



DIABETES NATURAL JOURNAL

NEWSLETTER

Healthy Ways to Become a More Energetic You.

We've all let it happen – we let our diet begin to slip, we don't get enough sleep, and we let ourselves get worn down. We feel less energetic, so we combat this lack of energy through artificial means: tea, coffee, sweets, sodas, and smoking. While the immediate result is more energy, the underlying result is that our body becomes more and more tired, which leads to health problems.

I'd like to present you with some easy tips to get away from these artificial solutions and create a more naturally healthy you. You'll notice the difference immediately, and your body will thank you for it!

Interesting Fact:

In a recent study of high achievers, the researchers noticed a few common themes across the group of people they studied. The high achievers typically under-ate, eating only healthy portions and not until they're "full". They did not eat junk food, and exercised moderately. They also drank 6 – 8 cups of water a day. In short, they kept their "machine" in good order – and so can you!

High Energy Tip: Exercise for 5 – 10 Minutes.

I know that, depending on your specific situation, exercise may be difficult for you. However, it's important to exercise no matter your challenges, every day. The health benefits of getting your heart rate up far outweigh the initial difficulty.

People without physical limitations can look at options like stretching, push-ups, walking or bicycle riding.

For people with more physical limitations, here's a good exercise tip: simply stand up tall, and then get down into a crouching position so you touch the floor with your hands. Then stand up tall or jump up straight again and stretch your arms up above your head. If you have difficulty doing that, simply move at the rate that you can. Repeat 10 times.

If you're not used to exercising, this may make you a bit short of breath, but please keep it up. Increase your repetitions on a daily basis, and stick with it. The more you keep these exercises up, the less tired or dizzy you'll feel.

If you're in a wheel chair, perhaps you could take up weight lifting. It's a great way to get the blood flowing!



High Energy Recipe:

Energy-booster drink:

1 oz freshly squeezed wheat grass juice

1 oz fresh lemon juice

2 oz water

Optional: Juice a few leaves of fresh peppermint herb together with the wheat grass – it tastes great!

Once you get used to the taste, try increasing your daily intake of this drink. Drinking fresh green juices is the fastest way to increase your vitality. Plus you get over 90 minerals, all in one beverage.

High Energy Tip: Drink 8-10 Glasses of Water.

It's the basic building block of bodies, and water also has a number of health benefits that can lead directly to a more energetic you.

Try having several glasses of warm water when you first wake up. Want to mix it up? Try hot water with freshly squeezed lemon juice and a tiny pinch of Celtic sea salt or Himalayan crystal salt. Drinking hot water stimulates your liver into action – always a good way to start your day, while cold water stimulates your elimination.

It's important to always drink pure filtered water or spring water with a low TDS (Total Dissolved Solids) count (below 30). Counts higher than 30 result in more work for the kidneys because the water is not

hydrating you sufficiently.

High Energy Recipe: Lemon Energy Boost.

Want an all-natural way to feel energized? Look no further than lemons. They boost your body's ability to hold electrical charge, and that means more energy. Lemons also thin your blood naturally, and the essential oil of lemon has been effective in dissolving blood clots in the lower limbs through external application. Lastly, lemons are great to detoxify your body. Here's an energy-boosting drink to allow you to take full advantage of lemons!

Lemon Energy Boost:

- 1 whole lemon (100% organic) – chopped finely, skin, pith and juicy flesh – smooth skinned lemons are best tasting
- 1 organic apple
- A pinch of Himalayan crystal salt / Celtic sea salt
- 1 cup water
- 1 tsp extra virgin olive oil
- 1 tsp honey
- tsp mulberry leaves (from health store) or 4 fresh leaves
- Optional: 5 fresh gotu kola leaves or 1 tsp dried gotu kola herb (centella asiatica)
- 1 handful fresh peppermint leaves (most mints will work) or 2 tsp dried mint herb (not the irradiated mint in the spice section of the grocery store)

Blend very well. It should be creamy smooth in texture.



High Energy Recipe: Mini Liver Flush Drink.

A strong liver means a healthy body, and this drink is your short-cut to a very healthy liver. Try having this drink an hour before breakfast. It's a great way to start your day, and get your liver functioning at a higher level. For best results, try to have this drink a few days in a row – 5 days on, 2 days off.

Mini Liver Flush Drink:

- 1/3 cup Grapefruit juice (fresh and organic is best)
- 1/3 cup Green tea
- 1 cup Lemon juice (fresh and organic is best)
- 2 Tbsp Olive oil
- 2 Tbsp fresh Ginger juice or empty the contents of 2 capsules dried ginger powder supplement into your drink

Stir briskly and drink. (Stir between sips to prevent the oil sitting on the surface).

This drink will help you eliminate accumulated “cholesterol-stones” that block up the bile ducts in your gallbladder. Most people have gallstones, even small children, but the liver is much healthier without them, and it frees up your energy.

For more recipes:

For more recipes, step-by-step instructions on how to reverse diabetes, and education on how your diet can be the natural cure for diabetes, refer to my book, “Diabetes Diet and Living Success” or visit my website www.diabetesdietcure.com

Enjoy being a more high-energy you!

By integrating these simple tips into your life, you will become a more high-energy you. Enjoy!

Yours sincerely,

Signature

Xxxxxx

Next Month: Is caffeine safe in a Diabetic Diet?