





# 10 tips for endless energy

Tired all the time? If you're running on empty, stop and take stock of your energy blocks. **Caroline Robertson** shows us how to eliminate energy leaks and let your power overflow with these 10 tips for abundant energy.



## 1 Mind power

When we're motivated, we muster energy to move. Be clear about what you want and go for it. As Oprah Winfrey said, "Passion is energy. Energy is the essence of life. Feel the power that comes from focusing on what excites you." Write a list of daily things that fuel your fulfillment and do them. Clarify long-term wishes to look forward to. Don't drain energy on the past or future. Plug into the power of now by feeling fully alive and appreciative of every moment. Smile, see, smell, touch, taste and hear the energy around you. As artist Corita Kent says, "Love the moment, and the energy of that moment will spread beyond all boundaries."

## 2 Exercise

Ironically, we don't feel like exercising when we most need to. Exercise unblocks our bioenergetics, increasing oxygen, circulation, nutrient absorption and clearing CO<sub>2</sub>, plus toxins. It channels adrenalin, which helps us dissolve stress and mental tension. Exercise empowers us with positive body awareness and a sense of achievement. Ideally, exercise first thing in the morning to avoid excuses. Explore exercise you enjoy and rotate with different activities. Thirty minutes daily cardio to sweat is the minimum to attain your ideal weight and fitness.



## 3 Nutrition

Delete high-calorie, toxic, low nutrient items from your menu. Eliminate sugar, soft drinks, cigarettes, alcohol, drugs and high carbohydrate meals. Feed your cells clean energy with eggs, organic meat, pulses, fruit, vegetables, nuts and seeds. Hydrate with at least one litre of pure water daily. Add supplements that ensure your ATP energy cycle (metabolic process) spins, including B complex, C, zinc, magnesium and iron. Heavy, late dinners just weigh you down. Have an adequate lunch and a light dinner at least two hours before sleep.



## 4 Sleep

The Dalai Lama said, "Sleep is the best meditation." Aim to be in bed by 10 pm and rise by 7am. Make a cosy nest. Ensure your head isn't facing north as this polarity pulls circulation to the head, disturbing sleep. Make the room dark, quiet and clean with fresh ventilation. Trouble sleeping? Try a warm bath, warm milk with nutmeg, self massage and soothing music. Avoid stimuli such as caffeine, alcohol, emotional conversations and exciting entertainment. Catch up with power naps if sleep-deprived.



## 5 Flow

“Every time you don’t follow your inner guidance, you feel a loss of energy, loss of power, a sense

of spiritual deadness,” says personal development author, Shakti Gawain. Your inner voice will tell you when to act, rest, interact and withdraw. Don’t let demanding people or situations drain you. Embrace relaxing regimes to melt mounting tension. As National Slacker Day spokesperson, Simon Pegg prescribes, “It is vital to understand the importance of doing nothing. Slacking is a necessity; it is Yin to activity’s Yang.”

**“ Ayurveda teaches that energy flows when we move our brain, breath, body and bowels regularly. ”**



## 7 Energising activities

Feeling low? Dance, sing, swim, splash water on your face, enjoy sex, clear clutter, laugh, flirt, paint, meditate, go outside, get a massage – any activity that makes you feel alive. Build enthusiasm by making a vision board with pictures of what you want in your life. Goals make us go...as American philosopher William

James said, “Give your dreams all you’ve got and you’ll be amazed at the energy that comes out of you.”

## 8 Attempt less, achieve more

Examine what energises you, making it top priority in your schedule. Reduce time wasting, tiring activities such as long phone calls, obsessive cleaning, negative media, striving for material possessions and sustaining toxic relationships. Instead focus on what fulfills you, irrespective of others. This is a big challenge for people pleasers. Remember the axiom, “I can’t tell you the secret to success but I can tell you the secret to failure – try to please all the people, all the time.” Serve yourself first so your positivity empowers others.



## 6 Herbal help

Boost your body’s resilience and restore

damage with powerful plants.

Complement a nutritionally rich diet with energising herbs such as Siberian ginseng, withania and astragalus. These increase immunity and stress resistance while instilling calm awareness. The Ayurvedic jam, chyavanaprash, is like rocket fuel, charging one through the day.

Liver herbs help to clear tiring toxins from the body.

Essential oils of rosemary, lemongrass and peppermint pep you up.



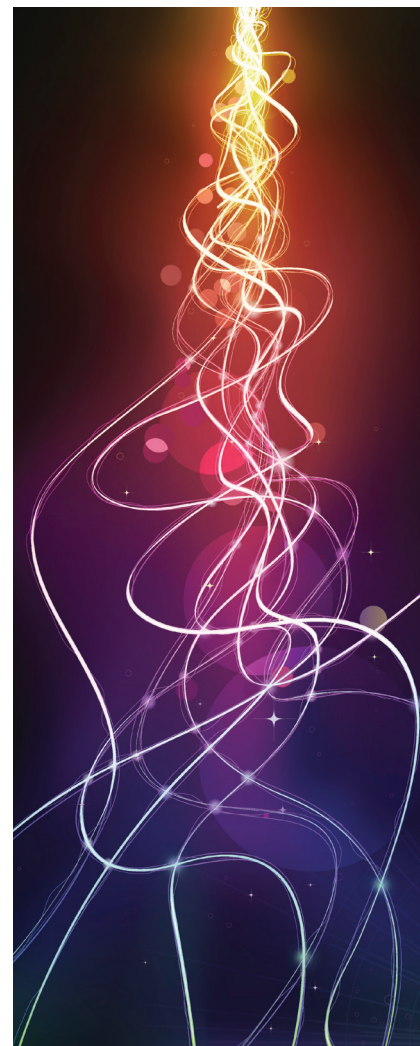
## 9 Digestion and elimination

Ayurveda teaches that energy flows when we move our brain, breath,

body and bowels regularly. Right now sit up straight, breathe deeply and sense how your tummy feels. If it’s heavy and bloated, your energy is blocked. Chinese consider this area the seat of chi and to eat is human, while to digest is divine. For strong digestion, eat regular wholesome meals, maintain good posture, chew at least 10 times, sip water, take your time, release gas and evacuate daily with the help of herbs or fibre if necessary. Consider a regular fast to eliminate any toxic backload.

## 10 Deal with disease naturally

Illness seriously impacts our state. The energy required to prevent disease is minor compared to the energy



demand to overcome conditions. As they say – an ounce of prevention is worth a pound of cure.

Common causes of fatigue include viruses, anaemia, hypothyroidism, diabetes, depression, obesity, hypoglycaemia, toxicity and cancer.

Ayurveda says there are no incurable diseases, only incurable people. Commit to your recovery with a clear diagnosis and treatment program.

Have the courage to shift self-sabotaging beliefs and habits. You’re worth it, your life is valuable, your potential unlimited. Patient, positive patients always improve, as Benjamin Franklin said, “Energy and persistence conquer all things.” **NH**

*Naturopath and homoeopath Caroline Robertson offers private Trinity Beach Retreats, worldwide consultations, guided meditations and overseas health retreats. Contact Caroline [www.carolinerobertson.com.au](http://www.carolinerobertson.com.au)*



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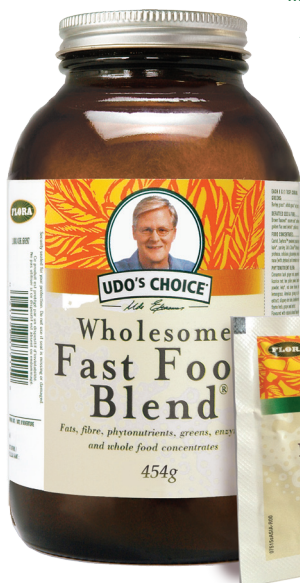
## Are you getting enough?

### Now it's so quick and easy to boost your nutrition!

In this day and age of modern, fast-food and frozen dinners, it is troubling to realise the nutritional value of our diet is not what it should be. Even home-cooked meals from store-bought groceries may not have the nutrients you might expect.

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### Udo's Yummy Yoghurt

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- 1 tspn Udo's WHOLESOME FAST FOOD Blend®
- 1 Tbsp honey (eg. Manuka)
- 1 cup strawberries, sliced (or other berries or fruit)
- 1 banana, sliced

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