UNLOCK YOUR ENERGY

by Angela Lofthus



SIMPLE, PRACTICAL DIET AND LIFESTYLE TIPS TO BEAT FATIGUE

Nutrition 4Change

ARE YOU TIRED ALL THE TIME?



If you're experiencing persistent fatigue—often known as TATT (Tired All The Time)—you're not alone. Whether you're dealing with hormonal imbalances, low thyroid function, autoimmune conditions, or perimenopause, low energy is one of the most common complaints I hear from my clients.

The good news? There are simple, practical steps you can take today to boost your energy levels, improve your focus, and reclaim your vitality.



What this ebook will teach you

In this guide, you'll discover:

- How energy is actually produced in your body
- Which nutrients and foods fuel sustainable energy
- What lifestyle factors drain your energy reserves
- Simple everyday lessons and tips you can implement immediately
- When to seek personalised one-to-one support

While conditions like hormonal imbalances and thyroid dysfunction often require deeper investigation, there are universal principles that can improve energy levels right away.

This ebook captures those essential strategies so you can benefit today from renewed energy, focus, and vitality.

UNDERSTANDING HOW YOUR BODY PRODUCES ENERGY



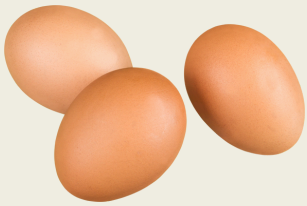
Essential Nutrients for Energy Production

Your body requires a specific range of nutrients to produce energy efficiently. Understanding these nutrients and their roles can help you make informed choices about what to eat every day.



The 7 Key Nutrients for Sustainable Energy

Think of your body's energy system like a car engine. Each of these nutrients plays a specific, essential role in keeping that engine running smoothly. The following framework is adapted from 'The 10 Day Energy Diet' by fellow Nutritionist Jackie Lynch.





Protein: The Building Blocks

Protein forms the building blocks for all of your cells and should be consumed at every meal and snack. Without adequate protein, your body cannot maintain muscle mass, produce hormones, or support cellular repair.



Best sources:

- Meat, fish, and poultry
- Eggs
- Plant proteins such as tofu and tempeh
- Legumes (beans, lentils, and peas)
- Dairy products







Magnesium: Your Engine Starter



If you're tired all the time, it may be due to lack of magnesium—this mineral literally starts your energy engine. Magnesium is involved in over 300 enzymatic reactions in the body, many of which relate to energy production.

Best food sources:

- Dark green leafy vegetables (spinach, watercress, kale)
- Avocados
- Legumes (chickpeas, lentils, beans, soybeans)
- Tofu
- Nuts (especially almonds, brazil, cashew, and pine nuts)
- Seeds (especially pumpkin and sunflower)
- Wholegrains (quinoa, rye, brown rice)
- Bananas (not too ripe)



Non-food source: Epsom salt baths are an excellent way to absorb magnesium through your skin.



B Vitamins: Your Spark Plugs



B vitamins act like spark plugs in your energy system. Because they aren't stored in the body, you need to consume them daily—ideally throughout the day.

Best sources:

- Meat, fish, and eggs
- Whole grains
- All vegetables (aim for 6-8 portions of different vegetables daily)



Pro tip: Starting your day with a savoury breakfast can help you hit your daily vegetable target more easily.















Vitamin C: The Key Catalyst



Vitamin C is the key catalyst in the energy chain. Interestingly, vegetables are usually higher in Vitamin C than fruits.

Best sources:

- Broccoli, parsley, red peppers
- All green vegetables
- Citrus fruits, kiwis, strawberries, and blackcurrants



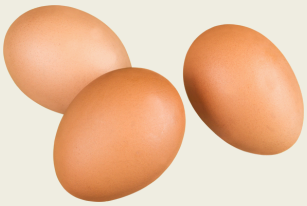


Vitamin D: Your Engine Oil

Vitamin D is like the engine oil that keeps everything running smoothly. Low vitamin D levels are strongly associated with persistent fatigue.

Best sources:

- Oily fish (salmon, tuna, mackerel)
- Egg yolks
- Mushrooms
- Fortified foods
- Sunshine (the best natural source)







Essential fats: Your Premium fuel

Essential fats are your premium source of fuel. Your body cannot make these fats (hence the name 'essential'), so you need to include a source ideally at every meal.

Best sources:

- Avocado
- Olive oil
- Nuts and seeds
- Oily fish



CoQ10: Your Ignition System

Coenzyme Q10 (CoQ10) is like the ignition of the energy cycle. This key nutrient is present in every cellular membrane within your body and is essential for energy production at the cellular level.

Best sources:

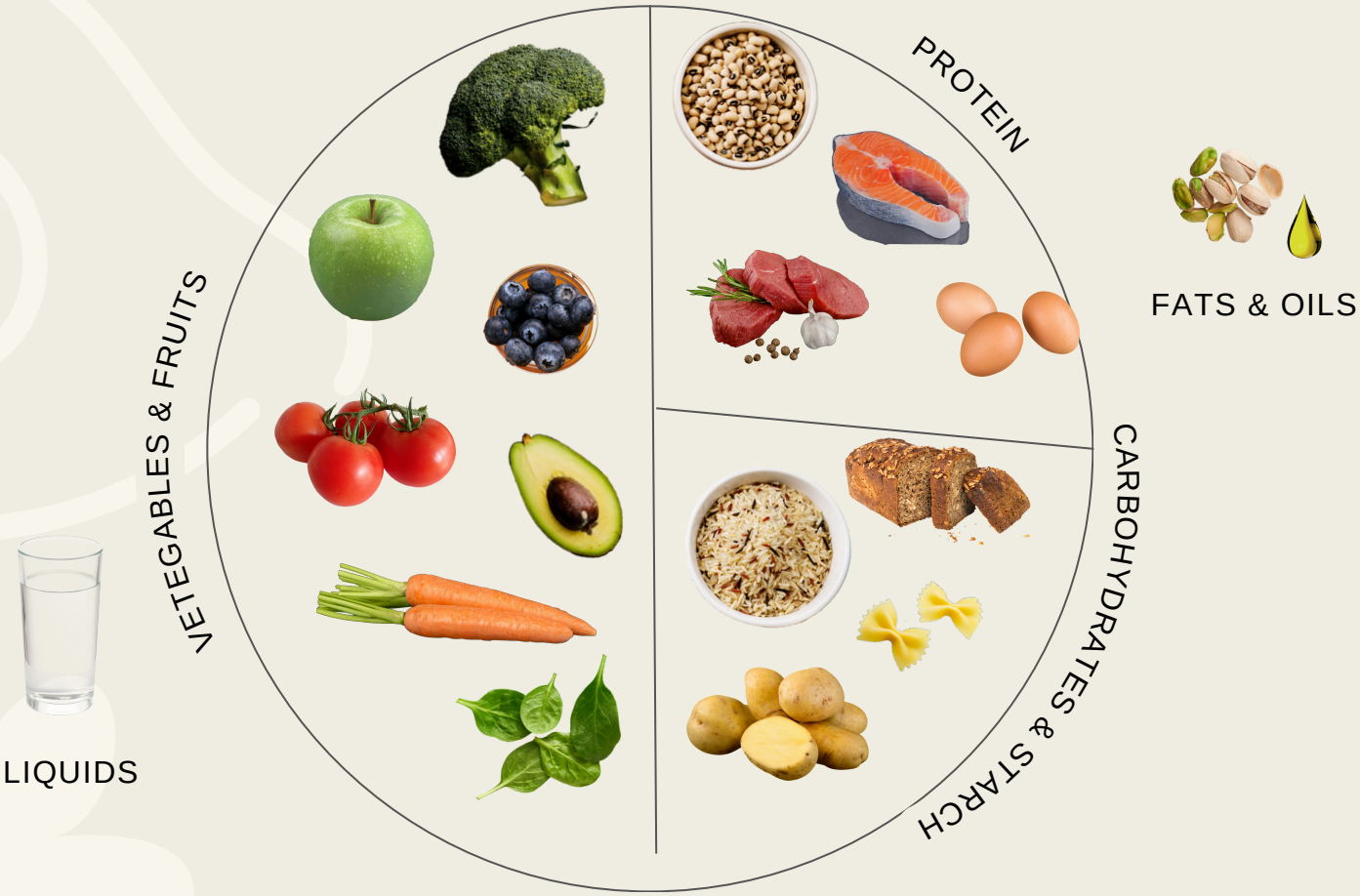
- Oily fish (the best source)
- Organ meats
- Other meats
- Nuts and seeds (especially sesame seeds and soybeans)

25% LEAFY GREEN VEGETABLES

Spinach, kale, broccoli, cavolo nero, watercress, rocket, cabbage, swiss chard, endive lettuce, romaine lettuce, bok choi

25% OTHER VEGETABLES

Green beans, tomatoes, cucumber, peppers, carrots, courgettes, mushrooms, onions, cauliflower, mange tout, sugar snap peas, celery, peppers, asparagus, leeks, onions, radish



CARBOHYDRATES & STARCH

Brown rice, oats, quinoa wheat free pasta or rice noodles, potatoes or sweet potato, fruit.

PROTEIN

Meat, fish, eggs, tofu, lentils, chickpeas, nuts and seeds e.g chicken, lamb, turkey, salmon, mackerel, cottage cheese, flaxseeds, pumpkin seeds, chia seeds, almonds

ENERGY ROBBERS: WHAT'S DRAINING YOUR VITALITY



Now that you know which foods give you energy, it's equally important to understand what takes energy away.

These 'energy robbers' drive inflammation in your body, which is recognised as an underlying factor in persistent fatigue.

Foods that stimulate inflammation include, such as sugar, certain grains, alcohol, and caffeine.



Refined Sugar

Refined sugar is highly inflammatory and found in obvious sources like cakes, biscuits, and desserts, as well as refined carbohydrates such as white bread and white pasta. But sugar also hides in pasta sauces, yoghurts, jams, ready meals, soups, and breakfast cereals.



How to reduce refined sugar:

- Choose wholegrain carbohydrates (brown bread, brown rice, wholegrain pasta)
- Limit treats to once a week at weekends instead of daily
- Avoid sugary drinks by choosing mineral or sparkling water
- Choose red wine over rosé or beer when drinking alcohol



Wheat



Wheat may be inflammatory for you, which is increasingly prevalent now due to poor quality wheat production.

Consider reducing wheat in your diet and observing how you feel —less tired, less bloated, less brain fog.

Healthier alternatives:

- Naturally gluten-free foods: potatoes, rice, and oats
- Snack on oatcakes with hummus, or nuts and seeds instead of biscuits
- Choose quality over processed gluten-free alternatives



LIFESTYLE FACTORS THAT IMPACT YOUR ENERGY

Nutrition is crucial, but lifestyle factors play equally important roles in maintaining energy levels and overall health.

Hydration



Hydration: The Foundation of Energy

Over 60% of your body is made up of water, and it's vital for the healthy functioning—and therefore energy—of your body cells.

Simple hydration tips:

- Drink water throughout the day
- Enjoy herbal teas
- Eat 6-8 portions of vegetables and fruits
- Use a water app to help keep you on track
- Consider taking electrolytes if you engage in high-intensity or endurance sports



Exercise

Regular exercise, such as walking or jogging, can help improve energy levels and reduce the risk of chronic diseases. The key is finding the right balance; —too little movement leaves you sluggish, while too much can deplete your energy reserves.

Stress Management



Stress can have a devastating impact on energy levels and overall health. Practicing stress-reducing techniques such as meditation, deep breathing, yoga, or simply spending time in nature can help manage stress and improve overall wellbeing.

Sleep



Getting enough quality sleep is absolutely essential for energy production and overall health. Aim for 7-9 hours of sleep per night to support energy levels and allow your body to complete its crucial repair and restoration processes.

TARGETED SUPPLEMENTS FOR ENERGY SUPPORT



Dietary supplements that provide health benefits beyond basic nutrition may be helpful for specific conditions or life stages. For example, if you take statins for heart health or are at perimenopause when magnesium levels are often low, targeted supplementation can make a significant difference.

I**mportant:** Always consult with your healthcare practitioner or GP before introducing supplementation.



Omega-3 fatty Acids

Found in fish oil supplements, Omega-3 fatty acids can help reduce inflammation and improve heart health, both of which support sustained energy levels.



Vitamin D

Remember, vitamin D is like the engine oil in the energy chain. Supplementing Vitamin D to boost levels can be a game changer in energy levels.



Magnesium

Magnesium levels at perimenopause are often low due to stress and poor sleep. Supplementing with magnesium glycinate can restore energy levels during this transition.

CoQ10

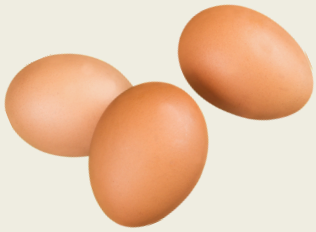


CoQ10, which acts like the ignition in the energy cycle, can be reduced with statin medication. Statins interfere with the production of mevalonic acid, a precursor in the synthesis of CoQ10. Introducing a CoQ10 supplement may be helpful in restoring energy levels if you take statins.

YOUR ENERGY TRANSFORMATION STARTS TODAY



The energy cycle in the human body is a complex process that involves the conversion of nutrients into energy. Your dietary intake and lifestyle factors all play important roles in maintaining energy levels and overall health.
By making some small—or significant—changes from the recommendations in this ebook, I hope you will notice a difference in your energy levels, vitality, cognition, and overall wellbeing.



Remember: Sustainable energy doesn't come from quick fixes or caffeine. It comes from consistently nourishing your body with the right nutrients, managing inflammation, staying hydrated, moving regularly, managing stress, and getting quality sleep.

Ready for Personalised Support?



If you would like more information or feel that you would benefit from a more in-depth and personalised assessment of your current health and any hormonal imbalances, please do not hesitate to contact me.
Sometimes, persistent fatigue requires a deeper investigation into underlying imbalances, deficiencies, or conditions. Through comprehensive nutritional therapy and functional medicine testing, we can identify and address the root causes specific to your situation.



Not sure where to start? Book a complimentary consultation with Angela to discuss your concerns and explore whether nutritional therapy is right for you.

Arrange a Consultation by Phone: 07977 418736
Online Contact Form
Visit Website: www.nutrition4change.com
Consultations are available face-to-face in Chorleywood, Hertfordshire, or online via Zoom throughout the UK.



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