



## Eating for Energy

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In our fast paced, stressful lives when balancing career, family and recreation is such a demanding process, energy has become one of the biggest commodities. When you need a high-energy boost, do you reach for a power shake or a power bar? Do you resort to chocolate or coffee?

Our daily food choices play an integral role in fueling our bodies and mind. Foremost, do not underestimate the value of water. Sufficient consumption of water is crucial for our metabolism and one of our liver functions, which is to use up our stored fat for fuel. Eating the right amount of whole foods that have not been processed or refined is also key to avoiding dipping energy levels. Complex carbohydrates such

as whole grains, vegetables, fruit and legumes get absorbed gradually and systematically thus releasing energy at a long steady rate.

Balancing the appropriate amount of these whole foods with adequate protein and fat is imperative for our energy levels. Our immune system and organs rely on protein for maintenance and rebuilding, as does our nervous system. However, eating too much protein, trans fats and saturated fats can lead to energy stagnation, fatigue, weight gain, constipation, irritability, procrastination, and a general inability to move forward in life.

Decreasing the portion size of animal products (meat and dairy) will result in a lower consumption of saturated fat. Instead, use good quality olive oil, flax seed and fish oils either as a salad dressing, supplement or in the form of fatty fish, re-

spectively, are optimum sources for good fats needed for high energy. As you consider your good food choices, avoid refined, processed foods, sugar, caffeine, alcohol, tobacco and soft drinks. These stimulants provide us with a quick boost, quickly followed by a plunge in energy. This roller coaster phenomenon triggers craving cycles and fatigue.

Finally, it is imperative to consider when and how much you are eating. Skipping breakfast and eating too close to bedtime can substantially affect your energy levels. Take the time to listen to your body, as it will tell you what you need to know.

**See page 15 for details on the E-Series Workshop; where Dina will Energize you on, Are You Eating the Right Food?**



Helping clients create a balance and a healthy relationship between food and lifestyle

A customized approach to nutrition

- Private Consultations
- Private and Group Cooking Classes
- Yoga
- Thai Yoga Massage
- Educational Lectures

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