

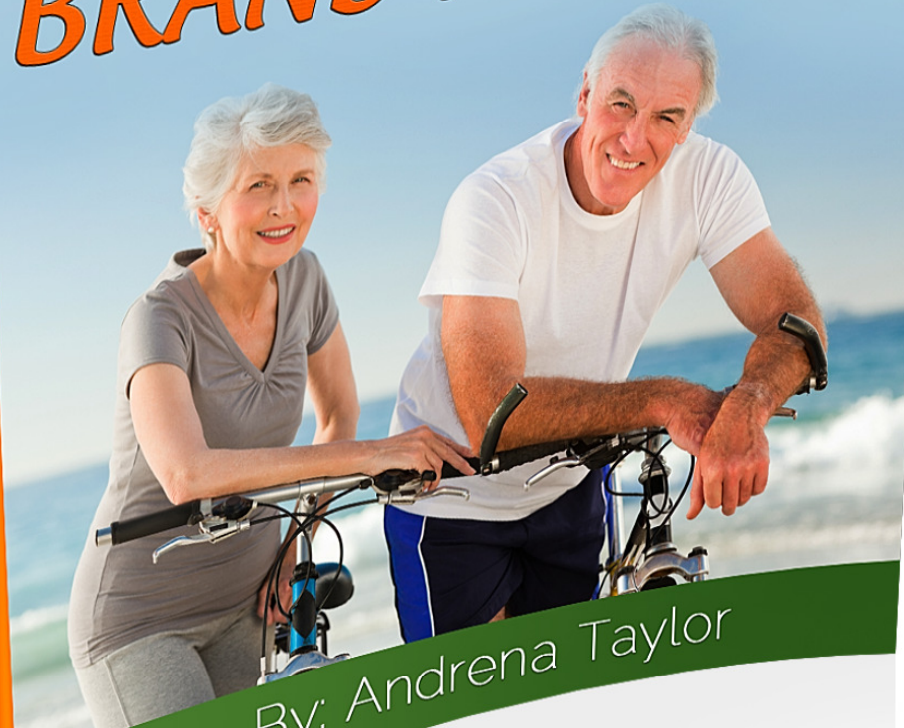
5

# ENERGY HEALTH BOOSTERS

FOR A

# BRAND NEW YOU

5 ENERGY HEALTH BOOSTERS FOR A BRAND NEW YOU



By: Andrena Taylor

Welcome,

I am pleased that you have downloaded this free guide.

Do you experience lack of energy or motivation?

Do you skip meals because you are so busy, multi-tasking, rushing from one thing to another?

Do you eat at fast food restaurants because you haven't planned ahead for your meals?

Do you experience digestive issues?

Do you waken not feeling rested after a full night's sleep?

If you answer "YES" to one or more of these questions....

You have come to the right place!



Hi, I'm Andrena – a Mom, Wife, Food Lover, Cook, Gardener and an Entrepreneur from Calgary, Alberta. I am a passionate Holistic Nutritionist whose goal is to empower and educate people who are committed to realizing their health and wellness goals.

I grew up eating fresh food from my Grandmother's garden and watched her make meals from scratch – nothing came out of a box and nothing was processed. She made amazing meals with just a few ingredients and seasonings. I grew up eating Kale right out of her garden before Kale became the 'new' superfood.

In today's fast pace lifestyle and access to fast foods, we really need to get back to basics. It is so important to know the value of where our food comes from and to focus on live, wholesome nutritious food. Everyone is

biochemically unique and our bodies are very resilient and patient, but eventually symptoms and issues appear that rob us of our energy.

I am so excited to share my passion with you and help you on your path to increased energy, vitality and wellness. This guide is designed to help you with simple steps you can take to feel better, have more energy and get healthier. I want you to believe in your health and that you can look and feel better, and have a balanced lifestyle.

Yours in Wellness,  
Andrena

## STEP 1 – MASTERING THE MIND

### Mindful Eating -Practice Gratitude

Do you often eat on the go?

Do you skip breakfast?

Do you eat your lunch at your desk, and continue working?

Do you eat your meals in front of the Television?

Do you take the time to fully appreciate the food in front of you?



Mindful eating means taking the time to be grateful for the food before you by appreciating the flavours, textures and colours. This allows us to slow down from our busy schedules to take time to enjoy our meals. Today too many people eat at their desk while working, or in the car while rushing somewhere, or eat on a couch watching Television.

This impairs digestion as eating while stressed slows down digestion and causes discomfort, and results in poor assimilation of vitamins and minerals.

Taking the time to enjoy your meals is an excellent way to reduce your stress and give you an energy boost for the day.

## STEP 2 – ASSESSING YOUR NUTRITIONAL QUEUES

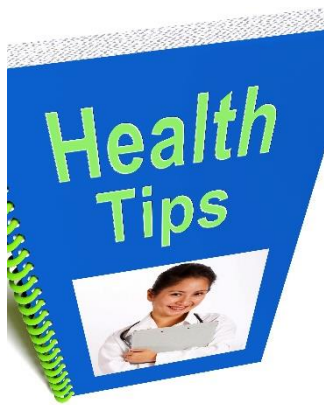
Do you ask yourself ‘what can I do to eat healthier’?

I don’t have enough time to prepare meals from scratch!

I don’t have time to exercise!

How can I have more energy?

I don’t know where to start!



Then you have come to the right place. My role as your Holistic Nutritionist will be to help you identify and assess your nutritional needs by asking you lifestyle questions to get a better understanding of you and what your wellness goals are. You will receive an individualized holistic health and wellness program which will help you achieve overall health and well-being. Your individualized holistic wellness plan will focus on whole, nutrient-dense foods, menu plans, natural source supplement recommendations and lifestyle modifications. I will provide further guidance by explaining food labels.

## STEP 3 – GIVE YOUR BODY WHAT IT NEEDS

### Drink Water.

Do you feel thirsty?

Do you have dry skin?

Are you constipated?

Do you experience heartburn?

Is your urine strong smelling and dark in colour?

These are your body's way of saying, "I need water...."



The average person should consume a minimum of eight cups of water a day in addition to the water that is released from the fruit and vegetables that are consumed. Coffee, tea and other beverages do not add to the water requirement and in some cases such as coffee, which is a diuretic, upsets our water balance.

Well hydrated bodies perform at their peak and give you abundant energy. If you are thirsty, this is a sign that you are already dehydrated. Dry skin, constipation, heartburn and strong smelling urine are other indicators of inadequate water consumption.

A good way to ensure that you drink enough water is to consume a cup of water for every hour that you are awake. Keeping a water bottle by your desk is a good reminder for you to drink your water. Ensure that the water you drink is pure. Avoid drinking tap water and invest in a water filter. Fruit infused waters are another way to encourage you to drink your water. Keep a jug of water in your fridge infused with lemon slices or mint or other fruit, or cucumber- this will have you coming back for more!



*Avoid or reduce consumption of anti-nutrients.* These include coffee, tea, caffeine, stimulants, carbonated beverages, sugar, artificial sweeteners, additives, preservatives and alcohol. Anti-nutrients are those things that do not contribute to your overall health. They are not building blocks for your body but rob you of vitality. Make the decision to cut down or eliminate refined sugars and processed foods and replace with real food. You will start to notice an increase in energy after a short while. Replace high-sugar foods and drinks with healthy foods instead.



*Eat Real, Wholesome, Unprocessed, Unrefined Foods.* Bring health back into your life and the lives of your loved ones by creating healthy meals every day using real wholesome, fresh, in season, local unrefined and unprocessed food. Eat more fiber-rich and water dense foods. Our bodies deserve to function at their best and we need to reclaim joy of eating real wholesome food. Whole foods are foods that are as close to natural state as possible. These include fresh colourful vegetables and fruits, nuts and seeds,

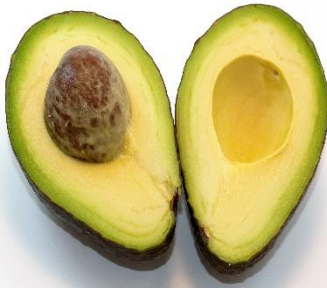
whole grains, dried beans, wild salmon, free range grass fed beef and wild meat. Wholefoods have not undergone any processing therefore retain all of their nutrients and fibers.

Take the time to plan your meals for the week. This will make your grocery shopping easier. Stock up on healthy snacks like fresh and dried fruit, nuts, and seeds. Cook double batches of meals on the weekend, then freeze for use for another dinner or for lunch. Make a big salad for dinner and then you have a salad ready for your lunch; and just add some protein, such as nuts, seeds, or hard-boiled egg, and you are ready to go.

If you have your meals planned, this will help you to avoid fast foods or less healthy choices. It is important that you do not skip meals. Planning ahead helps to reduce your stress around trying to figure out 'what's for supper'.

This balanced way of eating promotes lifelong health and vitality.

### Healthy Fats



There are many misconceptions around the word Fat. People have come to believe that fat is bad for you. There are bad fats which can cause health problems. These are the saturated and trans-fats which are common in processed foods and diets high in animal fats. The good fats are called Essential Fatty Acids, and we need these fats. What are the good fats and where are they found? These are found in nuts, seeds, wild fish, legumes, vegetables and nut oils. Some examples are flaxseeds and flaxseed oil, wild salmon, sunflower seeds, almonds, hazelnuts, olive oil, and avocados. Organic coconut oil, although a saturated fat because it is solid at room temperature, is an excellent source of good fat. It is easily digestible and converted into quick energy rather than stored as fat in your body.

### Digestion

Do you experience gas, bloating or flatulence immediately after meals?

Do you experience heartburn, indigestion, or acid reflux?

Do you crave sugar and sweets?

Do you have a lull in energy after lunch?

Do you have undigested food in your stools?





An efficient functioning digestive system is key to our health. It is through digestion that our body receives the raw materials that are needed to nurture, repair and fuel our body. Many unexplained and underlying symptoms and diseases are the result of impaired digestion. Digestion starts in the mouth and it is therefore important that food is chewed thoroughly and should not be diluted with too much fluid with the meal.

### Healthy Start to the Day:

The best way to start your day is to squeeze half a lemon into a glass of warm water and drink on an empty stomach, twenty minutes before you eat your breakfast. This helps to stimulate gastric juices, help digestion, cleanses the liver and boosts the immune system.

Eat a healthy breakfast. Breakfast can be as simple as a piece of fruit followed by a complex carbohydrate such as whole grains such as oatmeal. Nuts can be added for healthy fats. No time to prepare oatmeal? You can combine oatmeal with milk or almond milk in a jar the night before and put in fridge. In the morning top up with more milk or almond milk, nuts, seeds or berries. You can take this with you to eat when you get to work. Avoid the simple carbohydrates such as prepared cereals, bagels, muffins which all contain refined sugars.

## STEP 4- FEEDING THE SPIRIT

### Sit up, breathe, and embrace life.

Have more fun, practice meditation and relaxation techniques such as deep breathing exercises, develop good meaningful relationships – these activities all help to reduce stress and bring more joy into your life. Find and experience self-love, self-respect and self-worth-these are all part of Vitamin L – the love nutrient!

### Exercise

Exercise is very important to developing and maintaining a healthy body as exercise promotes cell regeneration. Exercise, coupled with a healthy diet rich in nutrient dense whole foods, speeds up the rate of cell regeneration, an anti-aging strategy. Regular exercise also promotes sweat production which helps cleanse the pores and promotes skin health. Other benefits are: promoting body fat loss, muscle tone, cardiovascular health and restful sleep.



You don't have to spend hours in the gym or run for hours; just maintain a consistent, daily routine of at least 20 minutes exercise such as walking, yoga, swimming, golf, dancing or playing with your children or grandchildren outdoors. Find something you enjoy doing and make it a routine. Put it in your schedule as a way for you to unwind from your day

Some ideas to increase your exercise can be as simple as:

- Start your day by stretching for five minutes.
- Walk on your lunch break. As well as getting exercise, this gives you a chance to release the stress from the morning.
- If you have a dog, go for an extra walk with your pet each day.
- Take the stairs instead of using the elevator.
- Park far from the store so that you can add to your daily exercise.

- If you enjoy walking but want social contact, find a friend to walk with you and turn a regular coffee date into an exercise date.
- Have a dance party in your living room. Put on some upbeat music and dance.

Keep a daily exercise log and you will be pleasantly surprised of what you have accomplished.

## STEP 5 – YOUR ENERGIZED SELF

### Peaceful Sleep

Good sleep allows your body to rest, recharge and relieve stress. It is important to create an environment that promotes good sleeping. Do an audit of your bedroom to identify anything that will disrupt your sleep. For instance, remove electric clock radios and cell phones from the head of the bed. Wi-Fi should not be in the bedroom or close to the bedroom. If it is close by, it should be shut off during the night. Ensure your bedroom is dark as sleeping in complete darkness allows your body to get into a deep phase of sleep.



Take a warm bath in the evening and add Epsom salts and essential oils such as lavender. This will help you relax before bedtime. Epsom salts are high in magnesium which is a tranquilizing mineral and added to your bath, helps your muscles relax.

If you follow the above strategies, you should feel refreshed when you wake up, energized and ready to start your day.

Created by Andrena Taylor, BA, CHN  
[andrena@andrenataylor.com](mailto:andrena@andrenataylor.com), Call 1-403-744-5096

Take the time each day to set your intention to choose healthy, delicious meals, drink more water, and exercise. Choose loving, positive thoughts about your body. Find gratitude and abundance in your life. Positive affirmations can influence your decision making for the day and set the tone for a day filled with more energy and vitality.

Are you ready to take the next step? Contact me today for your FREE 15 minute consultation to find out about a Personalized Holistic Nutrition Plan for a Brand New You.

Call me today at 1-403-744-5096 or email me [andrena@andrenataylor.com](mailto:andrena@andrenataylor.com) to set up your FREE 15 minute consultation and let's start on your journey to increased energy and vitality.

*Andrena*