

RedHOT Health

Crack the

ENERGYCODE

How to have great energy
without overdosing on caffeine and cr..?



Helen Frost's RedHOT Energy Boosting Tips

www.redhothealth.com.au



LIFE IS ALL ABOUT ENERGY...

...and having plenty of it to live life to the fullest and be in the best shape you can be at every age.

What is Energy?

The strength and vitality required for sustained physical or mental activity.

" The higher your energy level, the more efficient your body; The more efficient your body, the better you feel and the more you will use your talent to produce outstanding results." **Anthony Robbins**

These **RedHOT Energy- Boosting Strategies and Energy - Boosting Tips** will help you maximize your energy so you'll have fun doing what you love, performing to your absolute best and being in the best shape possible at every age without overdosing on caffeine and low nutrition foods.

So as not to overload you with too much at once this e Book will cover the **Food of Energy**. If you find the tips helpful and would like the other 7 Energy and health Boosting Strategies PLUS 55 great energy boosting tips – then please let us know.

1. **Breath...the Oxygen** of energy

- *"Life without oxygen is a dead end"*

2. **Drink...the Water** of energy

- *"Life without water is like a stagnant pond"*

3. **Eat...the Food** of energy

- *"Life without the right food makes you sad & sick"*

4. **Breakfast...the Meal** of energy

- *"Life without breakfast is a moody affair"*

5. **Move...the Exercise** of energy

- *"Life without exercise makes you stiff & fat"*

6. **Rest...the Sleep** of energy

- *"Life without sleep leaves you flat as a tack"*

7. **Think...the Positive** of energy

- *"Life without positives makes you a pain"*

8. **General...the Extras** of energy

- *"Life without extras means you're not in the game"*

Introduction:

Health experts say we're suffering from a low energy crisis that's like a plague sweeping through our brain and body that can leave us fried, frazzled, overweight and running on empty. This has been sparked by our crappy food choices, too much caffeine and unhealthy lifestyle habits. The resulting low energy is a sure sign that you are headed for weight and health problems. The good news is you can change it in an instant.

QUICK ENERGY STATUS CHECK:

Do you...Sleep well and wake up refreshed, have sustained vibrant energy during the day, feel calm in the midst of turmoil, feel positive with stable moods and have control of your weight and health?

If the answer is **NO** and you're tired a lot of the time and grabbing for the caffeine and crap as a quick fix it's time to review your daily actions. It's time to reclaim your energy and start feeling great.

A few strategic adjustments to how you breath, what you drink, what you eat, the activity you engage in, how you sleep and think can make a big difference.

To be inspired to make the changes to lift your energy it's important to understand what makes you tick and where your energy comes from.

Your brain and body are amazing and are the engines of your mental and physical wellbeing. They need lots of energy to perform to their full potential.



To fire up any engine you need the right fuel for energy. What you put into your body determines the quality of that fuel/energy.

The 3 main sources of body fuel/energy are:

1. The Air you breath
2. The Water you drink
3. The Food you eat

Technically you are just a walking, living, breathing chemical concoction of air, water and food in human form.

High quality fuel (air, water, food) provides high energy, brain power, performance, healing power, good health and quality of life. They will have you revving like a formula one sports car with plenty of fuel in the tank.

Low quality fuel (air, water, food) provides low energy, brain drain, poor performance and ailing health. They will leave you broken down on the side of the road and needing an overhaul.

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It is so easy when you have low energy and are feeling tired and flat to reach for the coffee or so called energy drinks (you know the ones that give you wings one minute and then a crash landing the next), This up and down roller coaster is a daily energy robber, You never seem to get in front, the tiredness can be overwhelming and prevent you from achieving your life goals.

Let's have a look at why you have become so dependent on coffee, tea and energy drinks.

The Bottom Line: We're looking for energy in all the wrong places.

You:

Want more ENERGY!
Want to feel good
Need to be alert
Have a deadline
Need to study late
Need it to exercise



The Caffeine Con

Caffeine is a stimulant. Stimulants appear to boost you up but they don't really give you more energy in the long run. These so-called energy-producing foods/drugs/herbal supplements such as coffee, caffeinated drinks, energy drinks and black tea or chocolate will create the up but then the inevitable crash and greater fatigue in the future.

One more cup of coffee, one more soft drink or iced coffee (one more jolt of fear and hard work for your body) may offer an initial (and perhaps pleasant) buzz which may make you feel

energized for 20 minutes, but it steals this extra energy from your adrenals (stress glands) creating false energy and leaving you even more exhausted at deeper levels. It weakens your core energy and also creates cravings to eat more, depletes your bones of their minerals, and can prevent truly restful, restorative sleep. Even the herbal stimulants, like guarana can push you too hard and erode your long-term energy and health.

It's time to kick the caffeine habit and instead of fuelling up on low quality fuel like shallow breathing, unhealthy foods, drinks and snacks you can crack the code to real energy by trying these RedHOT Energy- Boosting Tips.

When you're using the right fuel and energy actions you will use words like:

Amazing, Awesome, Excellent, Fabulous, Fantastic, Great, Incredible, Outstanding, Remarkable, RedHOT, Spectacular, Splendid, Brilliant, Stupendous, Super, Ultimate, Unbelievable and Wondrous to describe your energy and how it makes you feel.



EAT...the FOOD of Energy

“Life without the right food makes you sad and sick”

Food is the foundation fuel of energy. Your choices have the power to give or take your energy away.

Think about it like this. The fridge, pantry, super market and deli are packed with human body parts which are more commonly called food. “You (and your energy) are what you eat” The food you eat is your next body part, so it is important to choose wisely.

FOOD = FUEL = ENERGY:

For quick reference Foods can be classified as **LIVE** (high quality fuel) or **DEAD** (low quality fuel).

Are you eating LIVE or DEAD?

Remember your food is your next eye ball, brain cell, muscle, bone or other body part.

LIVE Foods are the ones that grow in the ground or on a bush or tree, run around a paddock or swim. They are the fresh foods like raw fruits and vegetables, lean meat, chicken, fish and other animal products, whole meal bread, whole grains, nuts and seeds, legumes and beans and natural unprocessed fats and oils. They are the **LIVE body parts**.

HIGH ENERGY FACT:

Live Foods provide high energy, help to build strong brains and bodies, protect and defend you from disease and keep you healthy.

Where to find LIVE Foods:

You'll find the Live foods mainly around the sides and back sections of the supermarket in the refrigerated areas to keep them fresh. They have a limited use by date and need to be eaten fresh for maximum energy.



“If they spoil or sprout there is no doubt”.

DEAD Foods are the man made, processed factory foods in a packet or tin. As soon as you pull, pluck or slit its throat, food starts to lose its life and energy. The further away nature (from the ground, tree, paddock or ocean) the less energy (nutrition/life) they have. By the time they have been heated, flattened, squashed, squeezed, preserved, coloured, puffed etc and put in a tin or packet they have lost most or all of their nutrition/life and are not good for you. These foods usually have high levels of processed white sugar and white flour, fat, salt and artificial additives, colours, flavours and preservatives. E.g. white bread, pastries, noodles and pasta, cakes, chocolates, biscuits, lollies, ice-cream, margarine, soft drink, alcohol, cordial, carton juice drinks, processed meats, takeaways etc. They are the **DEAD body parts**.

LOW ENERGY FACT:

You can't build live, healthy body parts with Dead foods. They may give you a short-term energy boost because they are full of processed sugar or fat, but then they can leave you feeling flat and if you are not exercising enough to burn them as energy they will store as fat.

Dead Foods can only build inconsistent energy, cravings, weight problems, organ breakdown, aches and pains, cravings, moodiness, headaches, allergies, ADHD, colds and flu, bowel problems and the more serious

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diseases like cancer, heart disease, diabetes, arthritis, depression, auto immune problems etc

Where to find Dead Foods: You will find Dead Foods in the inside isles of the supermarket. The longer the use by date the deader, the more fattening, the more useless and often the more toxic the food. They also provide greater profits to the manufacturer.



"If it doesn't spoil or sprout go without".

Remember... You can only build LIVE healthy brains and bodies with LIVE food.

THE 4 FOOD GROUPS FOR ENERGY

1. Fruits and Vegetables
2. Protein
3. Carbohydrates
4. Fats and Oils

1. FRUITS & VEGETABLES:

For maximum energy you need to eat lots of colour and varieties with every meal and as snacks (preferably raw for higher nutrients and organic to reduce chemicals)

The World Organization and cancer authorities recommend 5-9 cups of varied, fresh, raw fruits and vegetables every day.

Key Actions: Energy, the key source of vitamins and minerals, antioxidants, phytonutrients to protect and defend the DNA and cells against free radical damage/oxidative stress, illness and disease, provide enzymes for digestion, mental clarity, boost metabolism, assist in weight control, fibre for bowel regulation, anti inflammatory, skin protection and quality and more.

RedHOT Energy Boosting FRUIT AND VEGETABLE Tips

FRESH VEGETABLES:

Eat 5 cups or more of different colours. Avoid or limit starchy vegetables at night e.g. potato and corn if you are watching your weight. Even if they are good for you, they can end up as stored energy (fat) if you don't exercise enough to burn off the energy they provide. It is best to eat the starchy ones during the day.

Include spinach, kale, cucumber, celery, broccoli, beetroot, lettuce, carrots, cabbage, beans, snow peas, capsicum, sprouts, tomatoes and all your other favorites.

FRESH FRUIT:

Eat a minimum of 2 – 3 pieces per day. Eat more if you are active, have a physical job or if you regularly exercise, train or play sport with intensity.

Include apples, banana, berries, watermelon, stone fruits, oranges, lemons, kiwi, paw paw and all your other favourites.

GET MORE COLOUR AND VARIETY IN YOUR DAY

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Every coloured fruit and vegetables gives you a different energy and health benefit. So mix it up with the red, orange, yellow, purple, pink, white and green. The trick is eating enough.

Veggies or salad are the power house. Make sure they are a big part of your lunch and dinner and they are a great in between snack. Eat at least 1 fruit in the morning and 1 in the afternoon.

The first 2 signs of low fruit and vegetables are low energy and cravings.



JUICING a variety is great way to get the recommended 2 fruit and 5 cups of vegetables. Always use a base of vegetables and the fruit to add flavour to keep the natural sugars under control.

Recommended Option: If you are not achieving a regular daily intake of 5 - 9 cups of varied, fresh raw fruit and vegetables and don't make the time to juice everyday use a [Greens whole food concentrate](#). 33 superfoods in a drink powder to preserve the phytonutrients.

2. PROTEIN:

For maximum energy eat with every meal. Lean (low fat) protein foods prevent blood sugar spikes which gives you a more steady and stable energy level. They also help keep you more satisfied and less hungry for longer.

Protein foods are the building, repairing and maintenance part of the energy cycle. Without then you can be left with low energy, reduced strength, unstable sugar, mental fatigue, anxiety and depression, cravings, weight problems and sleep issues.

RedHOT Energy Boosting PROTEIN Tips:

Eat live proteins like lean chicken, fish and meat, eggs, dairy (only if tolerated: very common allergy food) or vegetable protein combinations of legumes, grains, nuts and seeds with each meal. The Dead proteins to avoid are the fatty, fried, processed, takeaway, fast food packaged varieties.



Read [The Power of Protein](#) to calculate your daily protein for maximum energy. Recommendation for a fast and nourishing Protein Meal Option: [Shake It](#). It's an excellent on the run energy meal with lean grass fed whey protein plus good fats, complex carbohydrates, trace minerals, digestive enzymes, probiotic cultures and fibre for general wellbeing. It is excellent if the diet is lacking protein or nutrients, pre and post workout, during stress and illness, for weight watching, during pregnancy, breast feeding and when growing.

3. CARBOHYDRATES:

For maximum energy eat every day. The blood sugar to give you sustained and consistent energy all day comes from carbohydrates. They run all your body functions, fuel the brain and provide fibre to keep your bowel regular. Your brain cells need 2 times more energy than the other cells in your body so it is important you choose the Live carbohydrates for maximum mental alertness and brain power.

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Live carbohydrates come from fruits and



vegetables, Whole meal breads and crackers, whole grain pastas and cereals (oats, brown rice, barley, millet, wheat, quinoa) etc

RedHOT Energy Boosting CARBOHYDRATE Tips:

Carbs are best eaten to fuel up at breakfast and lunch and as in-between snacks to keep the energy consistent and boosted during the busy and active times of the day. The amount you eat will depend on your activity level. Limit or avoid starchy carbs at night if you are watching your weight or want to lose fat. Even good carbohydrates will store as fat if eaten at the wrong time of the day. If you don't burn them you store them as fat.

AVOID white sugar or refined carbohydrates like white bread and sugar or white flour-based foods like cakes, bickies, noodles, pasta etc Too much of these at one time sends your sugar levels too high too quick. The resulting action where insulin can drag too much sugar out of the blood will mean you will then deprive your brain of glucose – depleting its energy supply and compromising your brain's power to concentrate, remember and learn. Mental activity requires a lot of energy. Eat the Live carbohydrates and leave the Dead ones in their packet.

The **Glycemic Index GI** of foods is covered later on Page 10.

4. ESSENTIAL FATS AND OILS:

For maximum energy eat every day, They are an essential part of the energy cycle, cell membrane health, hormones, brain & nerves, anti inflammatory, sugar and cholesterol control, circulation and skin quality etc.



RedHOT Energy Boosting FATS AND OILS Tips:

EAT THE LIVE ESSENTIAL FATS AND OILS:

- Virgin/cold pressed oils and coconut oil...for cooking or in dressings
- Oily fish like salmon, tuna, sardines etc: at least 3 or more times a week. Every day is fine.
- Nuts (almond, walnut, Brazil, pecan etc) as a snack, sprinkle on breakfast, in smoothies or salads
- Seeds (pumpkin, sunflower, chia, linseed, sesame, hemp) as a snack, sprinkle on breakfast, in smoothies or salads
- Avocado: as a light spread on toast or crackers and in salads. Limit to ¼ if watching your weight



or ½ to 1 if you are a hard working, lean athlete that can use all the amazing energy they

provide.

These foods are high energy foods so be careful not to over eat them. If not used as energy they will turn to fat.

AVOID the Dead fats like margarine, processed trans-fats and partially hydrogenated or hydrogenated fats in fried, fast and packaged foods. They drain your energy and damage your health.

EXTRA RedHOT Food Energy Boosting Tips

EAT LOW GLYCEMIC CARBOHYDRATES

Trade up to the good, complex live carbohydrates (low glycemic index GI) instead of the dead, simple, high glycemic carbohydrates. High glycemic index means the sugar enters the blood very quickly. That results in a spike in energy followed by a low-sugar crash.

High glycemic index GI foods to avoid include white bread, potato, and high sugar foods (like soft drink, sweets, chocolate, biscuits, cake). Low glycemic foods (live carb foods) include fruits and vegetables, grains (eg., whole meal bread), low-carb foods (eg., meats), and whole meal pasta).

EAT SMALLER, MORE FREQUENT MEALS

By eating five or six smaller but more frequent “meals”, you’ll maintain a steady dose of energy instead of experiencing food comas. Don’t snack on fatty and sugar laden junk food though. You may get a short burst of hyper alertness, but it’ll be quickly followed by a debilitating energy crash.

Aim to eat every 2 1/2 to three hours. Keep high-energy snacks, such as fruits and veggies, nuts and seeds, whole grain carbs and lean proteins handy so you can munch on them to prevent the afternoon energy slump.

JUICING is another great way to get the recommended 2 fruit and 5 cups of vegetables. If you are not achieving a regular daily intake of 5 - 9 cups of varied, fresh raw fruit and vegetables and don’t make the time to juice everyday use a [Green whole food concentrate](#). 33 superfoods in a drink powder to add essential nutrition to your day.

	GI RANGE	COMMON EXAMPLES
Low GI	55 or less	most fruits and vegetables, legumes/pulses, whole grains, nuts, fructose and products low in carbohydrates
Medium GI	56 – 69	whole wheat products, basmati rice, sweet potato, sucrose, baked potatoes
High GI	70 +	white bread, most white rice, corn flakes, processed breakfast cereals, glucose, maltose

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HAVE AN AFTERNOON POWER SNACK

A small healthy snack that is low in sugar and has protein and/or fiber a couple hours after lunch helps boost your energy and finish off the day strong.

Some suggestions:

- Piece of fresh fruit and a few mixed nuts like walnut, pecan, almond and brazil
- Smoothie with frozen berry or other fruit
- Trail mix
- Granola
- Natural low-fat Yoghurt plus fruit plus nuts or seeds
- Tuna with celery, tomato or other vegetables
- Hummus plus carrots or other vegetables or whole meal/rye crackers
- Tahini or ABC spread plus banana, apple or pear slices on wholemeal/rye crackers

HAVE A BERRY BLAST

Especially berries that are blue, red, or purple. The color comes from anthocyanins, a powerful antioxidant, that boosts energy. Any kind of berry will contain tons. An afternoon snack of yogurt, berries, and nuts will provide the boost of energy



to carry you through. All types of berries help fight fatigue and are delicious in a smoothie!

GO FOR GREEN SMOOTHIES

Anything green will give you more energy. Greens are rich in vitamins and minerals; contain powerful antioxidants and vital live enzymes, are loaded with amino acids (protein), and are low in calories. They really are the perfect food. Blending greens with vegetables (like romaine lettuce, celery, kale,

spinach, and other green leaves), fruit (bananas, apples, pears, peaches, pineapple, and every other juicy fruit), vegan milks, nuts, seeds and natural flavourings creates all kinds of delicious combinations that make it incredibly easy and enjoyable for you to get your daily dose of greens! Besides the great energy you can enjoy improved dental health, more stable blood sugar and improved moods.



They taste a lot better than they sound!

When you blend greens with fruits the greens

become much easier to digest and contrary to popular belief, greens combine perfectly well with fruits.

There are lots of great recipes to try. And once you start drinking them, you'll be hooked.

HAVE A BANANA BOOST

Bananas give an instant and substantial boost of energy packed with great nutritional properties. Many people suffering from depression feel much better after eating a banana. Bananas contain tryptophan, a type of protein that the body converts into serotonin, known to make you relax, improve your mood and generally make you feel happier.

Bananas are high in potassium and low in salt, a great combination to reduce the risk of high blood pressure. Blended with green smoothies they make them yummy and creamy.



high in potassium and low in salt,

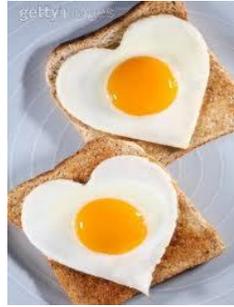
a great combination to reduce the risk of high blood pressure.

EAT EGGS

When people have eggs (which are mostly protein and other great nutrients) for breakfast, versus

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bread or cereals (all carbs), they feel more energy and less hungry. Egg protein makes you feel fuller without feeling stuffed, and they provide a steady stream of energy for your body (versus the quick high and crash of carbohydrates).



Eggs are also a great addition to a lunch salad or an on the run craving control and energy snack.

ROTATE YOGURT INTO YOUR DIET

Yogurt with live bacteria cultures e.g. acidophilus and bifidus etc keep your digestive system stable and clean, which helps your body absorb all the nutrients from food to make you healthier and more energetic.

DON'T EAT A FATTY, SUGARY HEAVY LUNCH

Don't eat a lunch with lots of carbs or fat (like a burger combo) because it will hit you as soon as you get back to the office. The afternoon food coma and sluggishness will last all afternoon because the fat in your blood prevents the oxygen getting to your brain.

EAT MORE SOLUBLE AND INSOLUBLE FIBRE

Soluble fibre is the kind that slows down the rate of absorption of sugars. It evens out your energy levels by preventing the sugar highs and lows. (Insoluble fibre is the kind that prevents constipation) Don't worry too much about which kind of fibre you're getting — they're both good for you. Rotate more soluble and insoluble fibre foods like nuts, grains, fruits, vegetables, berries, seeds, nuts, beans and oats into your day.

HAVE A PIECE (NOT A BLOCK) OF DARK CHOCOLATE

Not too much, but if you're going to have something sweet, it might as well be a good quality chocolate with a high cacao %. You get an endorphin buzz from chocolate (not to mention the energy boost from the slight bit of caffeine chocolate contains). Dark chocolate has antioxidants which are very good for you.



GET YOUR VITAMIN C

Get a daily dose of citrus fruits (e.g. lemon in water, fresh orange juice in the morning).



Study after study shows the

correlation

between citric acid deficiency and chronic fatigue. Vitamin C helps you absorb more nutrients from food so you get more energy out of it.

COVER THE B VITAMINS

B vitamins are involved in the process of converting blood sugar into usable energy. Build the energy B vitamins by eating whole grains, organ meats, sweet potatoes, avocados, egg yolks, and fish.



KEEP YOUR IRON IN CHECK

Sluggishness, especially in women, may be a sign of **low iron**. Women aged 19 to 49 need 18 to 30 milligrams a day of this mineral (eight milligrams after age 50), which helps the blood absorb energy-producing oxygen. If you suspect your iron level is low, have your health professional check it out. Don't try to self-diagnose, since taking too much iron can damage your liver and intestines.

Food sources of iron include red meat, seafood, whole grains, leafy green vegetables and

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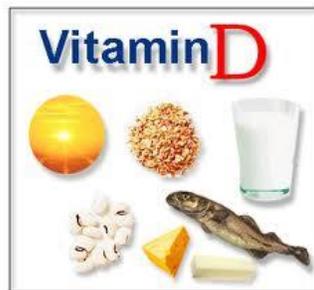
legumes. These are best combined with foods or drinks rich in vitamin C (e.g. salad with spinach and mandarin orange, or a whole grain breakfast cereal like oats topped with strawberries) to maximize absorption of the iron.



For a proven way to help you meet iron and other nutrient requirements, use a good quality whole food supplement or [Green whole food concentrate](#) with superfoods which contains over 12,000 natural vitamins, minerals, antioxidants, enzymes and phyto nutrients that are essential for consistent energy.

LET VITAMIN D ENERGIZE YOU

Vitamin D from sun exposure is essential for all sorts of energy and strengthening processes. 20 minutes or more a day on as much skin as possible will play huge energy dividends. Vitamin D can be found in small amounts in natural butter, eggs, fish liver oils, fortified milk and milk powder, liver, some fortified whole grain cereals.



For the other 7 Energy Boosting Strategies and over 55 energy boosting tips - They can be yours.

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- 3. Eat...the Food of energy**
 - *"Life without the right food makes you sad & sick"*
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Cheers to your healthy success.

Love getting healthy,

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