

7 *Secrets to* **Eating for Energy** *for busy moms*



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1. EAT BREAKFAST



Breakfast is, by far, the most important meal of the day for busy moms. If you want to start your day on the right foot – with a spring in your step, a smile on your face, and an upbeat attitude – it's imperative to eat breakfast followed by regular meals throughout the day.

If you start your day without proper nutrition, you set yourself up for feeling lethargic, getting grumpy, possibly overeating later in the day, and turning to sugary foods for that feeling of instant energy when you find yourself “hangry” and dragging.

Studies show that people who eat breakfast every morning enjoy more energy and a better mood throughout the day. Just as you wouldn't set off on a long road trip with an empty tank of gas, you shouldn't jump into your day without refueling your body from the work it has done during the previous night.

FOR *anyone hoping*
to BOOST ENERGY
skipping breakfast is NOT an option!

For Optimal Energy

- Eat within an hour or two of awakening.
- Combine plenty of fiber and nutrients through whole grain carbohydrates, good fats, and lean protein at your morning meal.
- Avoid big sugar loads at breakfast, as this will make you crave more sugar throughout the day.

Fat + Fiber + Protein = winning breakfast combination

*These statements have not been evaluated by the Food and Drug Administration. This information is not intended to diagnose, treat, cure or prevent disease.

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2. DRINK MORE WATER



Signs of Dehydration:

- Light-headedness
- Headaches
- Dizziness
- Confusion
- Increased heart rate/breathing rate

Being properly hydrated is a very easy and effective way to help maintain elevated energy (and boosted metabolism) throughout the day.

Your body needs water, and lots of it, to function optimally. Keep a stainless or glass reusable water bottle with you wherever you go while on the run.

If you are an exerciser, don't wait to drink until after your workout – drink 8 ounces of water before and after your activity. Skip the vitamin waters and energy drinks! Unless you're an endurance athlete, they just add unnecessary calories and expense.

Often times, what you perceive to be a food craving (like that candy bar or handful of crackers in the early afternoon) is actually a need to quench your thirst. If you experience that craving, try drinking a big glass of water (which should be easy since your water bottle is with you). Often times, you will find that your craving will be significantly decreased or completely gone.

Drink, drink and drink some more!

INTERESTING FACTS:

- In the course of an average day without exercise you lose 8-10 cups of water.
- Mild dehydration may slow your metabolism by 3%.
- If your body fluids drop by 5%, you may experience a 25-30% loss in energy.

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3. USE CAFFEINE WISELY

The pick-me-up from a cup of joe certainly feels like a great energy boost. But it isn't "true energy." It's a drug effect that alters the chemistry in your brain.

Limited amounts of caffeine (i.e. 1-2 cups of coffee/day) may have some health benefits; however, overuse and reliance over the long term, can be problematic.

Increased coffee consumption can heighten your reaction to stress and interfere with your sleep, both of which will sap your energy and leave you feeling exhausted. Plus coffee may act as a diuretic, purging water from your body leaving you dehydrated and you don't want that! (See Tip#2).

Learn to listen to your body, how it responds to caffeine, and act accordingly.

If you are taking medications or suffering from certain forms of anxiety, high blood pressure, or dependence issues, you should consult your physician regarding caffeine consumption.



Caffeine Suggestions:

- Limit to 1-2 cups/day
- Headaches
- Confusion
- Increased heart rate/breathing rate

4. EAT MORE GREENS

Green is the color associated with spring – a time of renewal, refreshment and vital energy in nature. This is what leafy greens provide to your body.

Nutritionally, greens are a powerhouse of nutrients that help with blood purification; cancer prevention; improved circulation; strengthened immune system; healthy intestinal flora; improved mood and spirit; improved liver, gall bladder, and kidney function; and cleared congestion.

Leafy green vegetables are the foods most missing from the modern day American diet of busy mothers. Learning to cook and eat greens is truly essential to creating great health. It's not too difficult and does not need to take a lot of time. There are so many greens to choose from! You are sure to find a few that you will love by simply adding them into your diet.

Leafy greens are loaded with calcium, fiber, magnesium, iron, folate, and other essential vitamins and minerals.

Glorious Greens:

- Kale/Collards/Spinach/Swiss Chard
- Watercress
- Bok choy/Napa Cabbage
- Endive/Arugula/Dandelion/Chicory
- Broccoli
- Turnip greens/Mustard greens



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5. MEATS IN MODERATION

Meats contain B12, a key vitamin that has been shown to boost mood and decrease insomnia. Who does not feel more energized after a great night of sleep?!

Lean pork, lean beef, skinless chicken and turkey are healthy sources of protein that include the amino acid tyrosine. Tyrosine boosts levels of dopamine and norepinephrine – brain chemicals that can help you feel more alert, focused and energized.

Try to purchase organic, grass fed, grass finished animal proteins whenever possible. Look for your local farmer's markets and make connections to obtain higher quality meats (or fruits and veggies too) at more favorable costs.

Aim to reduce your red meat intake to one serving/week or less.

Explore other protein sources

- Nuts
- Seeds
- Greens
- Eggs
- Fish
- Other Seafood
- Beans



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6. FOCUS ON OMEGA 3's

Studies show that diets high in omega-3 fats improve energy (as well as mood, memory, and thinking).

Omega-3's may also protect against depression, fatigue, and cardiovascular disease.

Omega-3 fatty acids are considered "essential" fatty acids. They are needed for your body to work, but not made by your body. Therefore, you need to obtain omega-3's from your diet, or consider taking a high quality supplement.

Aim for at least one excellent source of omega-3 fats per day.



Excellent sources of omega-3's

- Salmon
- Sardines
- Flax seed
- Flax oil
- Hemp seeds
- Hemp oil
- Soy beans
- Walnuts

Busy? Busy? Busy?

This may be one of the quality supplements you add into your daily regimen today!

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7. MAKE A PLAN

The image shows a 'WEEKLY MEAL PLAN' template. At the top, the title 'WEEKLY MEAL PLAN' is written in a stylized, orange font. Below the title, there are three columns labeled 'BREAKFAST', 'LUNCH', and 'DINNER'. To the right of these columns are two sections: 'SHOPPING LIST' and 'SNACKS', each with several horizontal lines for writing. The days of the week are listed in green boxes on the left: SUNDAY, MONDAY, TUESDAY, WEDNESDAY, THURSDAY, FRIDAY, and SATURDAY. Each day has a corresponding row of three empty boxes for meal planning. At the bottom of the template, there is a website URL 'www.betterhealthbyheather.com' and social media icons for Facebook, Pinterest, Instagram, and Twitter. A small logo with the letters 'B' and 'H' is also present at the bottom right of the template.

This may be the most important secret I share with you today. Well, actually, they are all very important.

So many busy mothers fly by the seat of their pants when it comes to cooking breakfast, lunch and dinner for themselves AND for their families.

Take a few moments at the beginning of your week to make a plan for ONE component of eating for increased energy that you would like to accomplish. For example, perhaps you want to drink more water. Take a sheet of paper and write yourself a reminder to drink one glass of water every morning upon waking and to buy a favorite water bottle that will go with you everywhere.

Maybe you want to focus on Omega-3's. Find that salmon recipe you've wanted to try, serve it on a bed of greens and bingo - you've accomplished two of my secrets with one meal!

Perhaps you really want to maximize your eating for energy. Take ten minutes and pick three breakfast, three lunch and three dinner recipes that you are going to prepare during the week. **Cook once, eat twice or three times.**

And before you know it, you will be well on your way to creating solid plans.

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Your Energizing Bonus



Ingredients

- 1 cup gluten free oats
- 1/2 cup homemade almond butter (or organic store-bought nut butter)
- 1/4 cup chia seeds
- 1/4 ground flax seeds
- 1/3 cup honey
- 1/2 cup assorted nuts, finely chopped (can be a variety of any nuts you like!)
- optional add-in's: coconut flakes, cacao nibs, dried berries

Instructions

1. Mix dry ingredients in bowl.
2. Add in almond butter (or peanut butter) and honey and mix well. (Use additional nut butter if needed to reach desired consistency.)
3. Mix in any nuts or optional add-in's.
4. Place bowl in fridge for 30 minutes to chill.
5. Once chilled, roll into bite size balls.
6. Store in an airtight container and keep refrigerated for up to 1 week. Makes about 20-25 balls.

Look for these labels for your healthiest options.



Remember as a child...

You had endless energy, enthusiasm to learn, an overall unstoppable zest for life, heartfelt happiness to engage in new relationships and activities.

Fast forward to your current life...

Are you experiencing low energy, chronic fatigue and frustrating brain fog? Or feeling like someone stole your mojo, enthusiasm, vivacity, vigor, health, sparkle and zest? Do you feel trapped in a body that is nothing like the one before you had babies?

My Story...

It was one of life's funniest yet most frazzled moments – My tired body was attempting to enjoy a festive baby shower for a dear friend while showing off my 8 week old twins. I had just prepped a plate of food when one of my boys needed a feeding. Put my plate on my chair and went off to take care of business. Returned, passed my boy off to welcoming arms and immediately sat back in my seat, right on top of my plate of food! AGH! There was nothing to do but laugh hysterically, change my pants, and realize my overwhelming low level of energy and focus.

After a 75 pound pregnancy weight gain, 3 babies in two years, insulin resistance, pre-diabetes, a sluggish thyroid, no physical activity, and way too much processed food, alcohol, and stress, it was time to escape the world of fatigue, brain fog, and unhealthy eating on the run.

I decided to take back my health and regain my ENERGY!

Today I feel fabulous and fit on a regular basis; I can think clearly (well, most days); I feel energized and happy and can face the challenges of daily life without losing my calm; I completed an Ironman 70.3; and I have truly recaptured the energy of my youth. It has been an amazing journey! As a certified health coach, I can help YOU set foot on your own journey to feeling energized and incredible.

Now is the time for YOU to regain your energy and start your journey to better health.



Book your Busy Mom Breakthrough Session today!

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My 7 Secrets to Eating for Energy for busy moms Have been revealed!



Book your Busy Mom Breakthrough Session
Start your journey today!

Please visit my website at www.betterhealthbyheather.com to learn more about my practice and find more freebies that may help you on your journey to increased energy and better health.

Find me on FB, Pinterest, Instagram, and Twitter. You may also email me at heather@betterhealthbyheather.com.



Until next time...be energized!



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