

## “ENERGY MAGIC” TIPS FROM LEE HOLDEN

Mornings are crucial for setting the tone for the rest of your day. When you awaken, take a moment to think of something positive and put yourself in the best possible frame of mind.

Pay attention to how you breathe. When you breathe through the mouth, you tend to fill only the chest. Breathing through the nose however naturally penetrates the body more fully with more oxygen. Proper breathing can increase our energy levels significantly.

Try the Taoist approach to eating. Simply by slowing down and chewing your food more thoroughly, you'll naturally regulate your appetite and avoid mindless overeating. Most of us chew our food an average of 7 times; by increasing this to a minimum of 20 times you'll release more nutrients, and feel fuller on less food.

Water is the cheapest form of medicine. Stay properly hydrated and you'll cleanse your system, boost your energy and help alleviate pain and stiffness. Coffee, tea and soda don't count; in fact, for every cup of coffee, drink an extra glass of water to make up for its dehydrating effects.

Eastern health experts suggest avoiding cold beverages whenever possible. Cold drinks require energy to heat up inside the body –and this takes energy away from you. Opt for room temperature beverages instead.

When you start to fade during the day, do what Einstein, Churchill and Edison did – take a nap! A daily short nap (under 30 minutes) recharges your batteries and can even lower your risk of heart disease. Set a timer and –this is key – give yourself permission to “take five.”

Get in the habit of taking a 20 minute walk after dinner. It will help your digestion and contribute to sounder sleep.

For more healthy insights from Lee Holden, visit <http://www.ExerciseToHeal.com>.