

# ASK THE NUTE GURU

THE NUTE (NUTRITION) GURU IMPARTS WISDOM ABOUT THE IMPORTANCE OF NATURAL, WHOLE-FOODS NUTRITION FOR MIND/BODY WELLNESS.

Q

What can I do on days I wake up feeling extra tired, weighed down and my energy levels are zapped? Sometimes I just feel like laying on the couch and watching TV all day. Help!

A

On days where we may not feel quite like ourselves or feel physically “heavy”, it can kill a whole day! Confidence is out the door and now we have a reason for being lazy or procrastinating - not good! Often, when we feel light and energized, we feel good about ourselves and can take on the day with confidence! Here are 5 ways to help you feel lighter, get a better nights sleep and wake up feeling refreshed!

1. Hydrate - Your body retains water when you're not supplying enough of it, causing it to bloat. Start your day by drinking a big glass when you wake up. Add a slice of organic lemon to warm water for added benefits! Doing this will flush toxins and prepare you for the day.
2. Kick the Dairy - Dairy is a mucus forming food, which can lead to feeling heavy. Try to avoid dairy in the morning and trade it out with almond, soy, rice or hemp milk. If you take this route make sure you get Vitamin D by eating dark leafy greens, healthy proteins or sunlight.
3. No gum please! - Chewing on gum brings in excess air to your stomach and sits there with nowhere to go! Some gum contain sugar alcohol, which causes bloating.
4. Snack Healthy and Slow Down - Fiber rich foods like avocados, raspberries and quinoa are great to snack on. They speed up the digestion process and leave you feeling fuller longer. Take note how fast or slow you eat, eating slower is better. This allows less excess air into the stomach and helps avoid overeating.
5. Exercise Early - Ok, it might be hard waking up before the sun, but maybe try getting up with it! Working out in the morning before your day starts will help detox the body, clear your mind and boost happiness.

<http://blog.freepeople.com/2014/08/6-ways-feel-lighter/>

PROJECT: PFC