

VOICE OF THE CAPE RADIO: 25 MARCH 2014

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Topic: Immune system and a look at how to improve your energy levels

Hi to all the listeners, I would like to send my thank you s to everyone who sent greetings and compliments for the last show, every time I think the show was average, I am blown away by the response.

As many know I do Live Blood Analysis and I thought today that I would look at the various conditions I see so much of:

I always focus on immunity this time of the year, because it takes 6 weeks to build your immunity, so right now is a good time to start with immune modulators: Imsyser, Immune support is a liquid great for kids, babies, the whole family and of course there is still good old faithful olive leaf drops which is less than R60 a bottle

How do you know if you should address your immune system:

Firstly everyone and anyone can benefit from an immune supplement,

Questions I would like to ask you: Are you-

-easily susceptible to colds/flu's?

- do you feel tired even after a good nights sleep?

-do you feel abnormally tired during the day?

-do you suffer with a sinus problem, hayfever or skin rashes

- do you take longer to heal cuts, scratches and bruises than you used to?

- Are you developing more allergic reactions than you used to?

- Are season allergies becoming yearly allergies?

- are you less able to cope with stress?

**If you have answered yes to any of the above, you are in need of an immune system tune up

With the season change right now and sinus problems are quite noticeable, allergy symptoms are starting.

Lets look at Energy levels and reasons why you may experience it:

Do you often wonder why you are so tired when the day has only begun? When your energy level is low, you can't accomplish much and it can cause you to become easily discouraged and depressed. There are several causes of low energy and I am going to mention the most common and obvious:

1.Not getting enough sleep- poor sleeping:

Sleep is a daily necessity for existence and it plays a very important role in maintaining body metabolism. During sleep, the body and the brain have an opportunity to repair themselves and build reserves of

energy. Get yourself into a sleep routine go to bed at roughly the same time each night, avoid stimulants beforehand, if you need herbal support: **Passion flower drops or Valerian drops available at To Your Health**

2. You may have a sluggish colon and toxin build up:

Your colon acts a great sewage system, but neglect can cause it to become a breeding ground for toxins. When the colon is clean and normal, you are healthy and energetic. When it is dirty and not performing properly, it releases toxins into the bloodstream. This can affect your brain, nervous system, organs, and glands. When these areas of the body are affected in a negative way, energy levels also tend to decrease. Symptoms of these problems could be bad breath or facial skin breakouts, headaches.

A build up of toxins slows the liver down and this can result in fatigue, headaches, sores that can take longer to heal, constipation, nausea, water retention, sinus, hayfever, skin conditions- eczema, dermatitis - because our lymphatic system takes strain and our immune system becomes run down, and as a result we attack anything we come into contact with, as a potential threat.

Bowel (Colon) Problems: Most bowel problems are caused by a build up of toxins in the bowels. Many of these toxins are in the form of undigested foods, and many of these toxins results as a by product of the bacteria that thrive in the bowels as a result of these undigested foods. Undigested foods stick to the sides of the colon, compromising the optimal function of the colon and creating an environment perfect for pathogenic bacteria growth. Digestive enzymes help reduce the amount of undigested foods that enter the colon and may also help to break down the toxic build up on the colon walls. It is also important to note that if you already have bowel problems, you should do some type of colon detoxification program to clean out your colon, before starting on digestive enzymes to receive optimal results.

What you can do: Raw juice fasting and eliminating white flour, sugar and chocolate from the diet are a quick way of detoxifying the colon. Another good tip for maintaining colon health is eating apples, pineapples, papayas and yogurt several times a week. The enzymes in these foods help digest and neutralize the toxins in the intestines. There are also many products available at To Your health such as Psyllium husks to help cleanse the colon . For constipation: To Your Health has a slimming tea, Detox formula, psyllium husks and good probiotic supplement which can all assist

Parasites may be present in the blood: which will also affect your energy and digestive function and immunity- this can be picked up in a Live Blood Analysis

3. Low circulating oxygen:

The lack of oxygen going through the lungs, bloodstream, and to the brain can cause sleepiness, an inability to concentrate, dizziness, and tiredness. Good breathing exercises and walking in fresh air will usually help increase the flow of oxygen. Live Blood Analysis can show if the pH of the blood is more acidic, causing sticking together of Red Blood Cells and therefore decreased oxygen flow throughout the body

4. Inadequate liquids: Water.

Water makes up about 70 percent of your body. It acts as a solvent to carry nutrients to the cells and transports waste products to be excreted by the kidneys, lungs, and bowel. The biggest problem is that we do not drink enough water. There is no substitute for good, pure drinking water! Tea and coffee is not a substitute for water and sodas are highly acidic and dehydrating, drink more water and see how your

energy levels improve. Stay Hydrated. Staying hydrated is key to keeping your energy level up; dehydration is bad for your metabolism, your concentration and your focus. It can also decrease your ability to do even the most minor of physical tasks. Make sure to drink plenty of water throughout the day!

5 You may have a poor absorption of minerals:

Calcium/magnesium deficiencies can cause a real imbalance that creates a big energy leak in your system. Without these minerals, vitamins, enzymes, proteins, and fats cannot be adequately utilized by your body. The heavier minerals such as chromium, iron, zinc, manganese, and iodine are difficult for the body to absorb when a calcium deficiency exists. Live Blood Analysis checks calcium levels

Females: May have an Iron deficiency due to heavy menstrual bleeding and that is also a factor for low energy

6 Extremely low or high blood sugar:

This is probably the most common cause of sudden energy loss. Too much sugar in the diet or disorders in the liver can interfere with the storage and release of sugar. A quick rise and fall of blood sugar can cause headaches, mental confusion, temper outbursts, or depression because a person has no energy to cope with responsibilities. Generally Eat Every 3-4 Hours. Keeping your body fuelled steadily throughout the day — whether that's through regular snacks or 5 to 6 smaller meals instead of 3 big ones — is a great way to have all-day energy. If you find your mind wandering between meals, grab a healthy snack to keep your stomach and your brain satisfied.

The best approach to the lack of energy dilemma is to correct the cause. You simply cannot think your way out of physical tiredness. You must make changes to your diet and lifestyle. By changing your diet and lifestyle, you will become happier and more energetic. Your whole life will improve dramatically when your body is full of energy to cope with everyday situations.

I also make up an **Energy formula** which is a stress adaptor not a stimulant

Tips For Long-Lasting Energy:

Be Smart About Caffeine. There are plenty of health benefits to a having a regular cup of coffee or tea. If you just can't make it through the day without that little jolt of caffeine, try to make the most of it by timing it well and drinking a healthy portion..

Waking up in the early hours of the morning gives you dozens of vital health benefits. It helps you go to bed early and be more in tune with the earth's circadian rhythms. Rising early also aids good digestion by regulating your appetite and helping you eat your meals on time.

But there is one habit that can turn this upside down and that is: **drinking coffee early in the morning.**

The reason why this is BAD: according to a study published in the Journal of Clinical Endocrinology and Metabolism, our body's production of the energy-boosting hormone cortisol is at its peak around 8:30 a.m. Cortisol is normally produced due to stress, stress lowers immunity and triggers the production of cortisol, a hormone that inhibits your ability to fight infection. Loading your system with a dose of caffeine at this time produces more cortisol, potentially causing anxiousness

High cortisol levels cause fat around the waist, this is normally due to stress.

Steven Miller, author of the blog Neuroscience DC, suggests that if we drink coffee during our peak cortisol times, we are more likely to develop tolerance to its effects. He writes: “...you are drinking caffeine at a time when you are already approaching your maximal level of alertness naturally. One of the key principles of pharmacology is use a drug when it is needed... Otherwise, we can develop tolerance to a drug administered at the same dose. In other words, the same cup of morning coffee will become less effective.”

But as the morning progresses, between 9:30 and 11:30 a.m., your cortisol levels begin to dip. That is when a cup of coffee will be most effective, suggests Miller.

So if you want to optimize your coffee drinking, don't drink it right when you wake up. Begin your morning with a few minutes of gentle stretching and deep breathing. If you crave something warm and refreshing, try a glass of warm water with honey and lemon juice.

The Best Foods For Energy.

Whole Grains.

Eating whole grains are one of the best ways to keep energized all day long. Whole grains, like oats, quinoa, bulgur, barley, spelt and more, are loaded with complex carbohydrates and fiber — both of which help produce a slow and steady stream of energy throughout the day. Starting your morning off with a bowl of whole wheat will do wonders for your energy levels all day long.

Fruits and Nuts

Fruits have a natural water content, keeping hydrated is key to maintaining your energy. Fresh fruits and veggies are loaded with water, with apples, melons, and berries leading the pack.

Nuts are packed with filling and energy-boosting protein and fats. All nuts have some fibre, with almonds being a top source. Though you won't get a sudden burst of energy, nuts are great for the long-haul. Nuts are also one of the best vegetarian sources of iron, and they're a good source of potassium, omega-3 fatty acids, amino acids.

Lentils

In addition to being an excellent vegetarian source of protein, lentils are loaded with soluble fibre — one serving can have almost half of your daily requirements! Lentils are a particularly great food for people with type 2 diabetes, but their stabilizing effect on blood sugar benefits everyone else, too. They are also an excellent source of energy-boosting iron

The Worst Foods for Energy.

Foods with White Flour & Added Sugar

Though whole grains and fresh fruits are great for boosting your energy, white, processed wheat products and sugary snacks have the opposite affect — at least in the long run. Chocolate, candy, doughnuts, white bread, cookies, cakes, ice cream and all other sorts of refined flour and sugary products give you a temporary surge of energy, quickly followed by blood sugar crash that will ultimately leave you feeling tired.

Fatty Foods

High-fat foods do a number on your energy levels. Your body has to work a lot harder to digest these gut-busters, and research has linked a high-fat diet to decreased alertness and increased sleepiness. It can also play a negative role on your ability to sleep at night.

Processed Foods

In addition to all the problems with fat, white flour and added sugar, processed foods place another hurdle on your energy level: all that added salt. A sodium-heavy diet contributes to dehydration, increases your blood pressure, and makes you feel bloated, all issues that lead to low energy levels.

Top 10 Energy Boosters

1. Increase Your Magnesium Intake

Magnesium is needed for more than 300 biochemical reactions in the body, including breaking down glucose into energy, so when levels are even a little low, energy can drop."

The recommended daily intake of magnesium is around 300 milligrams for women and 350 milligrams for men.

Add a handful of almonds, hazelnuts or cashews to your daily diet.

Increase your intake of whole grains, particularly bran cereal. Eat more fish.

2. Walk Around the Block

While it may seem as if moving about when you feel exhausted is the quickest route to feeling more exhausted, the opposite is true. Experts say that increasing physical activity -- particularly walking -- increases energy.

3. Take a Power Nap

Research has shown that both information overload and pushing our brains too hard can zap energy. But studies by the National Institutes of Mental Health found that a 60-minute "power nap" can not only reverse the mind-numbing effects of information overload, it may also help us to better retain what we have learned.

4. Don't Skip Breakfast -- or Any Other Meal

Studies published in the journal *Nutritional Health* found that missing any meal during the day led to an overall greater feeling of fatigue by day's end.

5. Reduce Stress and Deal With Anger

One of the biggest energy zappers is stress, says psychologist Paul Baard, PhD.

"Stress is the result of anxiety, and anxiety uses up a whole lot of our energy, like worry or fear, Baard says, stress can leave you mentally and physically exhausted -- even if you've spent the day in bed. More commonly, low but chronic levels of stress erode energy levels, so over time you find yourself doing less and feeling it more.

In much the same way, unexpressed anger can give a one-two punch to your energy level. The reason: "We're expending all our energy trying to contain our angry feelings, and that can be exhausting," Baard says.

The good news, says Baard, is that we can counter these energy killers by programming more relaxation activities into our day. While for many folks, increasing exercise burns off the chemical effects of stress and anger, others find relief in quiet pursuits: listening to music, reading a steamy romance novel, or even just talking on the phone.

"Whatever is relaxing for you will reduce tension and that will help increase energy," says Baard.

6. Eat More Whole Grains and Less Sugar

Keep blood sugar balanced so energy is maintained. When you're eating a sweet food, you get a spike in blood sugar, which gives you an initial burst of energy, but that's followed by a rapid drop in blood sugar, which in turn can leave you feeling very wiped out.

If you eat a lot of whole grains, which provide a slow and steady release of fuel, your energy will be consistent and balanced'

Indeed, a study published recently in the American Journal of Clinical Nutrition found that eating more whole grains helped increase the body's sensitivity to insulin, allowing for that slow and steady release.

Essentially eat healthier options: fruits, less processed foods-has very little nutritional value therefore very little stress helping value

7. Have a Power Snack

Power snacking is more than just eating between meals. A power snack combines protein, a little fat and some fibre -- like peanut butter on a whole-wheat cracker, or some yogurt with a handful of nuts.

The carbs offer a quick pick-me-up, the protein keeps your energy up, and the fat makes the energy last.

8. Have Live Blood Analysis:

All aspects of blood and health are assessed and this is very beneficial , especially if you have a problem with energy

Energy formula: Energee: not a stimulant, it contains Green tea which also provides a dose of caffeine and a related compound, theophylline, as well as the antioxidant called epigallocatechin gallate (EGCG). It is possible that, because of these specific compounds, green tea may have unique effects on mental and physical energy.

Supplements: But people who are deficient in CoQ10, carnitine, and B vitamins may benefit from the supplements.

Who is likely to be deficient? Athletes who push themselves hard might be depleted in these nutrients, Plus, very importantly people who have poor diets or take regular medications, such as acid blockers, anti-inflammatory painkillers, or antibiotics, cholesterol medications directly reduce co-q10 levels.

Co enzyme Q10: Coenzyme Q10 (CoQ10) is a substance similar to a vitamin. It is found in every cell of the body. Your body makes CoQ10, and your cells use it to produce energy your body needs for cell growth

and maintenance. It also functions as an antioxidant, which protects the body from damage caused by harmful molecules. It is said to help heart failure, as well as cancer, muscular dystrophy, and periodontal disease. It is also said to boost energy and speed recovery from exercise. Some people take it to help reduce the effects certain medicines can have on the heart, muscles, and other organs. In 1961, scientists saw that people with cancer had little CoQ10 in their blood. They found low CoQ10 blood levels in people with myeloma, lymphoma, and cancers of the breast, lung, prostate, pancreas, colon, kidney, and head and neck. Some research has suggested that CoQ10 helps the immune system and may be useful as a secondary treatment for cancer. CFS

Thank you to the listeners for a great show, please remember that the health shop staff at To Your Health can assist with any products mentioned and questions. I work by appointment only and I am only at the shop on Tuesdays and Saturdays.

Extracts taken from Webmd.

To close I would like to quote Deepak Chopra he said:

The way you think, the way you behave, the way you eat, can influence your life by 30 to 50 years.

Deepak Chopra