

Everything you need to know each month from Optimal Health

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Keep Your Energy Up All Day Long



Life can be absolutely exhausting. I hear it all the time when asking how my patients are feeling, “tired.” We can admit, we often feel it too. So this month we wanted to arm you with some simple tips to try to incorporate into your day that might just get you over that energy slump.

- **Let in the Sunlight:** Natural light is the strongest factor controlling our circadian rhythm. It could be as simple as opening the blinds and letting the light in or taking the time to go outside for a walk. Getting some sun lets your body know that it’s time to wake up and get going by decreasing your body’s amount of Melatonin (the hormone which induces sleep).
- **Eat for Energy:** By starting your day with a protein filled breakfast, it will take longer for your body to break it down into energy, preventing a crash later in the morning - like a carb and sugar filled breakfast can cause. Protein in the morning has also been shown to boost your ability to concentrate and be productive. Try eating eggs, yogurt, nuts, etc. for an easy way to start your day.
Beyond breakfast, foods play a critical role in our energy levels throughout the day. Eating foods with a low glycemic index (or foods whose sugars are absorbed slowly) may help you avoid a lag in energy that happens after eating quickly absorbed sugars or refined starches. Trying foods like whole grains, high fiber veggies and nuts, while avoiding high carbohydrate foods, can help avoid the dip.
- **Control Stress:** Stress induced emotions consume large amounts of energy. Find a friend to talk with, take a moment to read a book or even meditate and work through it to reduce the negative effects on your mental and physical health. Sometimes even taking a few deep breaths can not only bring a sense of calm, but get your blood pumping, giving you an energy boost when you need it.
- **Lighten your Load:** It’s not shocking that overworking causes us to be tired. And overwork doesn’t always refer to your professional life, it can also include family and social obligations.

Before committing, remember to ask yourself if this is helping to support you and that saying yes to one thing most likely means saying no to something else. Consider asking for extra help if needed, no one can do it all.

- **Avoid Smoking:** It's not a secret that smoking is bad for your health, but it also can contribute to feeling tired during the day. Nicotine is a stimulant and increases the heart rate and blood pressure and can contribute to insomnia. It has a similar effect as caffeine, causing an energy crash when the buzz goes away. The toxins and tar in the smoke also reduce the efficiency of your lungs. Over time, this can reduce the amount of oxygen transported around your body, making you feel tired.
- **Drink Water:** Fatigue can be caused by dehydration. Drinking water throughout the day can help you to feel more energized. Try keeping a large water bottle on hand as that reminder to keep drinking or start each meal with a big glass of water. An easy way to know how much water you should be drinking is to take your body weight and divide it by 2 and that's how many ounces of water your body needs to stay hydrated each day.
- **Exercise (Outside!):** We all have a time of day that we feel more tired, instead of lying down, try getting up and moving at that time. Even just a walk outside can be the best way to wake your body up and recharge it. The bonus of exercising outside is that fresh air and sunshine boost mood lifting endorphins, your immune system and even metabolism.

We are looking forward to longer days to come, filled with enough energy to fully enjoy it! We are always here for you and to be your partner in feeling your best.

- Dr Chris



How to Know Which is Right



Always Be in the Know!

When to Ice and When to Heat

When one of our patients experiences an injury, the number one question we get asked is, “should I use ice or heat?” Use this as a quick guide and always call or message with questions!

Ice should be used for acute or new injuries, acute pain, swelling and inflammation. The goal of icing is to reduce blood flow in an area thereby reducing swelling and inflammation in the area of new injury.

Heat should be used for stiff or tight muscles and joints, or chronic discomfort. The objective for heat is to increase healing, relax tension and stiffness by increasing blood flow to an area.

General rule of thumb is ice should be applied no longer than 15-20 minutes, whereas heat can be applied over a longer period of time.

Always Be in the Know!

• Remember, this week is the start of our new office hours. It might be old news for some, but we're still here to remind you!

OUR NEW OFFICE HOURS:

Monday: 7:30AM - 12PM & 3:30PM - 6:30PM

Tuesday: 3:30PM - 6:30PM

Wednesday: 7:30AM - 12PM

Thursday: 7:30AM - 12PM & 3:30PM - 6:30PM

We are flipping our hours on our Tuesday and Wednesday shifts. As always, schedule before coming in for your appointment by either giving us a call (303.466.3988) or scheduling online (<http://optimal-health-chiropractic.genbook.com>).

• Always know what's going on at the office by following us on social media. We will always post about any changes to our schedule or maybe even a fun office event - but whatever the reason, it's the best place to make sure you don't miss out.

Find us on [facebook](#), [instagram](#) & [twitter](#)!



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