

THE E-FACTOR DIET

ALL-DAY ENERGY

SECRETS



by John Rowley



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Use of the information provided is at the sole choice and risk of the reader. You must get your physician's approval before beginning this or any other exercise program.



ALL-DAY ENERGY SECRETS

The E-Factor Diet All Day Energy Secrets

Do you want energy on demand? Do you want energy you can tap into at a moment's notice? Well, you can, by taking control of your physiology ...

Psychology and Physiology: The Dynamic Duo

When I was 19 years old, I had a near-fatal car accident. I was a mess. My right arm and left foot were in terrible shape. My nose was cut off, and the doctors did reconstructive surgery to put it back on. My ribs were broken and my breastbone split in half. When my youngest brother came into my room and saw me, he "lost his lunch." Everyone who visited me made me feel worse when I saw the looks on their faces. Then it happened ... in an instant, it all changed.

My friend, Brian McLaughlin, walked into my room, took one look at me, looked around my room and summed up the whole situation immediately. He walked over to my desk and emptied out my wallet saying, "You won't be needing any money for a while." Then, he started going through my closet, taking my best clothes out and saying, "You won't be wearing this for a long time."

I started laughing so hard that I was crying from the pain of my broken ribs and breastbone. Brian was hysterical as well. Then ... it all changed. Even though I was in pain, my physiology was changed. When you laugh, you breathe differently. You use your facial muscles differently, and it changes your emotions for the better. In that instant, I knew I would be all right!

We have all experienced this in one way or another. You go to a ballgame exhausted, and then your favorite team scores. You jump up and cheer, and



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before you realize it, you are more energetic and upbeat than you were moments before. A couple of years ago, my oldest grandchild, Jennifer, was born. My son, John, called me when he and his wife, Jocelyn, were on their way to the hospital. Well, I jumped out of bed, got into the car and met them at the hospital, along with my oldest son, Jim, my daughters Jessica and Jacqueline and Jocelyn's mom, Nancy. The whole family came out to support Jocelyn and John, and to greet baby Jennifer on her first day!

It was very exciting. But, the baby was not ready to be born for many, many more hours. We all waited, fell asleep, chatted with one another and fell asleep again. It was the middle of the night and we were all tired. John came out to let us know that Jocelyn was getting ready to deliver, and then a little while later he came out to tell us, through tears of joy, that his beautiful baby girl was born!

If anyone were looking at us, they would have been able to tell in an instant what we were feeling. We were all so elated. Instead of slumping in our chairs or lying on couches, we were walking around with bounce in our steps, hugging each other and no one was tired anymore. Your physiology is tied to your emotions! The way you carry yourself, the way that you stand and move, it all has an impact on how you feel emotionally. This is very important. Are you listening? If you want to learn how to change your emotions, you must learn how to direct your physiology. When you learn how to do this, you can change the way you feel in an instant!

Master Your Physiology!

Oftentimes, we don't feel fulfilled because we simply don't move enough. The more you move, the more you feel alive. In today's society, many people get out of bed and have a cup of coffee to wake themselves up. Then, they get into their cars to drive to work, go into their offices and sit behind a desk all day and don't move very much.



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Being rigid and not moving at all is what happens when you are dead. This rigidity in death is called rigor mortis, and many people are just a step away from having rigor mortis. If the quality of your life is dictated by the quality of your emotional state, and if your emotional state is directed by your physiology, can you see why so many people are sad, lethargic, depressed, unmotivated and unhappy?

YOU MUST MASTER YOUR PHYSIOLOGY!

You have to purposely move in a powerful, deliberate way in order to feel alive.

Mr. Mopey

Let's face it ... we all know a Mr. or Ms. Mopey, and to be honest, we all have our own "Mopey" days. We all have, or have had, a Mr. Mopey in us for a time, and he surely knows how to master some part of your physiology already. If you want to get depressed or sad, you already know how to do it. You know how to move and think if you want to ignite the Mr. Mopey in you. In fact, some of us have mastered how to be a "Mr. Mopey"!

The key is to learn how to ignite your life in a positive, inspirational, and motivating way, instead of the opposite, the Mr. Mopey way.

Have you ever had a day when you were totally exhausted? All you wanted to do was sit down and rest? Then, all of a sudden, you had to do something physically challenging, and you woke up and even got energized? I try not to workout in the evenings for this very reason. If I go to the gym or work on creative business stuff too late at night, I can't get to sleep.

Just a few nights ago, my friend Doyle Yager was over. At about 10:00 pm, Doyle and I were pacing around talking about future business opportunities. A few hours later, I tried going to sleep, but I just lay there with my eyes wide open, looking



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at the ceiling. My physiology had gotten engaged as Doyle and I spoke, and that was all she wrote as far as me getting any sleep that night.

No One Is Looking!

If I asked you what a depressed person looked like, what would you say? Shoulders are rounded and maybe hunched, face is slack looking down, eyes are empty or without spark. The person is breathing in a shallow manner, speaking slowly, etc. Yes, you know this because many people have mastered this part of their physiologies. Remember, the way you move your body controls your attitude and emotions.

Now try this. No one is looking, and if they are, so what! Give it a try. After all, it is your life! Go for it and have some fun with me! Relax and clear your mind. Think about something funny that happened to you recently. Repeat a joke to yourself or anything else to get you in a great state of mind. Now, stand up and stretch your arms as high as you can into the air. Take several really deep breaths and hold the oxygen in for 10 seconds then exhale forcefully. Repeat this a few times. Bounce around a little, pretending you're Muhammad Ali getting ready to face George Foreman. Get yourself physically vibrant and ready for anything. No one is looking, so have some fun with this! Get your energy up!

While you're in this powerful state, try to think about something that would ordinarily make you feel down or depressed. Don't change your position. Keep breathing deeply, keep bouncing around, hold your head high and shoulders back, like you're ready for anything. If you're speaking to yourself (internally), which we all do, make the volume louder and the tempo quicker.

What you'll find is that it's virtually impossible to get down once you are physiologically UP. Your motions can, and will, direct your emotions. The physical and the mental are all part of the same process because it is all part



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of you. Therefore, the fastest way to stop feeling a certain way, is to radically change your physiology. Move as if you are full of joy, exuberance, passion and excitement for life ... whatever works for you. That's the power of your physiology.

You can see this at a concert, at a sporting event or even at church. If you are sitting there and just watching the event, you get a little bored and listless. But, the moment you get up and start cheering, your physical energy begins to pick up. At my church, we do about a half hour of praise and worship music before the pastor begins to speak. When the songs are slow, you can see the energy of the congregation sag a little. But, as soon as an up-beat song is playing and everyone begins to move a little, you can see the energy in the whole building begin to build. This is the physiology of success with the help of music. And, by the way, music is a great accompaniment to getting yourself up and out of a slump. Put on some up-beat music, move yourself in a powerful and energetic way, and before long, you will be powerful and energetic, too.

If you're physically fit, using your physiology is even more powerful. Can't you see how this all fits together? We consist of body, mind and spirit, and you can't neglect any one of these parts because they are all parts of what makes up the total you. Once you know how to direct your physiology in a way that will support you, you'll find that vision, focus and consistency will help you cross the finish line.

NATURAL ENERGY BOOSTING STRATEGIES

Okay, so now you know the secret to turning around your mood and your energy levels through the use of motion, emotion and physiology. But, you might think the only other ways to boost your energy levels include drinking coffee or energy drinks or taking some sort of stimulant. Not true. There are many ways to up your energy naturally that will simultaneously contribute to your fitness and better overall health.

Natural Energy Boosting Strategies



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- **Drink more water** – When you are thirsty, you'll feel hungry, sleepy and your energy levels can tank. Simply staying hydrated at regular intervals throughout the day can make a huge difference in how you feel.
- **Have carbs, but not processed carbs** – Adding the proper slow-burning carbohydrates to your diet at the right times (like after your workout) will replenish your energy and give you a steady and sustained drive throughout the day with no sugar-like energy crashes.
- **Eat breakfast** – This stops the starvation mode that you're in from "fasting" during the night. Eating a high protein, high fat, low carb breakfast lowers your stress levels as well as lowers your cortisol (stress) hormones which cause you to hold on to body fat.
- **Get proper nutrients** – Eat a rainbow of colored fibrous veggies (by the way, these are filled with nutrients and extra water), a variety of fresh meats, and a good mineral/multivitamin supplement to fill in any nutritional deficiencies.
- **Proper sleep** – Don't sleep in. Get up at a regular time each day so your hormone cycles can become level and your body can get into a rhythm.
- **No TV or electronics before bed** – Transition to bedtime by engaging in calming activities like a hot bath or some light reading. Make sure you sleep in a cool dark room, and don't consume large meals that might cause gastric discomfort right before bed.
- **Workout** – Exercise boosts your metabolism and the effect can last for hours after exercising.

In addition to the above natural energy boosting strategies, there are some very easy tweaks you can make to your lifestyle that will help give you a lift.

Simple Energy Tips

- **Avoid caffeine and sugar** – They will only cause your energy to crash.



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- **Get more protein** – Protein is satiating and will fill you up without making you feel lethargic or bloated.
- **Fiber** – Fill up on fiber because it will help your body digest food more slowly, providing you with prolonged and sustained energy.
- **Eat more healthy fats** – Fats will give you automatic energy with no crash.
- **Use compact fluorescent bulbs (cfls)** – These cool white bulbs are known to boost energy and mood by replicating the sunlight from outdoors.
- **Drink green tea** – This tea has some caffeine, but also boasts incredible levels of antioxidants and other healthful nutrients that will boost your energy levels and also provide hydration.

Of course, I'd be remiss if I didn't at least mention a couple of weird-but-true ways to ramp up your energy levels.

Unique Energy Enhancers

- **Tyrosine** – This amino acid naturally bumps up energy levels. It can be found in various foods like cottage cheese, smoked salmon and eggs.
- **Eat fibrous veggies** – They are filled with water and nutrients which your body craves and uses as fuel.
- **See red** – The color red causes a visual frenzy and energizes your brain, making you move more quickly and efficiently. It's a power color.
- **Be giving** – Practice random acts of kindness and watch your energy levels soar.
- **Take action** – Making decisions, completing tasks, and practicing being grateful by writing down what you're thankful for will all have a positive impact on your vibrancy.

And, last, but certainly not least, the most important thing to me when it comes to fitness and health ... the simple solutions!



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Simple Movements You Can Do While in Your Car, at Your Desk or at Home

- **Deep breathing** – Proper breathing relaxes you and brings your stress levels down, clears your head, allows more oxygen to get to your brain and throughout your body.
- **Listen to music** – Pump up the volume. It can be an instant pick-me-up and change your mood for the better. Listen to tunes that inspire you or remind you of happy times.
- **Take breaks** – Stretch out, focus on something different for 5-10 minutes.
- **Stretch** – Stretching will provide you not only with a break, but it will increase your circulation. More blood flowing through your system means more oxygen and nutrients so you can accelerate through your day.
- **Smile** – Smiling and laughing boosts your endorphins which will in-turn energize you while also improving your mood.
- **Go outside** – Catching some rays in the beautiful good old outdoors will do wonders for your mood and your stamina. Soak up some Vitamin D via natural sunlight.

So, there you have it. You have a virtual toolbox of energy boosting strategies right at your fingertips! Enjoy! And, use your newfound levels of energy to accomplish the things in your life that are important to you, like your health and fitness. Seize the day, my friend!