



GLOBAL HEALTH RENEGADE

Real Health Care. Real Solutions.



6 Ways to Improve Your Eating Habits & Skyrocket Your Energy

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Introduction

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One of the most common questions people ask us is:
How do I get my energy back?

It sounds like it should have a complicated answer, but it doesn't. The challenge isn't complexity. It's that most people have never been shown what actually works.

From early on, we're surrounded by conflicting advice about what and how to eat. Over time, that disconnect shows up - low energy, feeling heavy, constant cravings, or just not quite feeling like yourself.

You can be doing what seems "right" and still feel off.

The good news is this isn't permanent. Plus, it doesn't require extreme changes. Small, consistent shifts in how you eat can have a noticeable impact on how you feel day to day.

This guide is designed to simplify things. No overwhelm, no rigid rules. Learn practical ways to improve your eating habits to skyrocket your energy throughout the day and night.

Here are six simple ways to start improving your eating habits - and feel more vibrant, clear, and in control again.

1. Reduce Processed Sugar

This also includes reducing your intake of artificial sweeteners. Artificial sweeteners such as aspartame (also known as 950, 951) are known as “excitotoxins”. These have been linked to a range of health issues, a minor one being fatigue.

They have also been shown to increase weight gain - not decrease it. So, cross them off your list completely.

Sugar in general will give you a quick hit of energy. Thus, you peak quite quickly. But what happens next is - your energy levels come crashing down to lower levels than before. The issue here is that people continue increasing the sugar consumption to try and raise their energy levels but this results in bigger peaks and falls.

To compound the problem - the sugar will go straight into your fat stores. Then, this results in weight gain and lethargy, or lower energy levels.

Instead of having sugar as a sweetener, replace it with a small amount of honey - choose raw honey if you can.

If you need a hit of energy have natural, healthy foods like fresh or dried fruit, such as bananas, apples, grapes, berries, dried apricots or medjool dates and add in a small handful of mixed nuts. This is a super nutritious snack with no processed garbage added.



2. Avoid Energy Drinks

Energy drinks are marketed as a quick fix. Yet, they're typically loaded with high levels of unhealthy caffeine, sugar, or artificial sweeteners - along with a mix of additives your body doesn't necessarily respond well to.

The result? A short-term spike in energy that's almost always followed by a noticeable crash.

These rapid spikes can disrupt your natural energy regulation. Blood sugar rises quickly, then drops. Adrenaline increases, then falls. Over time, this cycle can leave you feeling more tired, not less. Often relying on another hit just to get through the day.

It's also worth asking: if these drinks are meant to give you energy, why do so many people who rely on them still feel constantly drained? Real, sustainable energy doesn't come from stimulation - it comes from stability.

If you need a boost, a natural coffee can be a better option, especially when paired with food and not relied on excessively. Even better, focus on the foundations: consistent meals, balanced nutrition, hydration, and adequate rest.

The goal isn't to chase energy - it's to create it in a way your body can maintain.



3. Grab a Good Coffee

Many of you just can't live without coffee. There are some of you who look forward to your first cup of coffee as soon as you get up from sleeping to help wake up, those of you who just love the smell and those of you who have multiple cups of coffee to get you through a hard day at work. For you coffee lovers, there are some benefits to get your health and energy roaring.

- Caffeine stimulates the nervous system, including the nerves controlling intestinal activity, blood pressure and airway size which may keep you alert and awake.
- Coffee has plenty of nutrients and antioxidants. Many of the nutrients in the coffee beans do make it into the final drink, which actually contains a decent amount of vitamins and minerals.
- Don't add sugar or artificial sweeteners. For a healthier substitute add raw honey for sweetness, it's natural and delicious! Minimize milk or cream – you'll just be adding fat and calories to your body.

Coffee may also impair sleep, cause jitters and anxiety. So keep your coffees to a maximum of 2-3 per day.

Most people don't realize that depending on the amount of caffeine in your coffee - it can have a half-life of 7-10 hours in your system. So, avoid coffee in the late afternoon or night.

Also, not all coffees are the same. Buy organic coffee or beans if making it at home. True organic coffee beans have been grown without the use of pesticides or herbicides. Generally, organic beans are grown in the shade and can thrive without chemical assistance.

And, instant coffee? Stay away from it if you can!



4.

Reduce Processed Foods

Processed foods usually contain an array of different ingredients - such as additives, flavours, emulsifiers, preservatives, rising agents, salts, sugars, anti-caking agents, oils, acidity regulators, flavour enhancers, extracts just to name a few. Not to mention the synthetic vitamins and minerals if the item is “fortified” or so called “enriched”.

We have a saying, “The bigger the ingredients list on the packaging - usually the worse it is for you.”

Plus, there are many codes and words you probably haven’t heard of. That, in itself is a warning sign of bad ingredients. Notice how an apple doesn’t have an ingredients list? Yet, it has thousands of nutrients.

When you feed your body with processed foods - this adds to the work load your body has to go through to process them. This is part of the reason why you may feel sluggish. Plus, you’ll lack concentration and energy to carry out your daily activities.

Replace processed foods with wholesome foods. This includes lots of fresh fruit and vegetables. Look at the vibrancy of the colors! That will reflect back in you and your body. Watch your energy levels skyrocket and maintain throughout the day!



5. Increase Your Meals

We know some of you are saying what? This is too good to be true! Well, it is true and works a treat. However, don't have the big meals that many of you are used to. We're talking about 5 to 6 smaller portioned meals.

We've been saying for a long time that 3 square meals a day have made people of the world round. It's also a great way to slow down your metabolism - which is not what you want. Plus, it can make you feel sluggish and lethargic.

Instead of 3 square meals a day, raise it to 5 to 6 smaller meals a day.

Having nutritionally rich smaller portioned meals keeps fuel going into your body. And, what this does is help to keep your metabolism firing. Thus, making you feel more energized throughout the day.

Plus, as the portion sizes are smaller you won't have overeaten. Therefore you avoid feeling bloated and sleepy - which happens to so many people when they have a big meal.



6. Drink More Water

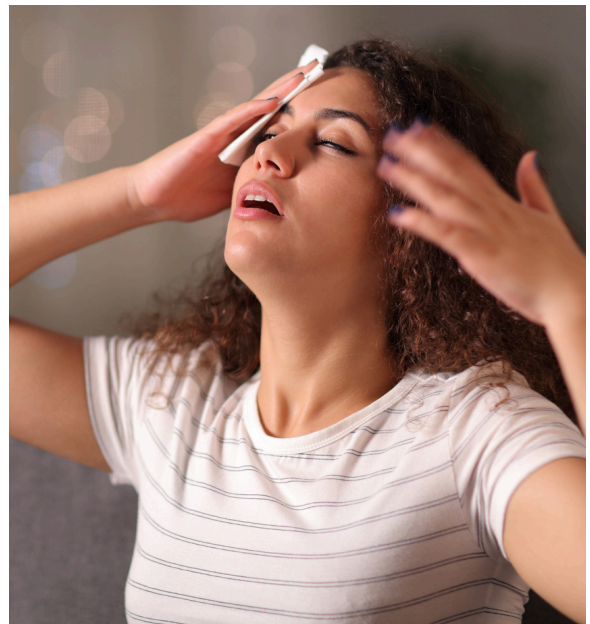
One of the biggest reasons why many people have low energy levels - is due to dehydration.

We must have water to stay alive. That's right - water. Not energy drinks, soft-drinks or 8 cups of coffee each day!

You get some water from the foods we consume - especially if you eat lots of fresh fruit and veggies. However, you must hydrate with water as it not only keeps the body in a good state of health - it also helps flush toxins from the body.

Dehydration has been linked to:

- tiredness/lethargy
- aging
- impaired brain function
- impaired athletic performance
- depression
- headaches/migraines
- dry skin
- constipation
- dizziness
- irregular blood pressure, and more



Start your day by drinking water. And, keep drinking it throughout the day. You'll begin to notice how much more energy you have.

Start with one small change today - then build from there.
Explore more practical tips and info at GlobalHealthRenegade.com

This guide is for informational purposes only and is not intended as medical advice. It does not replace consultation with a qualified healthcare professional. Always seek guidance from your doctor or other qualified practitioner before making changes to your diet, nutrition, or health routine, especially if you have an existing medical condition or are taking medication.