

Endless Energy



*3 SIMPLE LIFESTYLE SHIFTS TO FEEL
ENERGIZED AND READY TO LIVE YOUR
MOST EASEFUL LIFE*

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Hello Beautiful!!

If you have arrived here you are probably struggling with your energy levels - maybe feeling burnt out or suffering from energy highs and lows?

Well you are in the right spot if you are looking for some tools and support to bring you on track.

A few years back I was in an endless cycle of waking to coffee, crashing in the afternoon, turning to more coffee and sugar to give me a quick boost and then maybe even having a glass of wine in the evening to wind down and then I would crash in the evening.... And then sometimes waking in the middle of night and would start the whole cycle again the next day.

I was constantly moving forward, moving from one thing to the next, never taking a pause. I would be exhausted at the end of the day.

I woke up to a 5am boot camp, went home to get kids ready for school, got ready to go to work and off the day started. After school we would run to activities, squeeze in homework, dinner, bath, story time, bed time and then finish the things I needed to get done for the next day. No wonder I was always exhausted. At that time I didn't think there was time to pause.

As you can imagine, It wasn't long before I couldn't get out of bed, literally. I had been living in a stress mode where I wasn't giving my body and my mind time to slow down. This cycle caught up to me so I burnt out and developed adrenal fatigue and thyroid condition.

The solution offered by the doctors was to be on meds for a long term period, however I didn't want the side effects and have to rely on a drug indefinitely. I decided instead to look for holistic solutions.

Luckily, I was able to make some changes, changes that are sustainable and help me feel better in my body, solutions which help me live in alignment with the rhythms of nature. I didn't realize how living out of sync created sickness in my body.

My hope is you become more aware and do not fall down this same rabbit hole. I hope you are ready to begin to take some small steps towards transformation.

The suggestions here
are a taste of some of
the things that will help
bring back the pep in
your step.

Join my [FACEBOOK GROUP](#) to have more connection with my
community and live support from me.

If you find this helpful and would like to continue your healing journey
with support and accountability to reach your desired goals, then
reach out and start the conversation with me.

[Apply for a complementary 30 min Discovery Session.](#)

Hope to hear from you soon so I can witness your transformation.

Big Hugs,

Ivette



What's inside



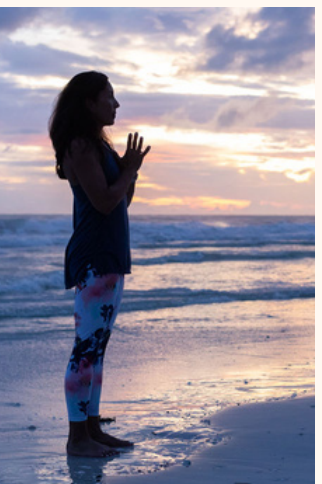
CHAPTER ONE:

Lifestyle Changes Living Rhythm



CHAPTER TWO:

Changing the food you eat



CHAPTER THREE:

Structuring your day/mindset to live in Rhythm

Endless Energy



Do you find yourself feeling sluggish and lazy mid afternoon and want to reach for that cup of coffee or sweet treat? Do you feel tired and wired? ...or are you struggling with burnout or adrenal fatigue? Or do you feel just plain exhausted and tired for no apparent reason?

Then let's move ahead, skip the extra cups of coffee and sugary treats or wine to wind down and find some natural ways to boost your energy levels.

The first thing I recommend to you is to understand your constitution and your imbalances. This way we can find the best tools to bring you back into balance. [TAKE THE QUIZ HERE](#)

CHAPTER ONE: *Lifestyle Changes*

Consistent good health and high energy levels are results of a lifestyle. What lifestyle is that you might be asking? As an Integrative Health Coach, I pull from a variety of modalities. My primary focus is leaning into the habits of yogis and Ayurveda. Ayurveda has many facets and I have found that Dinacharya – a daily ritual supports me with keeping my energy levels consistent throughout the day. I will outline this further down in the booklet.

Let's start with some ideas on where you can begin to focus.

SLEEP

Getting enough sleep is essential for boosting your energy levels. Sleep is medicine and best of all it is free!! When you don't close your eyes when the sun sets and open them when the sun rises you are messing with your body's ability to process, assimilate and eliminate.

You need to give your body time to detoxify. If not you will wake up groggy, foggy, and tired. When you are tired you feel a sense of overwhelm which leads to poor choices. You might get grumpy with those around you. So stay in rhythm with your sleep cycle.

Here are some ways to get a good night's sleep.

Follow a set schedule. Ayurveda believes we should close our eyes when the sun sets and rise with the sunrise, following the natural rhythms of the earth. Not living in rhythm creates stress in our body and mind.

In the evening engage in calmer connecting activities. After dinner, read a book, go for a walk, play games with the family or work on a light project. This allows your body to begin to wind down.

Set a reminder on your phone for about an hour before you go to bed to disengage from technology. Avoid using the TV or cellphone, avoid strenuous activities. You are signalling to your body to relax and start shutting down.

Avoid bedtime snacks, nicotine, & caffeine several hours before you go to bed so that you can sleep better and deeper.

EXERCISE

Exercise is important for keeping your mind and body fit. Ayurveda encourages you to balance between cardio, strengthening and flexibility is key. If you are burnt out, likelihood is you should be slowing down more and finding gentler ways to move.

Exercise can be anything from walking, jogging, keeping weights by your desk or even a community organized sports league. I even had a client who would put up the volume on her music and dance in front of her mirror a few days a week. Who doesn't love a dance party?

Here are a few small changes (notice small) that you can try to make exercise your routine.

Set a realistic goal and put it in your calendar – “I will exercise (do yoga – fill in yours) 3 times a week MWF from 7-7:20am.” Starting with shorter periods of time will allow you to get some movement in rather than none. Once you start getting more in the groove your body will begin to love movement, you can extend the time and the number of days.

Find an accountability partner to exercise together or keep you in check.

Make it fun – find things you like to do like dancing or being in nature.

MINDSET

What are your beliefs around exercise? The old adage “ Thinking is half the battle” could not be more true about your energy levels. If you believe that exercise is something you have to do and see it as another thing on your “to do” list it is very unlikely you’ll want to cross it off. Think about it as if it is something you get to do by finding something fun!!

Thinking about what your goal is about exercise also supports your mindset in taking action. This change in belief system can be the little extra boost you need when you hit that bump in the road and can be the difference between letting a challenge get you down or motivate you.

Here are some things to help you start to change your mindset
Start thinking that positive thinking as a choice to move more into ease. You can choose how to perceive a situation and you can choose how to react to it. You may not be able to control your situation, but your situation does not have to control you.

Find the positives and the “silver lining”. Even a negative situation can teach you something. It might be like the situation won’t last forever.

Share your positive mindset. Don’t feel pressure to commiserate or complain just because others around you are doing it, words are powerful, and every negative word you say or think is recognized by every cell in your body. This negativity can drain you, your energy levels and leave you stressed.



CHAPTER TWO: Changing the food you eat

Eating healthier food can help you in so many ways. What is healthy food? Ayurveda encourages you to eat more plants, eat local and from your ecosystem. Stay away as much as possible from processed foods. Eating in this way can help reduce weight and maintain that energy level you desire. It also helps to stave off diseases and strengthen your immune system.

Here are some ideas...

Focus on eating more plants. Diversify your microbiome by increasing the number of the plants on your plate. Deep nourishment is key to light up your energy and to thrive. Plants make up your bones, skin and cellular structure. Begin to experiment with new fruits and vegetables. Visit the local farmer's markets and supermarkets and move towards what attracts you. Experiment. You don't need to get fancy. Keep it simple. Your body likes it simple.

Eat your largest meal in the middle of the day to avoid late afternoon cravings and so that your body can best digest its food.

Eat an early light dinner. Avoid heavy meals at the end of the day so you can sleep better.

Avoid snacking in the middle of the day. Your body needs time and space to digest food.

Hydrate – The earliest signs of dehydration are fatigue and lack of energy. If you are feeling thirsty you are already behind. Our bodies require a substantial amount of water to function properly, so not replenishing it can immediately impact your metabolism and your energy. Check out the following tips

Start the day with a liter of warm water with lemon to help you eliminate waste from the day before. Continue sipping warm water every 20 minutes to stay hydrated.

Avoid heavily sweetened or caffeinated beverages as much as possible.

If you work out regularly you can always substitute water with a drink that helps you replenish electrolytes like coconut water or natural water with lemon and honey. Coconut water is an isotonic drink packed with electrolytes and potassium. It is ideal for rehydration and has great antiviral properties. It also contains kinetin which aids in keeping coconut 'young' and fresh despite its constant exposure to the sun and it will have the same effect on you.

CHAPTER THREE: *Structure Your Day for Optimal Energy*

Ayurveda runs from the ayurvedic clock which is divided into three parts, Kapha, Pitta, and Vata. These times influence your energy during the day. A combination of each of these same energies reside within each of us and is considered our constitution. As we move through the day we need to consider how these energies affect our body.

Planning your day in a way that helps you to boost your energy levels instead of draining them will support you.

Rise Early
Drink Your Water and Eliminate
Exercise
Sit in Silence or Meditate even for 1 min.
Say “No” to stress
Eat Your Main meal in the middle of the day and say “No” to snacking
Eat Whole Foods and more plants
Stay hydrated
Wind down and do quieter activities in the evening
Sleep Early

Goal Setting

Setting smart realistic and achievable goals can also help keep you motivated and energy levels boosted. Make sure you know why you desire this particular goal.

When starting a program strive for a B-. So often we want to strive for perfection as we start a new program. I know doing it all at once has set me into overwhelm. Set small achievable goals acts as a practice or a stepping stone. As you achieve these small things your energy levels go up and so does your motivation to work harder towards even bigger goals. Goals can be anything from fitting into a new dress to striving to reducing your stress level from a level 8 to a level 4.

Be aware of how you will sabotage yourself and begin to be aware of when this happens and what you can do instead.

Finding an accountability partner and joining a dynamic group is what helps you achieve the best results.



Your energy levels are influenced by more factors than just a cup of coffee you have been drinking. Truly healthy, sustained energy is also not something you can – or should – get from a can.

Your energy is a product of your physical, mental and emotional health; all three need to be in balance to maximize your energy level, your immunity and the joy in your life. Using tools from Ayurveda helps to bring you back into balance and be your most energetic you.

You will be amazed at how far a little extra energy goes and how small pauses can continue to recharge you, like the battery of a car. Today you have a little more energy to walk an extra block. That leads to more energy tomorrow when you finish that task at work early. That leaves you feeling motivated to call up old friends for a much-needed conversation, and so on. Start to make small changes today that will help boost and maintain your energy for your future health. What is one small shift you can make to move forward?

My hope is that these are the seeds to create bigger changes in your life.

Support and accountability is what has helped me most in making change.



Reach out and book a Discovery Session so that you can begin to create the transformation you desire.

BOOK YOUR SESSION HERE

*Big Hugs,
Ivette*

WWW.IVETTEDESAI.COM