

# **MAC Complementary Health Clinic**

## **Increase your energy levels**



**Increase your Energy Levels**

**Booklet.**

**[www.mac-health.com](http://www.mac-health.com)**

## Some Foods That

### Increase My Energy?

👉👉 If you've ever wondered "What are some foods that increase my energy?", here's a list of over **twenty everyday foods** that do just that.

Many boost energy not just because they are **nourishing**, but also because they **tonify** your digestive organs and it is via the digestive process that you obtain energy.

If you're often tired and aren't including at least some of these **highly therapeutic** foods in your diet, start doing so today.

At the same time give these foods a greater chance of boosting your energy by **eliminating** foods from your diet that are nutritionally dead. For instance: Pasteurized dairy products, overcooked meats, white bread, cakes, candy, cookies, pastries, soft drinks and canned, processed foods. The fresher your food and the closer it is to its natural state, the better it is for you and the more likely you are to obtain **real energy** from it.

### Some Foods That Increase My Energy?

- **Figs:** Highly nutritious; enhance digestion & improve appetite
- **Dates:** Nourish blood; benefit digestion
- **Raisins:** Like figs & dates; a quick, high energy snack
- **Beef:** Nourishes & strengthens digestive organs
- **Lamb:** Improves appetite; nourishes blood; good for general debility
- **Pork:** Alleviates general debility; nourishes the internal organs
- **Chicken:** Aids general physical debility; nourishes qi (energy) & blood
- **Salmon:** Contains essential fatty acids for white blood cell production
- **Tuna:** As per Salmon

- **Eggs (raw yolks):** Nourish blood; stimulate adrenals
- **Honey:** Nourishes & strengthens digestive organs (add to warm water & drink it)
- **Molasses:** Nourishes blood (add to warm water & drink it)
- **Oats:** Good for general debility; nourish the digestive organs (great winter breakfast)
- **Papaya:** Nourishes digestive organs; improves digestion (great summer breakfast)
- **Bananas:** Good for nervous exhaustion
- **Grapes (dark):** Tonify digestion; nourish blood
- **Spinach:** Nourishes blood
- **Almonds (raw):** Good meat substitute (first soak in water overnight)
- **Pecans (raw):** Good for nervous exhaustion
- **Walnuts (raw):** Nourish blood & kidneys
- **Wheat germ oil:** Good for nervous exhaustion

**In addition** to these foods that boost energy, other equally simple and effective ways to increase your energy level include consuming nutritious drinks and doing breathing exercises to flood your system with energy-boosting fresh oxygen.

### ***A Tiredness Remedy That Instantly Boosts Your Energy***

This super effective tiredness remedy is **amazingly simple** and **takes just a few minutes** to do. It's a classic breathing exercise that **floods your system with energy-enhancing oxygen**, while at the same time expelling energy-depleting stale air and impurities from your lungs. Called the Cleansing Breath or Bellows Breath, it's a **natural energy booster** that can be done virtually anywhere well ventilated and anytime you feel tired, run down and in need of some **real energy**. While this breathing exercise/tiredness remedy is safe, you should **check with your health professional** before trying it for the first time.

### **Instant Energy Tiredness Remedy**

## How

Usually done sitting but can also be done standing.

Emphasis is on forcefull exhalation through your mouth to clear your lungs of stale air and impurities.

**1.** Sit with your back straight somewhere outside that's not too windy or inside near an open window.

Place your hands on your knees.

Look straight ahead.



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**2.** Immediately exhale forcefully through your MOUTH to empty your lungs. This should make a whooshing sound.

At the same time lean forward till your head is above your knees. This helps empty your lungs. Time it so that your lungs are empty as your head nears your knees.

As soon as you have expelled all the air from your lungs, slowly and smoothly start inhaling through your NOSE. At the same time begin sitting back up.

Fill your lungs no more than 1/2 full.



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**3.** Time your breathing so that you finish inhaling and are back in the upright position at the same time. That's one round.

Immediately begin another round. Do 10-12 rounds to begin, then take some slow, deep breaths through your nose to balance your breathing. Build up to 25-30 rounds in a session.

OR do 3 sets of 10-12 rounds and in between each set and after the final one, take a couple of slow, deep breaths through your nose to balance your breathing.

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## **Benefits**

- Expels stale air & impurities from your lungs and
- Floods your system with fresh oxygen, which
- Energizes you and
- Balances your emotions


## **Tips**

- Try this tiredness remedy first thing in the morning to wake you up, and also
- Do it *anytime* you feel tired, chronically fatigued or stressed
- If you feel dizzy, STOP, take some slow, deep breaths & try again later

***This tiredness remedy will certainly help you, however if, for instance, you're in a job you hate that makes you constantly tired and stressed (an extremely common situation), then clearly you need to make some changes in this area of your life - otherwise the above method is just a band aid and you may be on track for some major health problems. Or, maybe you're tired and stressed from not having a job?***

***Either way, what kind of job would make you feel energized and alive? Such work does exist - you might have to retrain, or update your skills, or perhaps you can make use of your existing knowledge or experience and sell what you know. If you're a working mother, or a mother who wants to work, maybe you can be a work at home mum. Bottom line - if your job or some other part of your life isn't making you feel good most of the time, when it really ought to, then change it!***

### ***Homemade Drinks For Natural Energy Boost***

 These do it yourself drinks for natural energy boost are **quick, easy and highly nutritious**. Drink them before or after exercise, between meals, or to replace a meal when you've no time to eat.

Most of the ingredients are **common, everyday foods** that you probably already have at home. If not you should be able to find them in any large supermarket or health food store. Some of these drinks for natural energy boost will require a juice extractor to make fresh juice and a blender to make smoothies. If you don't have these, most household appliance stores stock them and they're relatively inexpensive - just **think of the money you'll save** not buying ready-made energy drinks!

## Drinks For Natural Energy Boost

All energy drinks should be consumed immediately after making them.

### I **Banana & Fig Smoothie**

*Ingredients:* 1 ripe banana; 3 or 4 figs (sun dried best); 1 tablespoon honey; 1 cup water

*Method:* Put all the ingredients in a blender and mix till smooth. Add a heaped teaspoon of bee pollen powder (or equivalent in capsules) for an extra boost. Sun dried dates or raisins can be substituted for figs.

*Benefits:* Bananas benefit your nervous system; figs, dates & raisins contain natural sugars to boost energy; honey nourishes digestion & boosts energy.

### I **Honey & Bee Pollen Drink**

*Ingredients:* 1 tablespoon honey; 1 heaped teaspoon bee pollen powder; 1 cup warm water

*Method:* Put ingredients in a large glass, add water, then mix with a spoon. Add ginseng extract for an extra energy boost.

*Benefits:* Honey benefits your digestion & is a quick energy booster; bee pollen contains essential fatty acids & amino acids & stimulates production of sexual hormones; ginseng boosts energy & enhances digestion.

### I **Egg Yolk & Carrot Juice**

*Ingredients:* 1 large cup of freshly extracted carrot juice; 1 egg yolk

*Method:* Add the egg yolk to the carrot juice then mix well with a fork. Add 1/2 a teaspoon of spirulina powder for an extra boost.

*Benefits:* Carrot juice is highly cleansing & nourishing & improves blood quality which helps relieve fatigue; egg yolk stimulates sluggish, exhausted adrenal glands; spirulina is a super-nutritious vegetable protein.

## **Soy Milk, Egg Yolk & Honey Smoothie**

*Ingredients:* 1 cup natural soy milk (unsweetened, unflavored); 1 egg yolk; 1 table spoon honey

*Method:* Put all ingredients in a blender and mix till smooth

*Benefits:* Soy milk is a protein alternative for pasteurized cow's milk which does little more than clog up your system; egg yolk contains lecithin which benefits your brain & nervous system; honey nourishes digestion & provides a rapid energy boost.

## **I Carrot, Apple, Egg Yolk & Honey Smoothie**

*Ingredients:* One carrot (finely diced); half an apple (finely diced); 1 cup natural soy milk (unsweetened, unflavored); 1 egg yolk; 1 tablespoon honey; ginseng extract (3-9 grams, liquid or granulated form).

*Method:* Put ingredients in a blender and mix till smooth.

*Benefits:* Energizes, strengthens and invigorates.

**In addition** to these natural energy drinks, it is highly recommended that you try the following: