

3 Tips to Energize Your Day *with Natasha Krochina*

Breathe Daily **Bliss**



There are a lot of ideas and suggestions out there for helping you through the day, and I have spent time trying many of them. My mentor recommends the *Kaizen* approach. It's a Japanese word, that roughly translates—What's the smallest step you can take that will make the biggest impact in your life? We live in a culture of instant gratification. Many of us want to see results immediately, or preferably yesterday. As a result we change a lot of habits at once. Because of this pressure if we don't follow through just once or twice we quit what we have started and feel failure. Instead think smaller steps over longer time.

These following ideas may sound very simple, and they are. But see if you can commit to trying them for 21 days, that's only three weeks. Hopefully after a few days you will notice an improvement. But give yourself more time to really see how you feel and observe the shifts in your body and mind.



1 | Drink More Water. We are often more dehydrated than we realize. Water helps to flush out all the toxins our body no longer needs. Did you know that 80% of your hunger pains are actually caused by dehydration? Water also helps to keep the muscles energized, your skin looking good, kidneys functioning well, and maintaining normal bowel function. When your body is chronically dehydrated it leads to adrenal fatigue which is responsible for your stress response. Try adding lemon to help alkalize your body more. Surprisingly the citric acid in lemons does not create acidity in the body once metabolized. Switch it up, drinking hot water in the winter when it's cold outside, and cooler water in the summer months.

2 | Get More Sleep. In our modern world that never sleeps with 24-hour gyms, stores, television and the internet we can stay up and be entertained at any hour of the day. Sleep is one of the most underrated activities for feeling energized and excited for the day. We need 7-9 hours of sleep, while nearly 30% of American adults report getting less than 6 hours of sleep a night. Lack of sleep is linked with increased risk of motor vehicle

accidents, increase of body mass index—leading to a greater likelihood of obesity due to an increased appetite, increased risk of diabetes, heart problems, psychiatric conditions including depression, substance abuse, and a decreased ability to pay attention, react to signals or remember new information. While sleeping your body has time to clean up, regenerate and get things running properly for the next day. Much like the school janitor that cleaned everything up while you were at home every night.

3 | Eat More Greens. Dark leafy greens are packed with the nutrient, vitamins and chlorophyll (edible sunshine). The more greens that we add to our diet the more energy we receive from the sun. Greens contain lots of insoluble fiber which is similar to a sponge, absorbing toxins and waste, then moving this through your gastrointestinal tract to be eliminated from your body. Greens help you keep your body more alkaline and you probably know that cancer tends to grow in an acidic environment. Try eating a salad before every meal. Make a green smoothie for breakfast. Try some different types of greens, branch out, make

an effort to eat something besides your favorite green or two.

Basic Green Smoothie

- 1-2 pieces of fruit (apple, banana, orange, peach, mango)
- 3 c greens (spinach, kale, romaine, dandelion greens, chard)
- 1 handful of berries (blueberries, blackberries, raspberries, strawberries)
- 1 c water or more if too thick

Optional Extras

- juice of lemon or lime
- fresh ginger
- goji berries
- flax, chia or sesame seeds

Blend up and enjoy! If you have a high speed blender things will be much smoother. Try blending a bit longer if you still have big chunks. Although this is an easy way to add in a large amount of greens without the effort of chewing so much, you should chew your smoothies—it adds saliva which helps digestion.

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