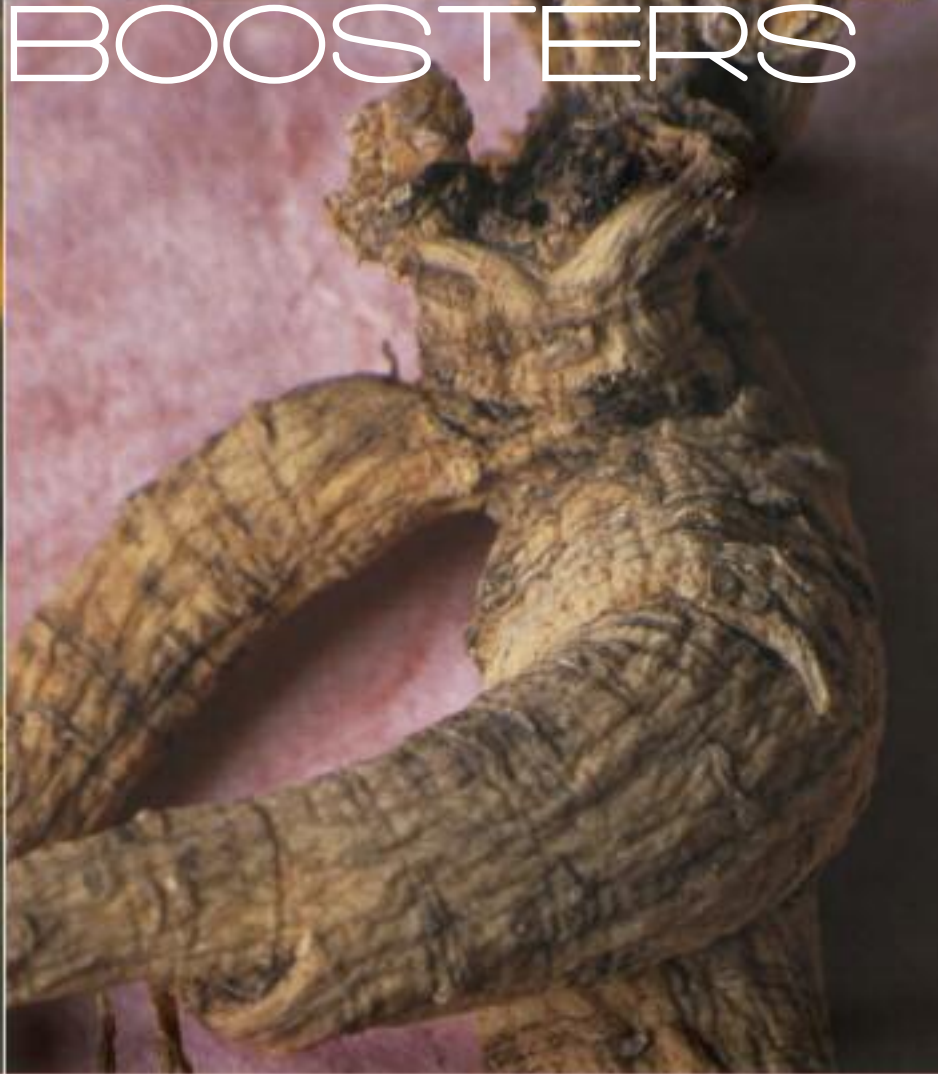
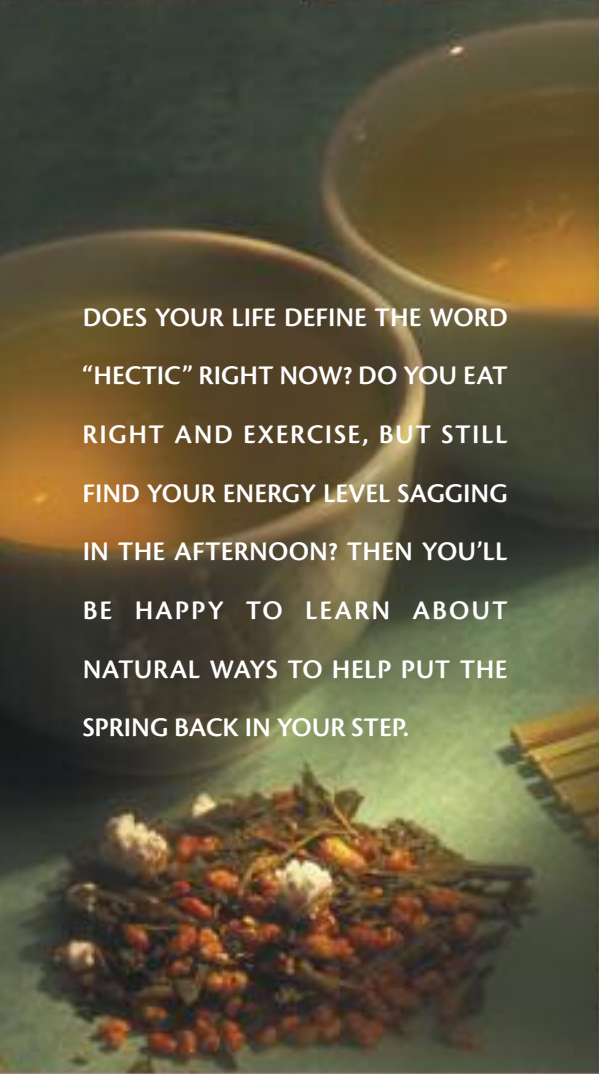




ENERGY BOOSTERS



DOES YOUR LIFE DEFINE THE WORD “HECTIC” RIGHT NOW? DO YOU EAT RIGHT AND EXERCISE, BUT STILL FIND YOUR ENERGY LEVEL SAGGING IN THE AFTERNOON? THEN YOU’LL BE HAPPY TO LEARN ABOUT NATURAL WAYS TO HELP PUT THE SPRING BACK IN YOUR STEP.

Tap almost anyone on the street and ask if they’re tired, and the answer is likely to be “yes.” While fatigue can be caused by many disorders—if you always feel draggy, do go for a thorough checkup—a lot of our national energy crisis stems from such common vitality-killers as too much work (including the endless chores that many of us have to find time for besides our paid jobs) and too much stress, along with too little sleep, not enough exercise and poor dietary choices.

If you’re among the legion of the fatigued, the first step is to correct some of those imbalances in your life, from dropping the remote and getting to bed at a decent hour to swapping salads for cheeseburgers at lunchtime to making the commitment to exercise (and keeping it, for once). But you can also help your body out by giving it nutrients and herbs that support energy creation, fight stress and bolster your immune system against fatigue-sapping infections. To learn more, turn the page. ●



GREEN TEA



ROYAL JELLY



GINSENG

NAME

ASHWAGANDHA

B-COMPLEX

CARNITINE

COENZYME Q10

GINSENG

GREEN TEA

GUARANA

IRON

RHODIOLA

ROYAL JELLY/
BEE POLLEN

SPIRULINA

ENERGY BOOSTERS

NOTE: Always speak to a trained practitioner before starting a supplementation program. Do *not* stop prescription medications without professional advice.

WHAT IT IS

WHAT IT DOES

<p>An herb, <i>Withania somnifera</i>, used in Ayurveda, India's herbal medicine</p>	<p>Long used to fight aging, promote vitality and enhance libido; today it is classified as an <i>adaptogen</i>, an agent that helps the body cope with stress</p>
<p>A family of eight vitamins with similar functions; niacin and folic acid are two of the better-known Bs</p>	<p>Helps the body break down carbohydrates, fats and proteins; also helps convert carbs into glucose, the body's main fuel</p>
<p>An amino acid, or protein building block, found in meat and dairy products</p>	<p>Moves fatty acids into the <i>mitochondria</i>, the "power plants" that supply a cell's energy, and helps remove cellular waste products for greater energy efficiency</p>
<p>A vitamin-like compound found throughout the body; fish and meat are the best natural sources</p>	<p>Required for energy production within the cell; especially important for the heart, which has high energy demands and a high CoQ10 concentration</p>
<p>Two main types: <i>Panax ginseng</i>, the traditional red or Korean ginseng, and <i>P. quinquefolius</i>, or American ginseng</p>	<p>Red ginseng has been used traditionally to replenish <i>qi</i>, or life force; American ginseng is used to relieve fatigue, especially the chronically run-down variety</p>
<p><i>Camellia sinensis</i>, the world's most popular beverage next to water</p>	<p>Caffeine and other compounds supply tea's stimulant properties; may benefit circulatory health and reduce risk of age-related dementia</p>
<p><i>Paullinia cupana</i>, a shrub found primarily in Brazil</p>	<p>Traditionally used by the peoples of the Amazonian rain forest to relieve fatigue and increase alertness; contains caffeine</p>
<p>An essential mineral found in red meat and in brown rice, leafy greens, peanuts and whole wheat; vitamin C promotes iron absorption from plant foods</p>	<p>Required for the creation of hemoglobin, which allows red blood cells to carry oxygen; always have bloodwork done before taking supplements</p>
<p><i>Rhodiola rosea</i>, an herb that grows in Siberia and other mountainous regions of Asia and Europe</p>	<p>Enhances performance, staves off fatigue and other stress effects, and helps revive depleted immune systems to protect against colds and other ailments</p>
<p>Royal jelly feeds the honeybee queen and larvae, workers eat the pollen gathered from flowers as the bees forage for nectar, which is used to make honey</p>	<p>Bee pollen is packed with a variety of nutrients and royal jelly is a rich source of vitamin B5; both have been long used to increase energy output</p>
<p>A blue-green algae often used in energy shakes</p>	<p>Rich in protein, vitamins, minerals and other nutrients; has shown an ability to boost immunity and protect the brain against age-related damage</p>