



## Increase Your Energy: Top Ten Ways

1. **Reduce or eliminate caffeine.** The ups and downs of caffeine include dehydration and blood sugar ups and downs, making mood swings more frequent.
2. **Drink water.** Most Americans are chronically dehydrated. Before you go to sugar or caffeine, have a glass of water and wait a few minutes to see what happens. Caution: soft drinks are now America's number one source of added sugar.
3. **Eat dark leafy green vegetables.** Green is associated with spring, the time of renewal and refreshing, vital energy. Greens are full of vitamins and nutrients and great for improving circulation, lifting the spirit, purifying the blood and strengthening the immune system. Broccoli, collards, bok choy, kale, mustard greens, broccoli rabe, arugula and dandelion greens are some of the many to choose from.
4. **Use gentle sweets.** Avoid sugar and chemical laden artificial sweeteners. Use gentle sweeteners like maple syrup, brown rice syrup, agave nectar and stevia. Also eat sweet vegetables such as yams, sweet potatoes, carrots and beets.
5. **Get physical activity.** Start with simple activities, like walking or yoga—start with 20 minutes a day and increase.
6. **Get more sleep, rest and relaxation.** When you are tired or stressed, your body will crave energy. These cravings are often a result of being sleep-deprived, going to bed late, waking up early, for months and years on end.
7. **Evaluate the amount of animal food you eat.** Eating too much meat, dairy, chicken and eggs can lead to low energy. So can eating too little! Experiment. Respect your body's individuality.
8. **Take time for yourself.** Find activities that restore your energy, such as a walk, a bath, a museum, a movie or whatever you enjoy. Schedule a weekly date with yourself to do these things!
9. **Get in touch with your spirituality.** We are spiritual beings in a physical world. Find ways to get in touch with your spiritual side, be it meditating, dancing, drawing, or experiencing nature.
10. **Get rid of relationships that drain you.** People can drain you of your energy. It doesn't mean that they are bad, but it is good to notice who drains you and why. See if you can transform those relationships by communicating and setting boundaries, or end the relationship.



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### RECIPES

#### Mediterranean Quinoa

Serves 2-3

1 cup quinoa, washed and picked over  
2 cups water  
1-2 tbsp. organic extra virgin olive oil  
½ cup chopped kalamata olives  
½ cup fresh Italian flat leaf parsley, chopped  
½ cup toasted pine nuts  
½ cup sun-dried tomatoes, chopped (reconstituted in water)  
¼ cup raisins  
½ tsp. fresh or dried oregano  
½ tsp. fresh or dried basil  
Celtic sea salt to taste

Bring two cups of water to boil. Add quinoa, reduce flame to a simmer and cook for 15 minutes. When quinoa is done cooking, transfer grain to a metal or glass bowl and add olives, parsley, pine nuts, tomatoes, and raisins. Add salt, oregano, and basil to taste. You can also add in a can of blanched garbanzo beans for added texture. Enjoy!

#### Baked Carrot Oven Fries

These are the perfect snack and good for that sweet tooth!

One big bunch of organic carrots, washed, trimmed  
2 Tbs. extra virgin olive oil  
Sea salt

Heat oven to 375.

Cut each carrot in half (If carrot is too long, cut them in half again). Toss the entire bunch in a bowl with olive oil. Arrange cut side down in a single layer on a baking sheet and sprinkle generously with salt. Bake for 30 minutes or until carrots are golden brown where they touch the pan.

#### Crunchy Kale Salad

Serves 3-4

1 large bunch dinosaur (lacinato) kale  
2 TBS extra virgin olive oil  
2 TBS brown rice vinegar  
1-2 TBS Braggs Amino Acids  
1 clove crushed garlic (optional)  
1/3 cup toasted sunflower seeds

Wash the kale and chop it finely. The stems are edible but may be removed if desired. Pour olive oil, vinegar, amino acids, and garlic clove over the kale and mix thoroughly. Cover and place in the refrigerator between 2 hours and over night. When you ready to eat, sprinkle sunflower seeds over the salad. Enjoy!



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