

- 1) **Reduce or eliminate caffeine.**
 - The ups and downs of caffeine include dehydration and blood sugar ups and downs, making mood swings more frequent.
- 2) **Drink water.**
 - Most Americans are chronically dehydrated. Before you go to sugar or caffeine, have a glass of water and wait a few minutes to see what happens.
 - Caution: Soft drinks are now America's number one source of added sugar.
- 3) **Eat dark leafy green vegetables.**
 - Green is associated with spring, the time of renewal and refreshing, and vital energy.
 - Greens are full of vitamins and nutrients and great for improving circulation, lifting the spirit, purifying the blood, and strengthening the immune system.
 - Broccoli, collards, bok choy, kale, mustard greens, broccoli rabe, arugula, and dandelion greens are some of the many greens to choose from.
- 4) **Use gentle sweets.**
 - Avoid sugar and chemical artificial sweeteners.
 - Use gentle sweeteners like maple syrup, brown rice syrup, agave nectar, and stevia.
 - Eat sweet vegetables such as yams, carrots, and beets.
- 5) **Get physical activity.**
 - Start with simple activities, like walking or yoga – start with 10 minutes a day and increase.
- 6) **Get more sleep and rest and relaxation.**
 - When you are tired or stressed, your body will crave energy.
 - These cravings are often a result of being sleep-deprived, going to bed late, and waking up early for months and years on end.
- 7) **Evaluate the amount of animal food you eat.**
 - Eating too much meat, dairy, chicken, and eggs can lead to low energy. So can eating too little! Experiment. Respect your body's individuality.
- 8) **Take time for yourself.**
 - Find activities that restore your energy, such as a walk, a bath, a museum, a movie, or whatever you enjoy and schedule a weekly date with yourself to do these things!
- 9) **Get in touch with your spirituality.**
 - We are spiritual beings in a physical world.
 - Find ways to get in touch with your spiritual side, be it meditating, dancing, drawing, going to church or temple, or being in nature.
- 10) **Get rid of relationships that drain you.**
 - People can drain you of your energy. It doesn't mean that they are bad, but it is good to notice who drains you and why.
 - See if you can transform those relationships by communicating and setting boundaries or end the relationship.