**Boost Your Energy the Natural Way**

When you think of increasing your energy levels, there are not a lot of natural alternatives that come to mind. You might think the only ways to boost your energy levels include drinking coffee, energy drinks or taking some sort of stimulant. This is simply not true. There are a number of ways you can ramp up your energy, and do it naturally, that will both contribute to your fitness and to your optimal health.

**Eat the Right Foods**

Get rid of processed carbs in your diet altogether, if possible. Instead, include natural starchy carbohydrates at the proper times (like after your workout) and watch your energy levels come to life. The steady energy release from slow-burning carbohydrate sources like oatmeal and yams will sustain you throughout the day and you won’t experience sugar-like energy crashes. Filling up with fiber from whole natural foods will help you digest your food more slowly. This will provide you with prolonged energy for hours.

Eat a high protein, high fat, low carb breakfast. This will keep you in fat-burning mode while keeping your cravings at bay. Eating more healthy fats will give you a surge in energy without the crash. If you start your day with sugary carbs, you’ll crave more and more junk food all day long. Also, avoiding excess caffeine and nixing the sugar will work in your favor when it comes to boosting your natural energy levels.

**Drink Up**

If you’re thirsty, you’re going to feel hungry and sleepy and your energy levels will most likely plummet. Make sure you get at least 8 glasses of water or more per day to maintain both health and energy levels.

You can also add green tea to your drink menu. It has some naturally occurring caffeine, but it’s also chock full of antioxidants and other health boosting nutrients to fuel your energy levels.

**Use Natural Supplements**

Make sure you get your vitamins and minerals. Yes, eating a variety of vibrant fibrous veggies, fresh organic and preferably grass-fed meats will ensure you are not left with nutritional deficiencies. You can also try some natural supplements like tyrosine. It’s an amino acid that will boost you up. Get it from foods like cottage cheese, eggs and even smoked salmon.

**Rest Up**

Get a great sleep. Sleep in a cool dark room and try to wake up at the same time daily so your body can get into a rhythm. Shut down the television, laptops and any other electronics and develop a pre-bedtime ceremony to help you wind down at night like light reading or a candlelit bubble bath.

Stretch and breathe. Stretching gives your body a much needed break while increasing your circulation. Get the blood flowing and take slow deep breaths to relax and revive.

Now that you know the secrets to natural energy, you won’t have to find yourself in that afternoon slump, or dragging through your day. Instead, you’ll have the sustained strength and vitality you need to accomplish everything on your daily list and more.