

## Natural Healing Express Weekly

### Column 214 Secrets of Longevity – An 8 week program, Part Three –Create Energy and Stamina

A couple of weeks ago, we began a series based upon Dr. Mao Shing Ni's "Secrets of Longevity". For week one, it is recommended that one detoxes the body. For week two, the recommendation is "sleep for restoration". In week three, we will discuss Creating Energy and Stamina.

We all surmise that most people know that low energy levels really put a drag on your day. You just can't seem to get done what you would like to do in the time allotted. And, also obvious to most, low energy really creates an issue with your longevity plans. It is interesting to note that in Chinese medicine, disease is defined as the result of stagnation or blockage in either energy or blood. So, guess what? You were right, low energy can contribute to lots of other issues.

Causes of low energy are varied, but the leading cause of low energy is the stress of living in our fast paced, negativity laded world. All you have to do is turn on the boob tube for about five minutes and even the best of us are stricken with anxiety over our current world events. Then, coupled with the fact that we may have to ultimately defend ourselves against terrorists known and unknown, one starts catapulting into a survivalist mentality of the "how to's" and voila – more stress.

Another contributing factor is poor diet. I have written several (maybe as many as 50) articles regarding how nutrition effects energy and longevity. If you are home for the weekend or travelling to our fine area of the continent for a vacation, check out our articles on [naturalhealingexpress.com](http://naturalhealingexpress.com) and click newsletters. And if you are college kid, needing to write a paper, well, I hear from some folks, there is a plethora of goodies from which to produce "ideas" for those dreaded class papers.

Anyhow, it's the same ole, same ole when it comes to diet, if you are eating far too many food which produce a rapid supply of energy in the form of simple sugars, they will quickly cease and case the body to deplete and feel "low" and "tired".

Another factor in low energy is lack of exercise. Exercise in a safe and reasonable form is always a plus.

So, how do we pick up some new ideas for increasing our energy? The following are 5 new habits one can follow for immediate results. Cut and Post Alert. (like somewhere on your refrigerator or computer).

#### 5 New Habits for Increased Energy

- 1.) Energize with Breakfast – You are what you eat, but you are also WHEN you eat. Start the day right with a meal that will give you energy ALL day long. Egg Whites Scrambled with Spinach and Mushrooms or a nice bowl of quinoa with goji berries. Pair with an Apple or Orange.
- 2.) Use Ginseng- Ginseng has long been the king of energy tonics. We have a couple of different tinctures at Natural Healing Express to choose from. These are great to have on hand when you are feeling a little "blah" or need to focus rapidly. One can pair ginseng with a great protein powder and produce an amazing shake which will keep the engine revved all day.

- 3.) Up Your Energy with Refreshing Scents- You can turn the air you breathe into a remedy for fatigue. We have several essential oils on hand that are recommended. Or you can grab a candle. These uplifting scents include: Grapefruit, Lemon, Lime, Orange, and Orange Bergamot. There are also several fresh herbs that help to energize – basil, rosemary, lemon balm, sandalwood and peppermint.
- 4.) Energize with Constant Movement – If you have to sit at work, energize your position by stretching at least once an hour. Pull your legs towards your torso and breathe out. Keep as active as possible.
- 5.) An Energizing Massage – There aren't a lot of great places to do this in our area, but if you can find someone that does a foot reflexology or Korean Hand Therapy, you would be absolutely shocked at how quickly the "stagnations" and "blockages" of the body can be remedied. I was quite impressed (which is hard to do) by Lowell Stuessy in Monroe. Phone #6083252705.

Bonus Tip – Weed out the Negative and Dramatic people in your life. You will recognize them in two easy steps – do you dread their phone calls/text/appearances? And second, when you are talking with them do you have a sinking feeling or a "how can I get the heck away from them" narrative running through your head? Well, chances are, this person is an "energy vampire" for you. And in this day and age, life is too short and fast to put up with that crap. Limit your exposure.

Try to be thankful and grateful for at least three things in your life each day. The fact you are still breathing and able to read a periodical is proof God still has a plan for you.

And on that note, Well, Happy Thanksgiving. As Americans, we live in the greatest country on earth. Give thanks for those who keep it that way. Many will not be sharing a home cooked meal with loved ones this year. I am thankful for all of the military folks in my life. Your service and dedication is incredible!

In addition, I would be remiss not to include a short list of personal gratitude. Thanks first and foremost to Our Lord and Savior. Nothing is possible without the Man Upstairs!

I am thankful for my clients and their ability to understand and desire conscientious care. You all give me purpose and allow a store like ours to survive in such a small area. Thank you to all of our customers who have hung with us during the Revitalization of Downtown Lena. Maybe, next summer for the first time, we will not be under construction.

I am thankful for our Wednesday "class' night folks, you are all amazing people. Rock On!

I am thankful for all my close friends (most of them over-achieving in their lives while being hilarious and mischievous) I am also grateful for dear friends who have passed on. Mainly Rita and Judy, you are so missed.

I am grateful for my family and extended family. You guys certainly keep it interesting. What a year we have all had, huh? I don't know if I have ever worked as much or laughed as much. What's in that box? Can someone else use it? Throw it in the truck! Insert Astute German Godson Remark here - "vellll, why not throw out and never move again?" Seriously, we need our own reality show.

I am forever grateful to my parents. I know they are having a big party in heaven and it is well deserved.

And to the man who is constantly trying to steal my heart, well, I am very thankful for you. And, guess what, if you keep trying, you just might succeed. Oh, and I am very thankful for wine. Yes, Wine.

Enjoy your day and your week. We are hosting a knitting/crochet event on the Saturday after Thanksgiving at NHE from 11:00am to 2:00pm. Come enjoy yourself, knit a row or six and have some fun.

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: [skscham@aol.com](mailto:skscham@aol.com) 204 W Main St, Lena, IL 61048.

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