



## **America's Energy Crisis – or Lack There of!**

Let's face it, there's not much fun in life when you do not have energy. Having energy allows you to fulfill your responsibilities with enthusiasm and to handle difficult challenges with greater ease and a better disposition. It's hard to be consistently on top of things when you do not feel strong and healthy.

Today's hectic pace demands a lot from us, and we all want to have success in life. So whether you are a teenager involved in athletics, a busy mom or dad in charge of the kids and the home, a business executive dealing with the constant demands of their company, or anything in between, your body requires a good amount of energy to tackle the things we do. In short, having good energy brings a deep sense of quality to your life.

It is no secret that many people today are fatigued and feel like they could use more energy. We have to ask what's behind all of this tiredness in order to do something about it. Understanding how the body produces energy goes a long way in solving this dilemma.

Actually, having good energy is the natural result of a body that is healthy and in balance. Fatigue is an indicator that something is not working right. It could be that you are not sleeping well or that you're dealing with the stress in your life ineffectively. It could be that along with stress, you tend to find comfort in eating foods that are not healthy for you. Perhaps you are skimping out on a balanced exercise routine because you have not been successful in making it a priority in your life. You also may find yourself increasingly quick-tempered with those people around you, which causes even more stress, doesn't it?

These are all necessary components to consider if you tend to find yourself tired and desperate for energy. Perhaps you feel the need to reach for the next 'energy drink' or triple latte, while deep down you know that these "crutches" do not bring true energy and can deplete the body even more. In fact, they merely stimulate an already depleted condition while deepening the downward energy spiral. Living a balanced life with proper attention placed on the basics – good nutrition, balanced exercise, proper stress reduction – must be made a priority if you are to truly gain the energy and health you desire. So for those that are tired from the first stir in the morning, to those that wish they just had better energy at the end of the day, there is always something that can be done to improve and sustain a renewed sense of vitality.

*The Spa on Green Street's Wellness Program* features these basic components in a simple and affordable package that is customizable to suit your needs. The sense of energy cannot be "gotten"; it must be generated through balanced living. This is what the spa lifestyle is all about, and it is a true key to a long and energetic life!

-Ricardo Boye, ND, CNC  
Wellness Program Coordinator