Women's Health Library

Boost Your Energy with Supplements

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Additional Recommended Supplements for Optimal Health…

Foundation of Health:

- **Ultimate One**
- **CoQ10**
- **Omega 3 Fatty Acids**
- **Greens N' Things**
- **Chewable Calcium & D**
  or
- **Liquid Cal-Mag-Zinc**

See our full line of premium quality supplements at Our Store:

FreedomFromMenopause.com

These recommendations are for informational and educational purposes only. They are not intended as a substitute for advice from your medical professional, nor intended to diagnose, treat, cure, or prevent any disease. The information provided herein has not been evaluated by the Food and Drug Administration. WARNING: Before taking any of the products listed here, please consult with your healthcare professional if you are pregnant, nursing or if you have any medical condition or are taking any medicines. Dietary supplements can affect the way medicines work. If you are given a prescription for medicine, always tell your healthcare professional what dietary supplements you are taking.

We may all feel the pinch when it comes to completing our never-ending "to do" lists, but there's no reason why you can't sustain soaring energy. Here, a few tips on how to reserve your get-up-and-go vivacity:

Get enough sleep. Dedicate at least seven hours to sleep per night. It may be tough to work it into your schedule, but the commitment must come from within. When you're well rested, it provides you with energy throughout the day.

Get moving. Isn't it funny that you need to expend energy to get energy? That's how exercise works, by giving you a boost in energy levels and helping you sleep more soundly.

Carve out some "downtime." Closing the office or bedroom door for even 15 minutes to focus on yourself adds valuable time to your life. When you make time for yourself, it improves your well being and direction to focus on other things in life.

Just say "no." No matter what your job is, we're all maxed out at one time or another. Learn how to gingerly say "no" to projects you won't be able to complete, party invitations, or even household chores.

Eat well. Start off with a sound breakfast composed of fruits, veggies, whole-grain carbs and lean protein. Include at least 5 servings of fruits and vegetables sprinkled throughout the rest of the day, and curb high-sugar and fat intakes that make you groggy.

Supplement. Sometimes we all could use a lift—make sure to get enough B- vitamins, which assist in the body's ability to process carbohydrates for energy. A basic multiple vitamin and mineral supplement is a good start to cover your bases, as is a B-complex since B vitamins are water soluble and are not stored in the body (with the exception of B12). Adequate iron and protein also helps to maintain vitality. A magnesium deficiency could also be responsible for stealing your energy.

Try some green stuff. Natural sources used for centuries hold dynamic properties. Ginseng, spirulina, alfalfa, even fresh parsley (naturally high in iron and B vitamins) can provide a natural boost.

Our Recommendations:
Supreme Stress B
Liquid Cal-Mag-Zinc
Ultimate One Multi
Soy-Spirulina Protein Powder
Greens-N-Things