



BRIGHT MOON WELLNESS

Adrenal Health Tips for Boosting your Energy!

Choose a motivating morning mantra and repeat, repeat, repeat! A morning mantra examples could be 'I am strong and powerful' or 'Today I am energized and invigorated.' Say it in your head or out loud, repeat it during your morning meditation, workout, while in the shower or brushing your teeth. Write it down where you will see it first thing in the morning. Use a post it note and stick it to your bathroom mirror, your fridge, your laptop or on the cover of your day planner. Your body responds to your thoughts and emotions and starting the morning with a fresh mindset sets the tone for your day.

Be mindful of your water intake. Staying hydrated supports the environment your cells live in while improving focus and concentration. A fun flavorful way to infuse your water is with a wedge of lemon or lime for a zingy boost or adding some cucumber slices for a cool, calm and collected flavour.

Evaluate your coffee intake. Coffee provides an immediate energy boost but over time it can be too stimulating for your adrenal glands and can leave you feeling depleted rather than energized. Consider trying organic green tea which has a small amount of caffeine as well as a plant chemical called l-theanine which balances the effects of the caffeine leaving you feeling alert but calm. Green tea is also packed with anti-oxidants which protect your cells from damage and help clear inflammation. Speak with your naturopathic doctor about evaluating your coffee intake.

Include protein in your breakfast. Protein keeps your blood sugar stable which prevents spikes and dips in your energy. Quick sources of protein for breakfast include: eggs, turkey bacon, plain Greek yogurt, smoked salmon, chickpea hummus, nut butters (peanut, almond, cashew are delicious), seed butters (tahini made from sesame or pumpkin seed), quinoa porridge or a protein powder smoothie. Work with your naturopathic doctor or nutritionist to ensure your eating enough dietary protein to meet your individual needs.

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Add some vitamin C rich foods to your diet. Vitamin C is highly concentrated in your adrenal glands and important to help your body respond to stress. It also provides an immune boost to protect against colds and flus which you may be more susceptible to when you are stressed. Adding a handful of frozen berries to your yogurt or smoothie, cutting up some apple slices with nut butter and cinnamon, and sliced peppers with garlic hummus are three quick ways to include vitamin C rich foods into your snacks. Bonus they are also high in protein for blood sugar stabilization!

Take time to breathe slowly and deeply into your belly. Deep belly breaths communicate to your nervous system that everything is okay and that you are fine. Shallow chest breathing sends the signal to your body that it is stressed and needs more oxygen. Try taking a deep belly breath every time you wash your hands as an easy way to remind yourself throughout the day.

Wind down at the end of the day. Turn off stimulating electronics and lights at least 20 minutes before going to bed. Listen to meditation music, do yoga poses, journal to release your thoughts and emotions and make your room as dark as possible to promote a restful and restorative sleep so you are rejuvenated and ready for tomorrow. Work with your naturopathic doctor to improve your sleep hygiene habits.

We invite you to learn more about the naturopathic approach to improving your adrenal health and ability to stay resilient in response to stress with diet and lifestyle changes, nutritional supplements, herbal medicine, homeopathy, Traditional Chinese Medicine and acupuncture!

Book a FREE Meet and Greet appointment with our Naturopathic Doctors:

Dr. Ellen Simone, ND and Dr. Jacqueline Keeney, ND

Learn what foods to eat and what foods to avoid to support adrenal health and increase your energy. Includes 3 recipes! Book an Adrenal Health Mini Nutrition Session with our Nutritionist:

Emma Lui

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