

# THE SATURDAY EVENING POST

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## Six Energizers from Dr. Jonny Bowden

By: [Wendy Braun](#)

Feeling sluggish? Power-up by getting enough ZZZs and supplying your body with the nutrients it needs to maintain and restore energy reserves.

“Good nutrition and sleep habits create the right conditions within the body for energy to just show up. Finding more energy for all of the activities you enjoy really is that simple!” says popular author and certified nutritionist Jonny Bowden, Ph.D. (aka [The Rogue Nutritionist](#)), who offers these six tips:

**Hit the hay.** Don't blame low energy on food sensitivities or weird genetic anomalies. “The more logical explanation is also the simplest: *You're tired because you don't sleep enough.* Instead of looking for superfoods, try getting 7-8 hours of sleep each night. Seriously!”

**Get off the carb coaster.** What you eat may be slowing you down. Power point: “Carbohydrates and processed foods are like kindling for a



Feeling sluggish? Power up with America's

campfire. They give you an immediate flame but the body needs heavier logs—fat, protein, and fiber—for a warm, glowing fire that can last all night. Eating well-balanced meals also helps tired muscles recover faster. That means you can exercise more, sleep better at night, and have even more energy throughout the next day.”

**Unwrap some energy.** Energy bars can give you a boost and quell hunger, depending on which product you choose and how much you eat. Power point: “Some brands are loaded with trans fats and sugars, making them about as nutritious as candy bars. For clean, sustained energy choose a product that contains more protein than carbohydrates. Protein is more satiating than carbohydrates, and it helps to rebuild your body—everything from neurotransmitters to bones. It also gently speeds up your metabolism. In general, choose a bar in the 200-calorie range or slightly higher if you’re very active.”

**Snack smart.** Snack on the right foods for extra energy and exercise endurance. Power point: “During intense training periods, eat oatmeal with cream, nuts, and raisins; or a baked sweet potato with butter and a serving of canned tuna. Before a workout, reach for string cheese and an apple. Afterwards, replenish nutrients with a whey protein shake—but go easy on the extras.”

**Sip tea.** Indulge in a little caffeine. Power point: “As much as I love Starbucks, I’m a big fan of green tea for sustained, all-day energy without the jitters. Besides the mild dose of caffeine, it contains an amino acid called L-theanine that’s associated with clear, calm focus and better sleep. Black, oolong, white, and yerba mate teas also have health-giving properties and caffeine, but no theanine.”

**Supplement.** Consider taking extra ribose, vitamin D, and magnesium. Power point: “The body uses a sugar called ribose (or D-Ribose) to create ATP (adenosine triphosphate)—the currency your body uses for cellular energy. There’s no ‘ribose savings account’ in the body to fuel your next workout, so you may need supplemental amounts to avoid sore and stiff muscles. I play tennis eight to nine times a week, without a day to relax and re-boot. I take Bioenergy Ribose to replenish my ribose storehouse. It’s also in some energy beverages and bars. Other supplements to consider include Vitamin D, which has been shown to improve performance in older adults, and magnesium because it also relaxes muscles and eases soreness.”

## App for Energy

Juice. Connect the dots between daily habits and personal energy levels with games, challenges, reminders, and resources on nutrition, sleep, exercise, and relationships. (Get the free app at

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## About the Author

### Wendy Braun

Wendy Braun is the *Post* medical editor. She often reminds herself that Living Well requires tending to one’s spirit, as well as one’s body.

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