

INCREASING ENERGY NOW:

WHAT EVERY MIDLIFE
WOMAN NEEDS TO KNOW

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LET ME TELL YOU A STORY:

I recently spoke with a new client, “Sue” who was a bit shaken by a driving incident. Sue said, “I’m okay, but I had a little accident yesterday. I fell asleep at a stop light, veered off the road and hit a construction blockade. I am so tired that I fall asleep almost anywhere. I also have brain fog and don’t even tell me to exercise, I have no energy and zero motivation. Help me get my energy back and clear my foggy brain and I will love you forever.”

Women are desperate for answers for tackling fatigue, foggy thinking, poor sleep, uninvited weight gain and much more. I have spent 25 years working with women like Sue who are so exhausted that it's become a way of life along with poor sleep, brain fog, lack of motivation and weight gain.

My background in Chinese Medicine, Practical Nutrition, Health Coaching, and amateur chef gives me a unique perspective on the fastest ways to **beat back exhaustion and get excited about the future.**

I created this book to offer you, my friends, insights into why you’re so darn tired and tactics on how overcome exhaustion. Your body is a perfectly designed machine that needs good fuel, some quality oils, room to run full-out and time to rest in between. Using **any one** of the suggestions that I have provided will bring you closer to feeling and thinking like the vital energetic woman that you are meant to be. Using ALL the recommendations: Watch Out World! Let’s get started!

***“The mass of **women** leads lives of quiet desperation. What is called resignation is confirmed desperation... Thoreau
(adapted for my purpose of talking to women).***

Women are running themselves ragged doing for others and trying to make other people happy at work and home. Women are leading lives of quiet desperation. Some have put their dreams on hold or forgotten about them all together because they're burned out and exhausted. We're making sure that everyone else is taken care of at the expense of us. We (women) are just plain tired, and this book was created to help.

CHAPTER 1:

EAT MORE REAL FOOD

Welcome! The tips, tricks, and secrets that I share in these pages really work. Making one small change will make a huge difference in the way you feel and give a big boost to your self-confidence.

*The size of your **success is measured** by the strength of your desire; the size of your dream; and how you handle disappointment along the way. **Success** isn't **measured** by money or power or social rank. **Success is measured** by your discipline and inner peace. Zig Zigler*

The number one secret I want to talk to you about is: **food**.

You're probably rolling your eyes thinking, "Well Duh" or "Oh, I don't really want to hear about food because I know you're going to talk about cutting out carbs and sugar and you're right!

But I'm going to tell you:

You're not eating enough real food and that's the worst thing you can do!

When you eat sugars and starchy carbs instead of vegetables and proteins, the sugar/glucose rushes into your blood stream. (It's like a tsunami, every time you eat sugar). Eating starchy carbs for breakfast, starchy carbs for lunch and starchy carbs for dinner with some sugar in your coffee and a sugary dessert your body is *flooded* with excess glucose all day.

Glucose makes really bad things happen in our brains and bodies.

It messes with your dopamine. Dopamine is called one of the “feel good” neurotransmitters. It produces your good mood, enhances learning, and helps with planning. It opens the pleasure pathways in the brain. When you eat sugar, the brain is flooded with dopamine.

When the brain is flooded with all this excess sugar the dopamine receptors start to thin out because you don't need as many because there is a rush of sugar coming in all the time. The dopamine receptors get used to the sugar rush being a regular occurrence. Which means your brain needs more and more glucose to create dopamine. Fighting sugar cravings is more than willpower. Your brain begins to crave sugar to feel good. You get less excited about normal food, and you need another “hit” to feel satisfied and normal.

You KNOW you must cut down on sugars, but you just can't fight the cravings.

Do we have to take the sugars and our carbs out of our diet? Yes, but it isn't your will power that's let you down, I want you to understand that.

You don't have enough Will Power to fight sugar cravings!

Research has now proven that Will Power is something that we only have a *limited amount of* on a daily basis. With the crazy number of choices and decisions we have to make during a day, no wonder we run out! All these choices use up our reserve of willpower. So, it's not your fault that you can't say “no” to sugar!!

Leptin is a hunger hormone that creates a negative feedback loop in your body.

What does that mean?? This leptin is supposed to tell your brain when you have had enough food and you are able to stop eating. When that doesn't happen, it's called **leptin resistance**.

Leptin competes for the same receptor sights in the brain as that darn glucose.

Leptin is being blocked from hitting the brain receptors and can't tell your brain you're full! When the dopamine receptors in your brain have been thinned out, your leptin has been blocked and your will power is used up, EAT MORE REAL FOOD!

Bottom Line: You're not eating enough nutritious food.

Do you get up in the morning and say, "I'm too busy to eat" and you rush off to work? By the middle of the morning, you're starving. If there is a starchy carb within 100 feet of you, you're going to eat it!

If you make it to lunch without eating a starchy carb you reach for a salad, instead. However, lettuce has very little nutritional value. Romaine has a little bit of Vitamin A, but other than that, lettuce is a holder for whatever you put on top of it.

Don't be fooled into thinking that cheddar cheese and chicken on top of your salad is enough good calories to fill you up. Plan on at least 1 cup of veggies on top of that lettuce, more chicken, avocado slices, and some walnuts. Do you see the difference? Eat More Food!

Foods That Beat Fatigue

Based on 1200 calories/day. (Yep, that's what you should be eating!)

- 3 heaping cups of leafy greens (preferably not leaf lettuce) try arugula, spinach, dandelion greens...
- 3 heaping cups of Sulphur-laden vegetables: cabbage, cauliflower, brussel sprouts, onions, leeks, broccoli, garlic, kale, etc.
- 3 heaping cups of colored vegetables and fruit not mentioned above
- ½ of your calories should come from healthy fats: nuts, olive oil, coconut oil, avocados (not peanuts).
- Grass-fed animal proteins and eggs.

I **know** you aren't eating that much *real* food. I try very hard to eat that many vegetables in a day without a plan. And, if you are cooking for more than one, I would be amazed that you came close to the above amounts of food for a day. ***That's why you're tired all the time!***

Major Emphasis on Fats

Every cell in your body needs high quality fats, called Omega 3 fatty acids, to flourish. Your brain is primarily fats, your cell walls are fats, and all your organs are cushioned by fats.

I'm not trying to be overly dramatic, but what are our brains? Our brains are cholesterol. Cholesterol is what? It's fat. Our brains are fat. There's a lot of different ways to look at embracing fats.

I am suggesting that you eat more fats, high quality, monounsaturated fats. NOT French fries or a lot of the processed vegetable oils.

Those are going to cause inflammation in your body, but embrace olive oil, nuts, eggs. Yes, eggs have been out of favor and in favor. Unless you have known allergic reaction, eat them! And the payoff is you will feel more satiated. You will feel like you're not as hungry when you're eating more fats.

Change from being a sugar burner to a fat burner and your energy levels will skyrocket.

Take out: processed grains, cow dairy, sugars, corn, and soy and you will have less inflammation and huge amounts of energy.

Eat more organic fruits and vegetables.

If you're not eating organic, you're saying, "Hello. Please direct me to any of your vegetables that are sprayed with insecticides, pesticides and herbicides." All those chemicals must be filtered through the liver. The liver is the primary filtration organ of the body, and it is also in charge of breaking down glucose.

By the time you've hit midlife the liver has done a lot of work and stored a lot of chemicals.

Eating organic will give your liver a reprieve from the onslaught of toxins it is subjected to every day.

*The average American woman is exposed to
168 different chemicals and toxins every day.*

There's always an argument that organic fruits and vegetables are more expensive and aren't worth the money. I argue that if you stop buying the processed foods from the middle of the store and bought more organic vegetables, your bill would be comparable. If you simply can't afford to buy all organic, I have listed the Clean 15 and the Dirty Dozen for reference. These are the lists with the most heavily pesticide use and the fruits and vegetables that are the cleanest to eat.





Fruits turn to glucose too!

Yes, fruits will raise your glucose levels. Some fruits create less than others: berries, raspberries, strawberries, blueberries, and blackberries have a low glycemic load. In general, berries don't spike your glucose levels like other fruits do. Bananas and pineapples are very high in sugar. Can you still eat them? Yes, but in very, very moderate quantities.

I wouldn't suggest that anybody grab a banana and run off to work, because that banana will spike your glucose and when the sugar wears off you will need more sugar to get more energy and the sugar cycle continues all day.

Eating Sugar = fatigue = weight gain = brain fog

Eating more food containing fats and proteins and lots of veggies and your days of fatigue, weight gain, brain fog, memory issues and all the chronic disease associated with aging will begin to disappear!

- Food, glorious food. Eat more.
- Eat organic vegetables.
- Eat more grass fed and humanely raised protein sources.
- Eat more quality fats: olive oil, avocados, nuts, olives, coconut oil...
- Reduce sugar to 20 grams per day.

Stop eating wheat/gluten, cow dairy, corn and soy.

CHAPTER 2:

TAKE HIGH QUALITY VITAMINS / NUTRIENTS

My clients say, "I don't want to take a bunch of nutrients."

"I don't want to take a bunch of vitamins."

"I don't want to take a bunch of pills."

Remember what was suggested in Step 1?

- 3 heaping cups of leafy greens.
- 3 heaping cups of Sulphur-laden vegetables.
- 3 heaping cups of colored vegetables and fruit.
- And grass-fed protein.

Even if you eat *all* that food every day, you still need nutrients. Our soil has become depleted of many of the vital micronutrients that are essential for optimum health and our time spent behind computer screens and indoors deplete our reserves of vitamin D3.

Magnesium

Magnesium is essential for over 700 different body functions. 85% of woman are deficient in magnesium. Magnesium is a muscle relaxant, and it calms the nervous system. Taken before bed, it is a natural sleep aid. Magnesium citrate, glycinate, threonate are all great choices, look for a supplement with all three! WARNING: magnesium oxide can cause intestinal difficulties (diarrhea).

FACTS

- Called “the mood mineral” due to its link to mood regulation.
- Has a major role in the development of serotonin, the happiness hormone.

DEFICIENCY SYMPTOMS

- Constipation
- Irritability/anxiety
- Fatigue
- Mental confusion
- Not being able to handle everyday stress
- Muscle pain and spasm
- Sleep disorders

DOSAGE

- Start with 100 mg at bedtime and work up to 300 – 400 mg throughout the day over several weeks.
- Choose magnesium glycinate, magnesium citrate or magnesium threonate are the most absorbable.

(NOTE: A DEFICIENCY WON'T SHOW UP IN BLOOD WORK BECAUSE MAGNESIUM WORKS INSIDE THE CELLS.)

Vitamin D3/K2

D3/K2 essential for fighting fatigue, boosting your immune function, increasing bone density, brain power and healing leaky gut. The list is almost endless. NOTE: **You must know what your Vitamin D level is!** There are now companies online that you can order a Vitamin D3 test from the comfort of your home! Take the test order form into a testing location and voila! You have your results in 7 – 10 days or less.

Of course, there are doctors saying, "You don't need to take D3 supplements. You can eat salmon."

Or you may think that hanging your arm out the car window for a 15-minute car ride will do it, but the real criteria for creating Vitamin D3 from the sun is much different. You must go outside with 30 to 35% of your skin exposed, preferably between 11A and 1P with no sunscreen on, and even that at some latitudes, won't be enough.

What's K2 and why is it important? (No, K2 is not potassium), it is a real vitamin not to be confused with K1. K2 activates a protein that helps calcium bind to our bones. It increases bone density and reduces bone fracture rates. Vitamin D3 activates calcium absorption and K2 helps move the calcium into the bones. Of course, you need these two in combination with magnesium that makes these three the Three Amigos!

FACTS

- Called the “happy” vitamin, creates more energy
- You must have adequate amounts of vitamin D to absorb magnesium and calcium
- Kills bacteria, viruses and fungi
- Significant immune booster
- Aids body in creating red blood cells faster
- Essential for healthy bones and teeth

DEFICIENCY SYMPTOMS

- Low immune function
- Osteopenia or osteoporosis
- Pain in bones and general weakness
- Depression and/or anxiety
- Risk of cardiovascular disease
- Higher rates of dementia
- Shorter life span due to immune function reduction

DOSAGE

- Varies by individual: without knowing specific levels, 5,000 IU/day and K2 100- 120 mcg.
- Optimal blood test levels: 60 - 90 ng/ml
- Look for a vitamin D3 (not D2) that also contains K2 as these two nutrients are symbiotic (they need each other to be successful).

Magnesium & Vitamin D3/K2 work together. They need each other to activate!!

OMEGA 3 ESSENTIAL FATTY ACIDS

Omega-3s make up the outside of every cell in your body. You **MUST** take it because the body cannot make it. And, no, you can't eat enough salmon and olive oil to get enough for all your little cells to be happy.

FACTS

- Necessary for human life, but not produced by the body
- Anti-inflammatory
- Building blocks of happy brains
- Associated with increased energy

DEFICIENCY SYMPTOMS

- Crave fats and fatty foods
- Depression/anxiety/confusion
- Dry skin, nails and eyes
- Stiff or painful joints

DOSAGE

- Minimum 1,000 mg of a 2:1 ratio of EPA/DHA. Read.The.Label. Not all Omega 3 supplements are the same!! If the ratio is different from 2:1, it will not be bio-available for your cells. Cheap, smelly fish oil will create free radical damage to your cells.
- Sourced from small fish: herring, sardines, etc.
- 3rd party tested for purity. This means another testing facility has tested it for mercury and other toxins.

Vitamin B Complex

B complex. Think of B for Brain. B vitamins are the number one vitamin to help with nerves. There are **13 vitamins** essential to life and **8** of them are B vitamins. Enough said! Take your B Complex!

FACTS

- Vital for energy production
- Creates healthy red blood cells
- Essential for brain and nerve function
- Helps with stress management

DEFICIENCY SYMPTOMS

- Linked to low energy and depression
- Brain fog
- Numbness and tingling in hands and feet
- Skin disorders
- Feelings of stress and feeling overwhelmed
- Digestive issues and nausea

DOSAGE

- B-complex with at least 2.4 mcg. of methylcobalamin (B12)
- Buy a B-complex with folate, the natural form of B9.

Important Note: Make sure you look at the B vitamins that are included in the B complex. If it says cyanocobalamin, put it down and buy one that has methylcobalmin, it is more absorbable. Same goes for Folate always buy the B Complex with Folate NOT Folic Acid.

Probiotics

I hear this all the time: “I don’t need to take probiotics, I eat yogurt.” Unless you are eating plain, non-dairy yogurt, it is made from cow dairy, which can be inflammatory and contains lots and lots of sugars.

Yogurt is a food which must be digested through the stomach. The stomach acids kill a large portion of the weak probiotics that are in yogurt. You need a high-quality probiotic that has a vast array of different types of good bacteria.

FACTS

- Our internal microbiota weighs more our brain
- Essential to nutrient absorption
- Helps fights infection
- Fights cancer, colds and constipation
- Responsible for 70% of our immune response
- Kill antibiotic resistance bacteria

DEFICIENCY SYMPTOMS

- Constipation
- Excess gas/bloating
- Chronic diarrhea
- Chronic bad breath
- Poor digestion
- Brain fog (gut-brain connection is crucial)
- Chronic sinus issues or headaches
- Poor skin health
- Low immune function (more colds and flu)

DOSAGE

- 5 to 30 billion CFU's per day is minimum dose for a healthy individual.
- More is required if you are experiencing any of the above symptoms.

I've introduced the Top 5 nutrients that will assist in giving you back the vitality you desire. Magnesium, Vitamin D3, B vitamins, probiotics, and Omega 3. If you take no other supplements, you will feel significantly better within a short period of time. Are there other vitamins that you need or would help rebuild your cellular health? Of course! If you want to learn more about nutrients that are personalized to your specific needs reach out to me for a complete nutrient evaluation.

NOTE: This is a recreational discussion not intended to replace the opinions of a medical professional. This discussion about nutrients does not replace a diagnosis as is not intended to treat any health conditions.

CHAPTER 3:

PERFECT THE POOP

How are you pooping? If you are not pooping once a day there's something that needs attention in your body. And what is that?

- Not enough good probiotics living in your gut
- Not enough fiber to move things through.
- Not enough water.
- Not enough exercise.
- Decreased magnesium level.
- Too much stress.
- Not enough real food.

Let's talk about fiber.

Fiber is a huge part of increasing the frequency and the type of elimination that's you're having.

I'm suggesting 25 - 30 grams of fiber for a woman. That lunch salad has maybe 2 grams of fiber, if you're lucky! I challenge you to look up and record the amount of fiber in the foods you eat for 3 days. You will be amazed how much fiber isn't in your diet!

How much fiber in 1 cup of oatmeal? Answer: Not much.

How much fiber in steak, and eggs? Answer: None.

Symptoms of Irregular Elimination

- Sluggish / lack of energy / no motivation
- Bad breath
- Pimples, acne, occasional breakout
- Anger issues
- Inflammation
- Exhaustion and/or weakness

DEFINITION OF REGULAR

- At least once per day
- Medium brown in color
- Soft but formed
- Long
- Minimal wiping necessary

WHY SHOULD YOU CARE?

- 70% of your immune cells are in the intestine
- Backed up poop can cause disease
- Irregular elimination can thin intestinal wall and create pockets; a.k.a. diverticulitis
- Causes bad bacteria and toxins to recirculate
- Brain and good bacteria talk to each other
- Good bacteria influence your mood, immune system and inflammation

Note: The colon is a hollow muscle it will get lazy and not want to work if you are taking stool softeners and/or fiber supplements to create a normal bowel movement for a long period of time.

Causes of irregular pooping that might surprise you and that are very important:

- Iron poor blood / anemia
- Magnesium: it is a natural muscle relaxant, and our colon is essentially a hollow muscle, so without enough magnesium you can suffer from irregular elimination. Up to 80% of the population is deficient in magnesium.

WHAT CAN YOU DO TO IMPROVE YOUR POOP?

- Eat real food: ask yourself: did this grow in dirt? Cut down on processed foods which have little natural fiber.
- Eat fiber rich foods: the average American eats less than 10 grams of fiber per day. Researchers (and people who recommend 25 – 30 grams per day.
- Eat good bugs: fermented foods: sauerkraut, kimchi, kefir and pro-biotics
- Eat more fats: coconut oil, olive oil, olives, nuts (not peanuts!)
- Drink 'good' water: chlorine, which is in all municipal water, kills good bacteria
- Get enough sleep: Yep, the toxins that build up if you haven't pooped that day, can cause restless sleep because your organs are working overtime to clean things out.
- Have a complete thyroid panel done. Thyroid dysfunction can cause constipation.

CHAPTER 4:

SLEEP

Sleep is essential to our overall health. Doctors and researchers agree that getting 7 – 9 hours of uninterrupted sleep per night is the mainstay of health and longevity. The reasons for poor sleep are long and varied:

- Obstructed airways (snoring is not normal).
- Over stimulation before bed (television, video games, exercise).
- Too much caffeine.
- Sleep area not dark enough.
- Stress.
- Pain.
- Lack of sunlight during daylight hours.
- Decrease in melatonin.
- Prescription medications.
- Hormone irregularities.

Not getting enough sleep is a major issue with other health concerns:

- Heart disease.
- Heart attack.
- Heart failure.
- Irregular heartbeat.
- High blood pressure.
- Stroke.
- Diabetes.
- Dementia / Alzheimer's

WHAT CAN IMPROVE SLEEP QUALITY?

- Exercise: especially in the afternoon, can improve sleep by 65%!! That's huge!
- Omega 3 fatty acids: take 1 - 2 tbsp. throughout the day or 1,000 - 3,000mg/day. Look at the label: the ratio of EPA to DHA should be as close to 2:1 as possible.
- Calcium/Magnesium: "Calm" a drink of calcium and magnesium that will relax your muscles and your brain for restful sleep.
- Breathing: using a slow inhale and even slower exhale. Use a count of "3" on the inhale and "6" on the exhale.
- Swap out white noise for "pink noise": enhances slow wave sleep! (There are downloads available online).
- Creating a sleep routine. Going to bed at the same time every night.
- Practicing good sleep hygiene: all electronics are off at least 30 minutes before bed, the sleep area is as dark as possible, and bedtime is the same every night.
- Tribe: I can't emphasize enough the importance of having a group of people that share your interests and values. People who you can feel connected to that you communicate with on a regular basis. Take the time to find some people to hang with.

Can't Sleep 7 – 9 hours at night? Here's another remedy:

Naps or siestas are an important aspect of many cultures. Famous nappers include Einstein, Edison, Churchill and Kennedy.

- 15 - 20-minute naps improve energy level, productivity, mood and alertness
- Berkeley research: adults who nap regularly have improved learning and memory
- NASA study: 20 minutes nap is better than exercise or coffee for increased energy
- Naps reduce stress and improve immunity
- Napping can give the brain a “reboot”
- 40% of the population are “natural nappers,” but it is possible to teach yourself to nap.

Here's are quick “how-to-nap” instructions:

1. Set timer for 30 minutes, so you don't worry about the time.
2. Darken the room or have an eye pillow ready to use.
3. Fluff your pillow and put another pillow under your knees.
4. Pull a favorite quilt over you and create a cozy nest.
5. Take several slow breaths, with inhale to a count of 3 and exhale to a count of 6.
6. Send love and blessings to your friends, family and the world.

CHAPTER 5:

GET MOVING!

This book is focused on providing you with a variety of ways to increase your energy and beat back fatigue. I explained that taking processed sugar out of your diet will reduce the amount of glucose that floods your system and causes *thinning of the dopamine receptors* and creates *leptin resistance*. Glucose spikes will give you momentary energy boosts only to leave you more exhausted after the sugar glow wears off.

Exercise is a natural way to burn off glucose and decrease insulin resistance. Insulin resistance occurs when the cells that are supposed to accept the glucose molecules are overwhelmed and damaged so that they no longer can take in the glucose that is attached to the insulin. That's why it's so important to exercise! You have to burn off that excess insulin or you have the beginnings of all the chronic diseases of aging.

The recommended amount of exercise is **150 minutes of exercise** at a moderate pace per week. If you haven't been exercising, set small goals. How about 10 minutes of continuous exercise 3 days a week? Let's face it, you know that movement will improve you overall health and stop fatigue. But when you are exhausted and lack motivation, it is *The Last* thing you want to do!

I suggest finding some reward (that is not junk food) if you meet your exercise goal for the week. Get a massage, pedicure, or buy some organic dark chocolate. It's just so darn important to start.

Find some movement / activity that you like to do and that you will do every week.

If there was just one thing that you start with to boost your energy, it would be exercise.

CHAPTER 6:

STRESS, JELLY BELLY AND EXHAUSTION

There is good stress: weddings, babies, celebrations, a new house, vacations.

And there is bad stress: loss of jobs, illness, death in the family, financial woes.

There is also short-term stress: job interview, giving a presentation, running for a bus.

The adrenals, which are small organs that are in charge of regulating the stress hormones, release adrenaline and cortisol in response to stress. Short term stress requires adrenalin to increase heart rate and blood pressure so you can move you out of danger.

If the stress doesn't subside within a short period of time, the adrenals release cortisol which **increases sugar (glucose)** into the blood stream to help the brain and the body deal with these long-term stressors.

Remember the sugar / glucose discussion from earlier? If you are eating a high sugar / high starchy carb diet AND you have long-term stressors in your life, you are being bombarded with more sugar than your body can process.

What does your body do? The only thing it can: it stores the excess glucose as fat!

Fat in your midsection to be exact called visceral fat. I call it jelly belly. I have greatly simplified this whole process, but you get the idea: eating too many carbs and sugar gets stored as fat plus being under long term stress produces glucose, which is stored as fat. Something has to give to change this awful situation: **stop eating sugar!**

And work on reducing your stress levels, maybe you can try out meditation, find a type of yoga that you like and learn deep breathing techniques. My monkey mind was VERY resilient to trying meditation until I tried Guided Meditation. I can do that! Somebody talks to you through the whole thing!

Your energy level will skyrocket with less sugar, less stress and more movement!

CHAPTER 7:

HURDLES THAT MAY GET IN YOUR WAY

Over-scheduled. You don't have time to cook. You don't have time to shop and prepare foods during the week. I have suggested to thousands of women to find a day that you can prepare some food ahead of time and freeze it, so that you have nutrient rich foods at your fingertips. It could be mini meatloaves, turkey burgers or soup. Even if it's one day a week or every other week, and you can freeze some meals and be so happy to find them on those nights you just don't feel like cooking! There are some recipes in the back of the book for snack ideas to make ahead and store.

Hate to shop or just don't have time? There are now delivery services for everything! Or order the premade meals that are organic and adhere to your dietary restrictions. There are delicious options that are gluten free, Paleo, Keto, Whole 30, whatever you need. These meal services take the guess work out of shopping and cooking. Why not? You're going to spend more on fast food and junk food when you're tired and starving.

Eating Out and Being Social is a lot of fun. Getting together with friends is fun. When self-control loses out to drinks and foods that are yummy but full of sugar, processed chemicals and "bad" fats that's bad!

I have found that eating something ahead of the event works well. Let's face it, if you've been working and running all day and not eaten much, you are going to wolf down anything that looks half-way good, regardless!

Take the time to find *anything* that will curb your hunger and thirst even a little bit.

I carry a snack bags of spiced nuts. (There's a recipe for these yummy nuts and a few more of my "go-to" snack ideas in the back of the book.)

Eating Out and Being Social doesn't have to be a high calorie and junk food disaster. If you are going to be drinking alcohol, vodka, whiskey, tequila and scotch don't have any carbs in them! Steer clear of the beers and wines if possible and order one of these alcohols with a sparkling water and lime.

Ordering at a restaurant can be daunting. Again, prepare ahead of time. Look at the menu online and decide what you are having before you get there. Self-control will lose if you are tempted. Order a protein and a side of vegetables, done. Close the menu!

The drink and food dilemma had been my nemesis for many years until I realized that after a night of drinking and eating with friends, I was so fatigued for several days afterwards that it impacted all areas of my life.

It wasn't until I started planning ahead what I was going to eat and drink that I now wake with the energy and excitement to tackle the day! It is my mission to help women successfully move from fatigued to fabulous. Helping with real-life challenges that hold us back from feeling healthy and vital every day.

CHAPTER 8:

IN SUMMARY

5 Key Strategies for Increasing Your Energy

1. Poop Daily
2. Take your vitamins! Magnesium, vitamin D3, Omega 3 fatty acids, B-complex and probiotics.
3. Eat lots of real organic vegetables, fruits and proteins.
4. Get 7 – 9 hours of sleep.
5. Exercise at least 150 minutes a week.

Eat a lot of high energy foods. Starchy carbs, sugars and processed foods will make you feel good for a few seconds, but in the end, they will make you feel fat and lazy. (Put a little nicer: they will cause a sugar rush and then a sugar crash, which signals the body you need more carbs to get back up there!)

The foods you consume greatly affect brain function. Every part of your body and your brain are affected by what you eat: energy level, learning, memory, motivation, weight and emotions. Unless otherwise noted eating 1200 calories of nutrient dense food is suggested. Carbohydrates taste so GOOD, but they rob you of your Amazing Energy potential!

Eat real live foods! The organic produce section of your grocery store is where you should be spending a majority of your shopping time.

Create and keep a positive attitude. If you get up in the morning and say, “I feel like shit,” you *will* feel like shit. If you get up in the morning and say, “today is going to be a great day,” it *will* be a better day.

Work on reducing stress. Meditation is proven to reduce stress levels and specifically cortisol. Find a mediation and start relaxing!

Exercise on a regular basis. This doesn't have to be marathon training, even a walk will reduce the excess insulin produced by too much sugar. Research has proven again and again that any sort of movement will have you feeling more positive. Take time for yourself. Taking time for yourself is paramount to creating Amazing Energy!

Do you have personal questions about how to get your energy up and running at full speed?

Do you have health issues that you could use more support with?

Would like a coach to work with who will walk with you through sugar withdrawal, food cravings and creating healthier food options?

I am here to answer your questions and guide you towards incredible energy!

You can contact me at: hello@secondhalfmagic.com

OR

You can schedule a complimentary 30 minute consult:

<https://calendly.com/candacelawrence/empowerment-call>

DISCLAIMER

Please Note: this e-book is for your reading enjoyment only! It is not intended to diagnose or treat anything! I am not dispensing medical advice and any health recommendations in this e-book are for educational purposes only. Increasing Energy NOW is intended for healthy individuals over the age of 18. I encourage you, the reader, to take full responsibility for your own safety and know your limits. Before taking any supplements, check with a knowledgeable health care professional regarding drug interactions, other complications or allergic reactions that may occur. Discuss any nutritional changes with a knowledgeable health care professional. No part of this e-book may be reproduced, transcribed, transmitted, or translated in any language without written permission from Candace Lawrence.

BONUS! SNACKS & DIPS THAT SATISFY

Savory, Salty Roasted Nut Mix

Ingredients

- 2 1/2 cups of raw, unsalted pecans, almond & walnuts.
OR any combination you have on hand.
- 2 tsp. olive oil
- 1 tsp. chili powder
- 1/2 tsp. cumin
- 1 Tbs. lime juice
- 1 Tbs. chopped rosemary
- 1/2 tsp. sea salt

Instructions

- Preheat oven to 325 degrees.
- Line cookie sheet with parchment paper
- In bowl, combine all ingredients except nuts
- Add nuts to coat and pour coated nuts onto cookie sheet.
- Spread out as much as possible so the nuts aren't in a big jumble.
- Cook for 10 minutes, stir and cook for 2 - 5 minutes more or until they are slightly roasted and smell yummy.

Roasted nuts can be stored in an airtight container for up to 2 weeks, but they won't last that long!

Sweet and Spicy Pumpkin Seeds

Ingredients

- 1 cup Pumpkin seeds, unsalted
- 1 Tbsp olive oil
- ½ tsp Swerve
- 1/2 tsp Cumin
- 1/4 tsp Chili powder
- 1/4 tsp Kosher salt
- 1/4 tsp Cinnamon, ground

Directions

1. Preheat oven to 350 degrees.
2. Mix all the seasonings and olive oil in a large bowl.
3. Pour seeds into bowl of oil and seasonings toss to coat the seeds.
4. Spread seeds out on rimmed cookie sheet.
5. Bake for 10 minutes or until slightly browned around the edges.

Make a double batch! These pumpkin seeds will go quick!

Zippy Carrot Dip

Ingredients

- 5 medium carrots, peeled and chopped into chunks
- 1 TBSP olive oil
- 1 garlic, finely minced or crushed
- 1 tsp ground cumin
- ¼ cup lemon juice
- 1 TBSP honey
- 1 TBSP chopped fresh parsley

Instructions

1. Place carrots in a saucepan with enough water to cover. Add 1 tsp salt. Cook carrots until a fork inserts easily through a carrot.
2. Remove carrots from heat and drain.
3. Place all ingredients in a food processor or high-speed blender. Process until ingredients are smooth and creamy. If the mixture is too thick, add 1 extra TBSP of olive oil.

Note: This dip tastes great with celery root slices (celeriac) or jicama slices. Both are great sources of fiber. You can also use it as a spread on fish.

Zesty Walnut Vegan Pesto

Ingredients

- 3 cups basil densely packed
- 1 clove garlic, finely minced
- ⅓ cup walnuts, toasted
- 4 TBSP olive oil (have more on hand if pesto is too thick)
- 1 TBSP nutritional yeast
- 1 tsp sea salt
- Black pepper, if desired

Instructions

1. Preheat the oven to 375 degrees.
2. Place walnuts on a rimmed baking sheet and roast for 7 - 9 minutes, stirring once. Watch nuts closely because they will burn quickly! (Note: Toast extra walnut to add to salads or as a snack).
3. In the food processor bowl add: basil, garlic, walnuts, nutritional yeast, olive oil, and salt. Add black pepper, if desired.
4. Pulse until the mixture is smooth and thick. Add more olive oil carefully until desired consistency. Adding too much olive oil at once can make the pesto separate.

Cooking Option: Roast Salmon with Walnut Pesto

Instructions

1. In a preheated oven from walnuts, place 1lb fillet of salmon on parchment paper, sprinkle with salt and pepper.
2. Cook for 15 - 20 minutes. Spread Walnut Pesto on salmon filet and serve immediately.

