

ADD HELUIM

Feeling drained after just your first dive? Don't reach for that candy bar or caffeine loaded drink!! Read below to find healthy, energy boosting food choices that will keep you focused and sharp all day:

By Shane Ellison, M.Sc.

Millions of Americans suffer from fatigue. When their energy levels are low many take coffee or other stimulants to wake up. Often by afternoon they look for caffeine-rich drinks in order to keep up at work. By evening, exhaustion sets in, and it's straight to bed—and then most of them repeat the same process the next day. This isn't how the body was meant to operate.

Massive amounts of energy can be had without the above “fatigue-masking” substances. Once sufficient levels are achieved, your energy will be the fuel behind your life's most important projects, thoughts, creativity and relationships. This is how the best athletes and entrepreneurs in the world function, but to achieve it, there are three primary energy-building requirements.

First, replace carbohydrate consumption with healthy fats three times per day. I'm not talking about heart-disease-causing trans fats and polyunsaturated vegetable oils. I'm talking about Mother Nature's energy-boosting fats, found in whole eggs, grass-fed beef, coconut oil, olive oil, avocados, and fresh, raw (and soaked) seeds and nuts, just to name a few. Unlike carbohydrates, healthy fat does not cause a spike in insulin levels, which can cause fatigue and lead to excess fat storage. But even better, it exponentially increases the production of a molecule known as adenosine triphosphate (ATP). ATP is the master energy- and strength-producing molecule within the body. The more you have, the better you perform.

A single fat molecule can produce 129 molecules of ATP. In contrast, if you are not consuming enough healthy fat, the body is forced to utilize an inferior source of ATP production—carbohydrates. A single carbohydrate molecule produces a paltry 38 molecules of ATP! The math proves that fat yields more than three times the energy that carbohydrate does.

Read the entire article by clicking the link below :

http://www.wellbeingjournal.com/index.php?option=com_content&task=view&id=108&Itemid=33