, muscles become tense. So, if you have tense muscles, don't sleep soundly and are irritated or stressed by small things, you can probably benefit by taking **Magnesium Complex**.

Vitamin D also helps produce energy in the mitochondria. In one study, mitochondrial function was shown to be depressed in a group of patients with severe vitamin D deficiency. After supplementing with vitamin D3, the same group experienced a 20% increase in ATP production in linear fashion proportional to their vitamin D levels. All patients reported a reduction in fatigue. About 90% of the population is deficient in vitamin D, especially during the winter months. Supplementing with **Vitamin D3** can boost your energy, strengthen your resistance to infection and enhance your mood, bone health and cardiovascular function.

B vitamins help promote energy, maintain the nervous system, support immune functions, and buffer the effects of stress. For this reason, B vitamins are sometimes added to energy drinks. However, it's better to take your B vitamins as a supplement, rather than in a drink loaded with sugar and caffeine. **Balanced B Complex** is a good choice. **Vitamin B12** can also be helpful for energy as many people are not getting enough B12.

Support Your Glands

A common cause of chronic fatigue is an imbalance in the glandular system. Here are three of the major imbalances to consider.

Supporting the Thyroid

The most common glandular imbalance causing fatigue (especially in women) is low thyroid. When thyroid activity is low, the body's metabolic engine sputters and stalls. Signs of low thyroid include fatigue, getting easily chilled, cold hands and feet, weight gain, dry skin, reproductive problems, hair loss and depression.

If you have a lot of the symptoms described above, **Thyroid Support** may be helpful in restoring your energy. It contains a thyroid glandular, along with herbs and nutrients that support healthy thyroid function. It can help to rebuild a tired thyroid gland, boosting energy and improving overall health. Since the thyroid and adrenals work hand in hand, it is often helpful to take Thyroid Support with Adrenal Support (described below).



Rebuilding the Adrenal Glands

Low adrenal function is another common cause of chronic fatigue. When a person has been under stress for an extended period they start to feel exhausted or "burned out." This is a sign that the adrenal glands are fatigued and may be an indication that the entire glandular system is run down. Symptoms of this include: feeling unable to cope with life, loss of short-term memory, difficulty focusing or concentrating, lack of sexual desire and feeling chronically tired but sleeping poorly.

When these symptoms are associated with a lack of energy, it's very important to discontinue all caffeine and sugar. It's important to get enough sleep, too. Two formulas can be very helpful here.

Adrenal Support contains an adrenal glandular combined with herbs and nutrients to support healthy adrenal function. It is very

helpful in restoring depleted adrenal glands, which not only aids energy production, it helps a person cope better with stress.

Nervous Fatigue Formula is an adaptogenic blend from traditional Chinese medicine for a loss of "heart," meaning enthusiasm and drive for life. This blend promotes better sleep at night, while increasing energy during the day. It also helps to balance blood sugar, another endocrine imbalance that contributes to a lack of energy.

Balancing Blood Sugar

In order to maintain a stable energy level, the glandular system seeks to maintain a steady level of fuel in the bloodstream in the form of glucose or blood sugar. When blood sugar levels are too high or too low, energy production is disrupted. Refined sugar acts very much like caffeine in the body. It gives a quick stimulation to the body, but doesn't produce long-term energy. It raises blood sugar too quickly, causing the body to overcompensate by producing excessive levels of insulin.

The rapid spikes in blood sugar caused by drinking sugar-laden coffee drinks, sodas and energy drinks or eating candy, pastries and other high carbohydrate foods is followed by an equally rapid drop in blood sugar. This low blood sugar, or hypoglycemia, causes a drop in energy in the afternoon that can make a person feel tired, irritable and unfocused.

Replacing simple sugars and carbohydrates with fresh, whole fruits and vegetables, protein and high quality fats helps level out blood sugar and energy levels. If you tend to crave sweets, try taking 2 capsules of Super Algae and 2 capsules of licorice root at breakfast, again at lunch and again in the afternoon.

Get a Good Night's Sleep

Sleep is the most natural way to recharge our energy stores. Unfortunately, most Americans aren't getting enough. In 1900, the average American received 9.0 hours of sleep per night. In 1963, the average American received 8.5 hours of sleep per night. By 2002, the average American received only 5.9 hours of sleep per night Sunday through Thursday, and 8.0 hours on weekends. This is an average of 7.0 hours of sleep per night in a typical week. As sleep studies show—and most of us intuitively know—this is not enough sleep to maintain optimum energy levels and good health.



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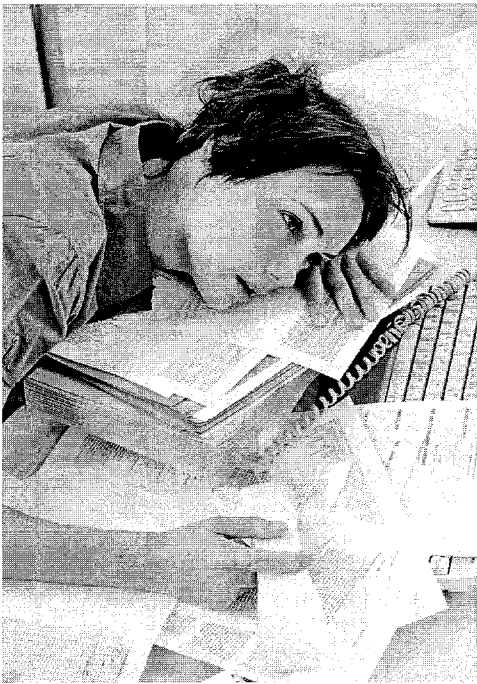
Additional Help and Information

For more information on how to overcome fatigue and increase your energy naturally, contact the person who gave this newsletter to you. You can also consult the following sources:

The Comprehensive Guide to Nature's Sunshine Products by Tree of Light
Healing is Voltage by Jerry Tennant, MD

AHG Symposium presentation by Paul Bergner on Chronic Fatigue (http://www.americanherbalistsguild.com/sites/default/files/bergner_paul_-_the_patience_with_chronic_fatigue.pdf)

Minerals: Right on Target by Steven N. Harvey



Feeling a Little Run Down?

Based on the rapid increase in sales of energy drinks, coffee and other caffeinated beverages, you aren't alone. Unfortunately, caffeine doesn't give you energy; it merely depletes your energy reserves.

Fortunately, there are natural ways to rebuild your energy reserves and have the stamina you need to face the challenges of life. Learn what they are in this issue of *Sunshine Sharing*.

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When we don't get enough sleep we start to suffer sleep debt. The *Journal of the Academy of Nutrition and Dietetics* recently published a review of research about partial sleep deprivation and energy balance. The review found that reduced sleep disrupts appetite hormones, promotes greater food intake, reduces energy expenditure, and changes body composition to favor fat storage. It's interesting to note that the rate of sleep deprivation and the rate of obesity in the U.S. have increased at a similar rate over the past 30 years.

Symptoms of sleep debt include fatigue, cognitive decline, cortisol cycle disturbances, insulin resistance (metabolic syndrome), and immunodeficiency. Sleep debt can also lead to cardiovascular problems that include elevated hypertension and increased risk of heart attack. Sleep debt also causes a decline in problem solving ability, making it harder for us to deal with life's problems.

The minimum amount of sleep needed to recover from sleep debt is 10-12 hours per night for 3 consecutive nights. If you have problems sleeping, make sure to darken your room as much as possible, turn off electronic devices and avoid consuming caffeine or spicy foods in the afternoon and evening. It may help to take **Herbal Sleep** as well as the two of the previously mentioned supplements Nervous Fatigue Formula and Magnesium Complex.

Other Considerations

Other lifestyle causes that reduce energy include poor digestion, food intolerance, insufficient protein intake, essential fatty acid deficiency and iron deficiency in women. Plus, a lack of exercise actually contributes to fatigue. The Copenhagen Heart Study found that brisk walking is the best way to build energy and improve cardiovascular health. Start walking at a brisk pace every other day for 20-40 minutes.