



*"Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers" 3 John 1:2.*

## 5 Proven Strategies to Boost Your Energy All Day Every Day: Part 1



*"Years ago, I experienced low energy. If you are experiencing ongoing weariness, take note of these tips!" - Dr. Paulette Sedlak*

*"How precious and weighty are your thoughts to me O God." - Psalm 139:17*

Psalm 139:14 tells us we are fearfully and wonderfully made. Our bodies contain between 30-40 trillion cells. Every cell in our bodies creates energy.

The first 3 strategies are going to be what I call the add-on game. This means the first 3 strategies build upon one another. The first 3 strategies have to do with 2 important hormones. They are insulin and G.H. (Growth Hormone).

- #1. Stop eating 3-4 hours before you go to sleep.
- #2. Exercise increases energy.
- #3. Decrease the span of hours within which you eat in a 24 hour period to 10 hours or less.

The benefits include:

- A. Helps to inhibit cancerous growths and chronic diseases from developing.
- B. It transitions your body into burning fat for fuel to create energy.
- C. Helps you avoid cravings and hunger pangs by resetting your body's glucose dependence.
- D. Helps to normalize insulin sensitivity, which will prevent insulin resistance.

Today is Part 1 of the 5 Proven Strategies to Boost Your Energy All Day Every Day. You won't want to miss next week's continuation of these strategies.



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