

# Increase Your Energy In 7 Days

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Have You Lost Your "Get Up and Go?" Is Fatigue Costing You Relationships, Job Opportunities and Your Social Life? Do you want to do something about it ...but are wary of taking the antidepressants or caffeinated remedies that are usually prescribed for people who have lost all of their energy? Then you need to read- Vastly Increase Your Energy Levels In 7 Days Deal with your symptoms without antidepressants, histamines, hormones or weird sports drinks with hoodia or ginseng in them! Are You Tired of Waking Up Tired? Feel Better Within Days! From the desk of - insert author name Dear Friend, If you are reading this page then it is very likely that you are "sick and tired of being tired and don't want to take it anymore!" If you were like me you might have been living your life tired for so long that you may not even have realized that it was actually a problem. You were probably told all kinds of things about your condition that kept you in denial about having to do anything about it. Well, I am here to tell you that -- \* No, being tired all the time is not a function of aging! \* No, it does not happen to everybody! \* No, it is not about low blood sugar or a lame thyroid! \* No, you don't have to believe that as you grow older you lose your life force! You are just as capable of getting up every day full of energy as you were when you were twenty one years old! Although you may have been told otherwise it is not normal to experience any of the following - \* Sleeping for twelve hours at a time \* Being tired before eleven in the morning \* Wanting to collapse from exhaustion by four in the afternoon \* Being too tired when you get home from work to do anything but flop down on the couch and watch television \* Being too tired to cook a proper dinner for yourself or your family every night \* Being too exhausted to go to the gym and work out \* Being too wiped out to do the dishes or clean your place \* Being too tired to have a social life \* Being cranky because you feel too tired \* Avoiding confrontations because you are too exhausted to handle them \* Always being too tired to have a love life \* Being too tired to walk your dog or play with your children \* Being too tired to make to take a vacation when you have time off and preferring instead to cuddle up indoors. The bottom line? Being tired all the time is just not normal! It is not a natural part of aging and don't let anyone tell you any different! You would think that such a big list of symptoms might have you calling a doctor to see what is wrong with you.' However for the most part we simply accept that "feeling

too tired" is just a normal part of living. Are you ready to get your energy back again and feel better than you have in years? It is definitely one of the big ironies of modern life that despite the fact that so many conveniences that have been invented to make our life easier, our lives are more hectic and problematic than ever. In fact life has hardly ever in history been so difficult and exhausting for so many. Are you living just to get through day after day and just surviving? That is exactly what millions of people all over the world are doing. Just getting through the day feels like a major achievement. This type of lifestyle simply begs the question - How are you supposed to get ahead in life if you barely feel the motivation to get out of bed in the morning and are just counting the minutes until you can relax again? Furthermore the crankiness and lack of motivation associated with being chronically tired is contagious. You end up "spreading the magic" like some kind of big bad fairy. Quite frankly if you are tired all the time you are probably also bringing other people down and making them feel pointless and frustrated with life as well. Fatigue can be a baffling and frustrating condition to deal with because we can't be as confident. We can feel like we cannot take one more second of anything annoying that might be thrown our way in life. Furthermore always being tired can lead to depression. In fact exhaustion and fatigue are a symptom of depression! Even though energy loss due to information overload is a great big problem in this society there is very little information available about how to keep our personal levels energy sustainable and available to us no matter what we are doing. I just found this so frustrating! As someone who spent two years chronically fatigued I have to say I found it amazing that despite all of the health and fitness materials on the market just about nothing has been written on this topic. That is why I decided to write this book! Are You Ready to Change Your Life? Feel Enthusiastic and Energetic Again in Just One Week! One thing I found when researching this book is that people can be at the mercy of many different distressing symptoms at once that they don't even realize that a lack of energy is at the root of their problem. That is why in *Vastly Increase Your Energy Levels In 7 Days* I give you a crash course in just exactly what can cause this problem including -- A lack of sleep and how the cumulative lack of it can contribute to fatigue and performance problems The role that stress plays in making you feel very tired all the time How going to bed angry or upset can make you wrack your body and make you feel tired the next day How a "hot wired" brain can make you lose sleep and feel tired the next day How being stressed can physically make your body less efficient and cause stress How being meddlesome and uptight can contribute to the creation of feeling chronically tired Why eating nutrient deficient food can exhaust and

deplete your energy Why eating cheaper food could harm your health The role that the addition of chemical fertilizers into our foods plays in making us tired Why eating meat might make you more tired than eating other things Why eating improperly prepared foods can sap your energy Why boiling vegetables before you eat them is not such a hot idea if you want to stay energetic and vibrant How different ways of frying foods can translate into feeling energetic or lethargic during the day How eating certain types of food can cause shortages of iron, B12 and folic acid and make us feel tired How the drugs that are fed to farm animals end up in our bodies and can poison us and slow us down How taking prescription drugs can deplete our energy stores and exhaust us Why Western medicine does not really recognize "being tired" as a problem when it absolutely should! How your environment can have a significant impact on how tired you are from minute to minute as well as your overall state of wellness How "exhaust" from cars can literally exhaust you! (pun intended!) Why getting too much sunshine can deplete your natural energy levels How having a form of depression called Seasonal Affective Disorder can steal your energy from you What your personal physical condition might have to do with your energy level How carrying too much weight may or may not have something to do with how fatigued that you feel ...and much more about what you need to know to get rid of this uncomfortable condition. Is Fatigue Holding Your Life Hostage? Get Rid of That Tired Feeling and Get a Life! In the Vastly Increase Your Energy Levels In 7 Days I get you started about thinking about some of the factors that might have a part to play in just exactly why you might be feeling so drained every day! I help you take a good look at why you feel the way you do and help you assess what you are humanly capable of doing to address and change the situation. Of course the first thing that anyone should do in this type of situation is to check with your doctor or other medical care professional to see if there is something critical that is causing your fatigue. The truth is that all kinds of diseases have chronic tiredness, lack of energy, malaise and fatigue as their main early warning symptoms that something is wrong. Before you embark on any of the advice in this eBook you need to visit your doctor and make sure that you do not have an underlying medical problem. This makes a great deal of sense because once you get that clean slate and go ahead from him or her you can put your mind at rest (and mine too!) However if you are like most people and would just like to become more energetic and if you do not have a medical program than the advice contained in the Vastly Increase Your Energy Levels In 7 Days is absolutely for you. In the Vastly Increase Your Energy Levels In 7 Days I start at the beginning by dealing with the issues that might be physically contributing to

your exhaustion including - Why that old cliché you are what you eat is so true when it comes to fueling your energy levels How to macro manage your diet to become more energetic! How our daily consumption of sugar has increased over the years and affected our energy levels The relationship between conditions like irritable bowel syndrome and colitis and your exhaustion levels How a clogged colon can drain your energy in more ways than one How your body can expend energy that you need constantly processing toxins and make you very tired How to choose a commercially produced colon cleansing product that can ultimately help you raise your energy levels How to extract the maximum amount of energy, nutrition and vitality from the foods that you can consume The sugar rich foods that can drain you of all energy Why taking Vitamin C is good for boosting energy level How consuming too many saturated fats can make us feel exhausted Why drinking caffeine only peps you up temporarily and then cause the biggest escape of your energy at all How drinking green tea every day can help boost your energy levels Why eating organic helps reduce the type of strain on your body that can help you lose energy How to use robotic supplements to create energy in your body How bentonite clay can be used to absorb toxic materials in the colon that might be draining you of energy Why a raw veggie fast is sometimes recommended to people who would like to increase their energy levels A daily food pyramid to diet by that will give you energy rather than put you on the couch with malaise every night How to identify what times of the day you most need energy for and adjust your diet so you can fuel those times Why your mother was right when she said the breakfast was the most important meal of the day! How having a fifteen to twenty minute nap is better than having no nap at all when it comes to sustaining energy How to eat a lunch that is designed to prevent you from feeling sleepy afterwards How eating protein rich foods can keep you more alert than eating foods enriched with carbohydrates ... and much more about the physical aspects of trying to gain energy! However not all of the battle is physical when it comes to regaining your energy. The mental side of your general health is just as important! In Vastly Increase Your Energy Levels In 7 Days I also explain how your psychological plays a role in producing energy and the issues that are involved including - The relationship between a lack of sleep and stress that can cause you to feel less than energetic How a lack of energy can make you more temperamental and moody How identifying the root causes of what is bothering you can help release trapped energy from your subconscious How dark your bedroom should be so that you can sleep The foods that you can eat to help you get a better night's sleep so you have more energy in the morning How to turn off that "fight or flight"

reaction that can exhaust you and make you feel too wired to function How hypnotherapy can be used to help you train yourself to be less stressed and have more energy How practicing yoga can help you access energy that may be caused by psychological and physical blocks and traumas in the body How to use meditation and meditation CDs to practice meditation with the aim of calming yourself and creating more energy How the way you breathe can affect how much energy you have Why that old cliché "if you rest you rust!" is absolutely true How you can use exercise to create more and more energy The exact amount of cardiovascular or aerobic exercise that you need every week to optimize your energy levels The one exercise that you can do that can get you started when it comes to raising your energy levels -even if you have not exercised in ways! The exact role that your metabolism really plays in fueling your body with energy How much exercise is just enough to make you livelier and when to know when your exercise efforts are actually depleting your body of energy ...and much more about how to use mind over matter to create more energy in your body so you can feel positive and motivated all day long and every day! When I sat down to write this book I did it with the average reader in mind. I sincerely wanted to create a step by step plan for you that can give you an idea of what it is you personally have to do to increase your energy levels. I sincerely hope that the concise, direct and candid advice in this eBook can help you confront and combat any feelings of listlessness, fatigue and tiredness that you may have. I also suggest that you take action while reading this eBook rather than just reading the advice and then falling asleep on the couch. For instance, at the point in the eBook where I suggest that you get up and take a fifteen minute walk that should be your cue to do exactly that. That will go a long way towards reversing your lifestyle trend towards low energy. As someone who has been there I understand exactly why you may not want to take action if you have no action but if there is one thing that is true in life it is that nothing can change without action.

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