Two Simple Energy Boosters

Having energy to do all the things we need to do is as precious as having the time to do them. Yet many of us run on 'low' most days. So we supplement with vitamins. Or we say no to more activities to catch up on our sleep. I think there is a place for supplements (especially the food-based kind), and any kind of sleep debt will eventually bankrupt our health so sufficient sleep is essential.

But what if there are two simple ways of boosting your energy on a continued basis and you can begin to adopt them right now? You want to know what they are, right? :)

Well, here are two 'secrets' many people with lots of energy share!

Energy Booster #1

Chew your food to liquid. Or chew at least 39 times before swallowing your food. In other words, why not extend the enjoyment of your food and savor it rather than bolting it down? Digestion begins in the mouth and continues in the stomach and intestines. And the process takes up a lot of energy. Let your mouth enjoy part of the process.

Another bonus of eating deliberately is you will have fewer digestive issues. And you may not be tempted to overeat. That's always a good thing, yes?

Energy Booster #2

Get hydrated. The proverbial 8 glasses or water a day is an urban legend. You don't have to force-pump yourself that much. The quantity of water depends on your body mass, your environment, the season and your level of activity. But still many are dehydrated. So sip your water (please make it filtered) throughout the day and watch your energy soar.

If you find plain water distasteful, throw in a tiny pinch of sea salt (natural electrolyte), a splash of lemon juice or some flavored stevia. I personally don't care for icy cold water as I think that's hard on the digestion. But cold is better than not much or none.

So there you have it. Two natural energy boosters. :)

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