

4 Natural Energy Secrets

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*How To Have More Energy – Naturally
With These 4 Little-Known Energy Secrets*

Chrisi Brand

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1. Foreword

In my work over the last months and years I have always asked myself the question „How can I energize my body – easily and naturally?“

As you probably know, I've personally suffered a lot from caffeine addiction and insomnia/sleeplessness in my life and it my personal desperation led me to the point where I knew I had to quit caffeine – at all costs.

At the same time I knew that me quitting caffeine could only work if I would find a good replacement – an alternative way (or multiple ways) of energizing my body, something better I could do instead.

On my journey I made many interesting discoveries, I read books from all kinds of authors and sources, everything from newly released books of Western Medical Doctors as well as Eastern traditions like Yoga or Qigong.

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I did not know exactly what I was going to find, but I knew that I was looking for *natural* ways to energize my body, not some miracle substance (after all, I was trying to quit caffeine) like medical drugs or ginseng instead of caffeine and so on.

The goal was to really get into harmony with the body and learning what the body needs and what's doing it good. And drugs and other substances would only get me further away from where I wanted to go, not closer to it.

So in this book you are going to find the 4 most powerful ways that I have found to help you get energized (and stay that way) – naturally. Without any substance abuse, no need to buy any drugs or other expensive tools.

And the best thing is that all these strategies get us closer and stronger in touch with our bodies, not away from it. The result will be a happy, energized and positive state of mind that comes from being centered in your own body.

Does that sound promising? Trust me, it is.

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There is one important key however: all this information will be worthless to you unless you do the work to go and implement the strategies into your life.

Even though these secrets are already beneficial the first time you do them, the real value comes from consistent application in your daily life.

**Do NOT underestimate the power of these secrets to
dramatically change your life!!**

So without further ado,
let's get started!

To Your Success,

Chrisi Brand

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2. The Power Of Breath

What is the “Power of Breath”. All living creatures need oxygen in one way or another in order to survive – be it fish or birds.

Now, all of us humans are breathing every day, so what can be the power of breath, if everyone is doing it?

The key here is not breathing itself, but the HOW is crucial. How we breathe determines if we will simply “get air” or empower our body.

Breath is usually not talked about a lot in Western countries; we simply take it for granted without ever paying much attention to it. Every now and then your doctor might advise you to “breathe in deep” when he is sounding your lungs, but that’s about it.

In Eastern tradition however, from Traditional Chinese Medicine to Indian spiritual practices there are total

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“schools of thought” that have developed over centuries about the effect of correct breathing on our bodies.

After all, Yoga for instance is strongly based upon the power of breathing. Through correct use of body and breath the goal is to come into a state of inner peace and centeredness – usually accomplished with the right breathing pattern.

Before I tell you about how I really discovered the power of breath in my life and the radical change it has made for me, let me give you a little scientific and medical background to prove the power of breath.

There is a great saying out there that goes “You are only as healthy as your blood cells are.” There are estimates that our body consists of about 1 trillion (!) cells. And the sum total of those body cells determine the health of our body as a whole.

In other words: healthy cells = healthy person, unhealthy cells = unhealthy person. As it happens, there are various

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bad influences that can pollute our body cells through waste that gets stored there.

The most negative influences are a bad diet and stress. When our body is experiencing stress, stress hormones get released and unless you find a way to rid them out of the bloodstream again, they will be stored in your body cells.

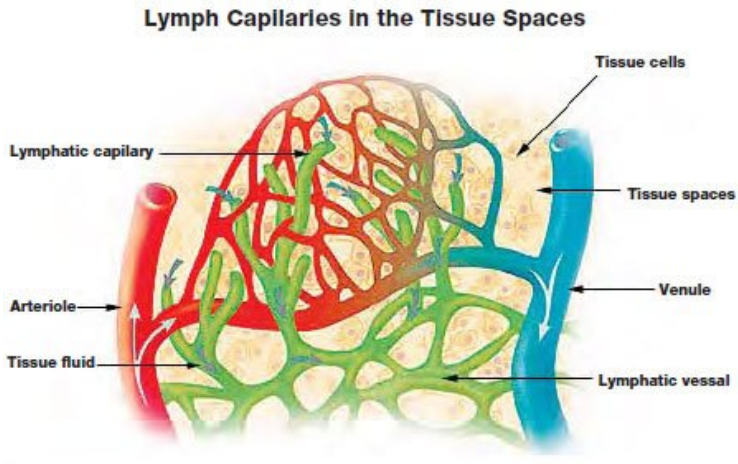
Same thing applies for a too fatty and sugar-rich diet where your body can not really digest and put to use the stuff you eat, so more toxins get stored in your cells.

What determines the health of your cells in other words is the environment in which your cells live in, the blood stream. If the blood stream is healthy, so will your cells be and if the blood stream is polluted your cells will be according.

Now, every cell in the body is surrounded by what is called “lymph fluid”; in fact, there is more lymph fluid in the body than blood. The lymph fluid acts as a sewage

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system, constantly drawing waste away from the cells, filtering them through the lymph nodes and then eliminating them from the body. If the lymph system stops, you die. Blood is pumped through the body by the heart. However, the lymph system, which is your immune system, has no pump. Lymph is only pumped through the body via muscular movement and deep breathing.



So since lymph works as the vacuum cleaner for our cells so to speak, it is of course of primary importance to do what we can to activate the lymph system.

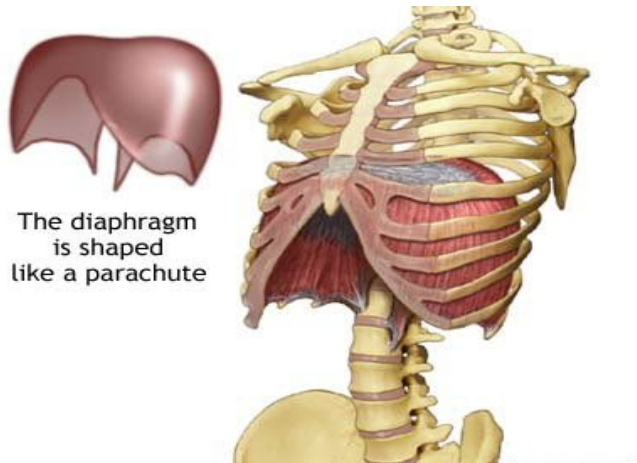
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As we just found, the lymph system needs YOU to breathe deep for it to be activated. Nothing has been found to activate your lymph system better and more effectively than the power of deep breathing.

A deep breath is also often called a “diaphragm” – a “diaphragm” is basically a breath where you breathe deep into your stomach, you hold your breath for a few seconds and then you exhale again.



From a medical encyclopaedia I draw the following explanation

“The diaphragm is a thin dome-shaped muscle which separates the thoracic cavity (lungs and heart) from the abdominal cavity (intestines, stomach, liver, etc.). It is

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involved in respiration, drawing downward in the chest on inhalation, and pushing upward in exhalation. “

When the cells have oxygen, they have energy. When they have energy, they can do their work. When they can do their work, your whole body is working at its full potential.

The art of correct breathing equals high energy.

Think about it. Depending on different situations, we also use to breathe differently. The way we breathe therefore has a powerful impact on the way we feel.

For instance, let's say you have to do public speaking and you are nervous of standing in front of a huge number of people. How will you feel? Anxious, nervous right!?

And how will your breathing be? When you are nervous and anxious, your breathing will tend to be very fast and shallow – you do not breathe into your stomach; probably not even fill your lungs with much air. You'll simply be doing “shallow breathing”.

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But just like the chicken or the egg-dilemma, you might ask yourself what comes first. Do you first get nervous and then you breathe shallow or isn't it exactly the other way around: you do shallow breathing and suddenly your heart starts racing you start to get nervous?

Well, what I want to suggest to you is that breathing precedes feeling. In other words, you first start to have a certain breathing pattern and you will feel according as a result of it.

If you doubt this, I want you to try the following: Next time you are in a situation that causes major anxiety to you (public speaking, an exam coming up, job interview,...), I want you to sit up straight and take 5 deep breaths. Breathe in for 3 seconds, hold the air for about 10 seconds, and then exhale for 6 seconds.

You will see that you feel totally differently just because you are breathing differently.

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The most powerful way to activate the lymph system and therefore to cleanse your cells (which ultimately leads to higher energy levels) is the following breathing pattern:

Inhale for 1 count, hold the breath for 4 counts, and exhale for 2 counts. So if you breathe in for 3 seconds, you would hold your breathe for 12 seconds and you exhale for 6 seconds.

Don't worry if at first you can not hold your breath that long – it takes some time to develop and increase your lung capacity. But you need to make sure that you exercise this on a daily basis.

I recommend the following routine. 3 times a day take 10 breaths like this. Inhale for 1 count, hold for 4 counts, exhale for two counts. Ten times in a row.

You will not believe the difference you are going to feel – instantly as well as long-term when you apply the power of breath into your life.

Deep breathing is one of the quickest and easiest ways to help your body cleanse itself, as it quickens the cleansing

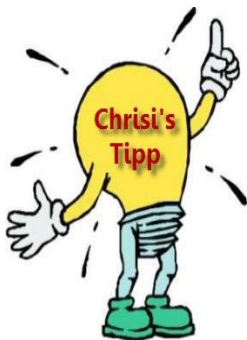
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process by **15** times its normal pace. It can be done anywhere and at virtually any time. There are SO many health benefits for this extremely easy and simple task.

Summary – 1. The Power Of Breath

The health of your body is the health of your cells which is determined by your bloodstream.

The *lymph system* which is responsible for cleaning the bloodstream can only be activated through muscular movement and deep breathing (= diaphragmatic breath). The most powerful breathing pattern goes like this: inhale for 1 count, hold for 4 counts, and exhale for 2 counts.



While some doctors and Eastern traditions talk a lot about the power of breath, there is one more important key that many people forget to mention.

Always make sure that the air you breathe is of high quality – fresh air is the best of course.

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Compare it to fruits or other food. You only want to give your body really fresh and high quality food, right? Then why should you breathe air that is already “used”?

The wonderful effects of deep breath can only be realized if you are breathing in fresh air that is full of oxygen, not carbon dioxide and other fumes. The same thing applies if you are in a room with or happen to be a smoker.

Not only that smoking actually deprives your body of oxygen (read about the effects that nicotine and other contents of cigarettes have on you), the fumes in the air will also deprive your body of high quality oxygen it needs to activate the lymph system.

Often times, when we stay in a room long enough, we are no longer aware of how bad the air quality is already. Sometimes you need to leave the room and go into the park or garden for instance. When you come back and enter the room, you will suddenly notice how bad the air really is.

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So: Always make sure you have fresh air in your room!



1. Lean back in your chair, sit up straight and try the rhythm we've talked about right now: Inhale for 1 count, hold your breath for 4 counts, exhale for 2 counts. Repeat this 10 times and feel the instant difference.
2. Exit your room right now and go into fresh air for 5 minutes. When you came back and enter the room, notice the difference in air quality. Now, simply open your window to let in some fresh air.
3. Take 5 more deep breaths and feel as the oxygen is filling your lungs, all the way down to your abdomen and your diaphragm. Now exhale. Repeat this 5 times and really feel how the air is filling and cleansing your body.

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3. The Power Of Breaks

The next incredibly powerful strategy for being energized and productive is the Power Of Breaks.

Breaks are an interesting topic. When you ask people what they think of breaks, most people will tell you that “Breaks only cost time.” or something like “I don’t have the time for breaks.”

At work, your boss is probably against you taking a break, right? After all a good employee sits at his desk and does his work – like a machine – from 9-5 except for lunch break (and that one should not be too long either).

Unfortunately there is this big misconception that is ingrained in our entire society. The person who takes breaks and a “time-out” is usually not rewarded for their behaviour. Rather they are seen as lazy and sluggish.

Of course, something is wrong if a person takes a break for the entire day ☺ - but generally, taking a break and time out – regularly – is not a time-waste, but the key to high productivity and energy.

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Do you doubt this? I'd totally understand if you look at this a little sceptical. Everyone talks about working 24/7, we develop technical devices and gadgets that help us to work longer from wherever we may be.

It's a 24/7 society that thinks that a person has to always be available and be "on" all the time. You can read e-mails not only at work, but also on the train or at the restaurant, thanks to your blueberry.

You can interact with people worldwide while sitting on a plane or even while driving home from work. All that so you can be "more productive".

We are taught how to work all the time, and we have done this job so well that we've actually fallen for the idea that we are robots. At least that is the way most people work.

How does a robot work? A robot works all the time at the same speed, with the same energy, doing the same monotonous work over and over again.

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Human beings however are different. We are not robots, we are not machines, but we are BEINGS. And as such, we do not work in one monotonous sequence, but we are moving in cycles, just like the weather and the seasons.

Let's clarify this:

Scientific research has long shown that our body has various inner rhythms according to which it works and functions. One of the most common, if not the most common cause for inner conflict and stress is being out of touch with those inner rhythms.

The flip side of the coin would be that “peace of mind” or “inner peace” could be defined as being in touch with your inner rhythms.

The most important rhythms we have are:

- **circadian rhythm:**

This is basically our day/night rhythm. Or as Wikipedia puts it:

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*“A **circadian rhythm** is a roughly-24-hour cycle in the biochemical, physiological or behavioral processes of living entities, including plants and animals. The term "circadian", comes from the Latin *circa*, "around," and *diem* or *dies*, "day", meaning literally "approximately one day.”*

Circadian rhythms are endogenously generated, and can be entrained by external cues, called Zeitgebers, the primary one of which is daylight. These rhythms allow organisms to anticipate and prepare for precise and regular environmental changes.

This cycle basically determines when you go to bed at night and when you wake up in the morning. Some people have a disposition to go to bed earlier and be “early birds”, while other people stay up longer (night owls) and as a result also get up later in the day.

Society unfortunately often interferes with this rhythm as the job often dictates our work time. As a result, it is not

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our body waking us, but the annoying buzz of the alarm clock.

For the secret of “The Power Of Breaks” we’ll focus however on the...

- **ultradian rhythm:**

While the circadian rhythm happens only once a day, the ultradian rhythm happens more than once. Through medical research with the help of electroencephalogram and brainwave patterns, it has been shown that the body has a natural tendency of focusing between 60-90 minutes at which the brain is working at high intensity and then followed by about 30 minutes of a rest period.

In simpler terms, this means that naturally your body will be able to focus between 60-90 minutes on a task at hand until a certain point comes where you will start to get tired and the body and brain is calling for relaxation.

This is neither good nor bad, it just is. It is the body and brain, trying to help you stay balanced and in harmony.

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After all, life is a continuous cycle of expending energy and relaxation.

What do people do however when they reach the point (where they start to get tired, they yawn or their eyes are getting heavy,...)?

Exactly, they go get a cup of coffee or just keep sitting there, typing themselves away at the keyboard or doing whatever they were doing. We often recognize that we need to change our state, but we don't do it by taking a break and letting our body recover itself, we do it by pushing more caffeine into our body.

As one great coach once said "Instead of allowing ourselves to relax, we '*keep burning*'." And that is of course fatal.

Not only that we get more and more tired through lack of relaxation and rest phase, we get more and more out of touch with our own inner rhythms, we lose our balance.

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If you do this 5-6 times a day, that is bad enough. If you do it for a week even worse. But if you do (or have done) this for months and years, it doesn't take a lot to figure out just how horribly underperforming and stressed out we must be.

The study of how our inner rhythms dictate and govern how we feel during the day is called “chronobiology” and is a fascinating and evolving field in medical research.

Sport athletes have used the power of breaks for a long time to improve their power and endurance. There is a certain kind of training called “interval training”.

In interval training what you do is for a certain amount of time you go “full power” – e.g. you sprint full energy, then you cut back a bit and simply jog, after e.g. 30 seconds again you sprint at full speed again for 10 seconds, 30 seconds jogging again, and so on.

Research has found that interval training, that means e.g. running at different speeds and especially having your

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heart rate increased for some time, then lower again and higher again is a much better and more effective work out than for instance monotonous jogging for 30 minutes at the same speed.

It is understanding the nature of humans moving in cycles, not being robots or machines that always have the same pattern going on.

If you're familiar with hitting the gym and doing weight training, then you'll certainly be aware of how a muscle grows.

Every time you work out and you stress your muscles beyond the previous limits, you will have subtle fissures in the muscle fibres. During the period of relaxation (usually recommended at least 48 hours) the body works on repairing those fissures with strengthening the fibres.

Since the fibres get stronger and grow over those fissures, the muscle becomes stronger and bigger –

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therefore accounting for the visible result of muscle growth.

In other words – you do not get stronger while you work out, but during the time in which you do NOT work out, in which you let your muscles recover.

Of course you have to do the work out for the effect to occur, but what is equally important is giving yourself and the muscle sufficient time of relaxation in between the workouts so growth can happen.

The power of breaks works – even the smallest break is already a great step in the right direction. Here in Austria we have a strong culture of “Wandern” (hiking). In the Western part of our country we have the Alps with numberless wonderful hiking tours and mountains that are just waiting to be discovered.

And something that you will literally find on every single trail is what’s called in Austrian “Hütte” (mountain cabins) where farmers who administer the alpine pastures

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in the summer are awaiting you with specialities and lots of great food.

Those “Hütten” evolved because of the simple need for hikers to rest after a long and exhausting hike up the mountain. And I can tell you, there is nothing greater than making your way up through a wonderful hiking trail up to the Hütte and then enjoy a wonderful buttermilk with strawberries ☺.

Now I did not mention this to make advertisement for Austrian tourism (though it's true ☺), but because no hiker in the world would ever cross the idea to keep walking for 8 hours without taking a break, right?

After all, you pass a bench and you go take a break, you eat a snack, you recover your energies, and then you get walking again.

The problem is that when we sit in the office in front of the computer all day long, and we move nothing but our fingers using keyboard and mouse, we do not recognize

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so easily, that it is time to take a break. After all, we are more straining our brain power rather than our bodies.

But just like you need to take regular breaks when you go hiking up the hills, you need to take regular breaks when you work at the computer or do other kinds of mental work.

Here's the best way to do it:

Take an hour and divide it into 50/10. The first 50 minutes are there for uninterrupted, highly focused work on an important topic at hand. The last 10 minutes you take a small break: you get up from the chair, you start moving around, you do anything but what you've done the last 50 previous minutes.

Then you have another 50/10 session and after this you take a longer break of about 30 minutes where you really go take a walk, get a nap if you can or do something else like stretching your muscles to release tension from your body.

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Ideally, you could also get a small healthy meal during this break, but we'll talk more about the perfect diet for natural energy in our next chapter.

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Summary – 2. The Power Of Breaks

There is incredible power in taking regular and clean breaks where you focus your mind on something else other than the work at hand.

Unfortunately, most people in our society think that breaks are bad, that only the lazy take breaks or that they do not have the time to take a break. Nothing could be further from the truth.

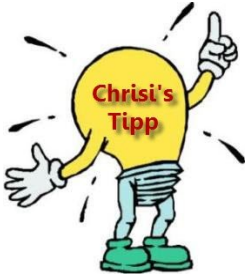
Medical research with brainwave analysis has shown that the natural rhythm (the ultradian rhythm) of our body is about 60-90 minutes of focused concentration followed by 30 minutes of lower concentration (rest period).

What most of us do is overriding the natural rhythm and instead of taking a break when our brain tells us to do so, we go get a cup of coffee, a candy bar or just keep working.

Long-term this leads to heavy underperformance because our brain is not relaxed enough to function at full potential – and we are the ones stealing from ourselves!

The best rhythm to work in is this: 50/10, 50/10, 30: 50 minutes of focused work, 10 mins break; 50 minutes of work again followed by 10 minutes break and then a long pause around 30 minutes to nap, take a walk or stretch.

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Make sure you understand what it really means to take a break. A real break means absolutely doing NOTHING.

The best break is a break that – at least – has you stop thinking for a longer period of time. Like while I am sitting here writing this ebook. I take a break every 50 minutes to just get to my bed and put my feet up and close my eyes.

If your work is primarily physical, then I suggest you do it the other way around. A good friend of mine recently had a summer job where he had to work at the conveyor belt. As it happened, at times there was more to do, at other times there was literally nothing to do.

When he was able to take a break, he did what I suggested him: He sat down at a chair nearby; got out a small notebook he was carrying in his pocket and started writing a few ideas that were just crossing his mind.

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Other times he would just sit down and look into the air, relaxing both his mind and his body. The most important thing is that if you are doing such a work, you really sit down and release tension from your body and muscles.

I talk more about this in other places, but I wanted to mention this here as well: One of the greatest enemies that we have in modern society is Multi-tasking. Just like we have fooled ourselves long enough so we really believe that taking a break is something bad and unnatural, we have tricked ourselves into thinking that we can do multiple things at once and that with high quality.

We are literally decorating ourselves and brag about how “I’m great at multitasking.”

Multi-tasking is not only bad for your work and performance, it can also totally ruin and steal the power of a break.

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A break can only be effective if it is a CLEAN break. That means you totally stop doing what you were doing before during the work (for instance, when I'm writing the book, I don't take a break to check my mails, but I make sure I stand up from the computer and go somewhere else – also physically).

That is also a great idea for an effective break. Not only that you stop TOTALLY what you were doing earlier, you also get away physically from where you were earlier. At work you might stand up from your office desk and go to the cafeteria (not drinking coffee though ☺!), or you go into fresh air if that's possible for you.



1. You've just finished reading an important chapter. Take a break! Stand up from the desk and go to a different room, close your eyes and relax. Notice as the refreshment is taking over your mind and body.
2. Tomorrow at work, when you start you are getting a little tired and you have to start yawning, stand up from your desk, change the room and go to a quiet place. Instead of

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getting your next cup, simply sit down and close your eyes. Feel how your body is recovering and refreshing itself.

3. Get a digital timer and starting tomorrow start to apply the 50/10;50/10;30-rhythm. Let the timer alarm you after 50 minutes of concentrated to work so you don't have to think about the time. When the timer buzzes, go immediately and take a break, whatever you are doing at the moment.

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4. The Power Of The Right Diet

Diet, food, nutrition. What a popular and common topic to be talked about – yes, we are going to talk about it as well. And that is because misunderstanding in this field has led to so much pain, costs and lost effort that it's hard to imagine.

The media is full with tips on how to lose weight, on the other hand we have beauty ideals and models who look like they're starving dead. Yet then more than 60% of American adults are obese, a third of the country is critically adipose; and every fourth child is obese as well.

It seems that all we are speaking off is too much or too little food; it is all about counting calories and grams of fat; our focus however is entirely different.

What we want out of our diet is maximum energy! That is what our focus is going to be. Just like with every drop of fuel you put inside your car you want to drive as much as possible, for every bit of food you put inside your

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body, you want to get the maximum of energy and well-being out of it.

So to begin with, what we need is a shift of focus, a paradigm shift. We no longer want to think in terms of fat and calories, we want to think in terms of “energy from food”.

Before we start to get into details here, there is one thing I can tell you already: If you learn the lessons from this chapter and start to adjust your diet according, there is so much potential for you, you will literally be able to transform your life by changing the stuff you eat on a daily basis.

And when you get this right, you will no longer have to think about this or that diet, no more unnecessary money spend on weight-loss-programs, not even a single thought spent on “Oh, I have to lose weight.”

If you approach this from the point of view with “What food is going to give me the most energy I can possibly get?”, all this other stuff becomes irrelevant.

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And what you need to understand are not dozens of tricks or millions of tips or checking labels, bla bla, it all boils down to a small number of principles that you are easy to understand and implement.

Before we talk about those principles, let's see why your diet has such a tremendous impact on our energy level:

- **Digestion is the most complex and energy-costly process of the entire body.**
- **Wrong food can lead to toxins and pollution of your bloodstream (→ bad for cell health).**
- **Digestion is the most complex and energy-costly process of the entire body.**

You probably know that feeling all-too-well: It is weekend, you cook a great dinner for you and your family and the table is full with delicious food.

So you start eating, and you keep on eating, eating, eating until (almost) everything has been eaten. You haven't even finished yet and already you feel how the food in your stomach is making you tired...

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In German there's a good saying that basically says: "After dinner, you should either rest or go get a walk". Well, generally it is a good idea to go get some rest after dinner because digestion does actually cost the body quite some energy.

But there is a huge difference in the stuff you eat and how much energy it costs the body to digest that food. Most of all a too fatty and sugar-rich diet costs the body IMMENSELY much energy to digest.

That is why after eating your turkey at Thanksgiving or the fatty steak at your local steakhouse, you really just feel like sitting there and relaxing.

An important term we need to understand is what is called "nutritional value". I personally love the metaphor of comparing our body and food to cars and fuel, because it is so spot-on and really simplifies our understanding of this dynamic.

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Let's say you got a car (I'm sure you have ☺), what does your car run on? Usually a certain type of fuel, right!? So whenever you want to get from point A to point B with your car, your car needs energy.

Where does the car get the energy from? Of course from the fuel it is running on. Now, in order for your car to win the energy from that fuel, you need to fill in the right type of fuel – the type of fuel that the motor is “programmed for”.

For instance, here in Austria, most cars either run on diesel or premium. My current car is running on premium. If I went to the gas station and filled diesel into my tank, I wouldn't get very far.

On the other hand, if I fill in premium, I'm giving my car exactly what it needs for maximum energy and speed.

So when we talk about the right diet, think of it as the right fuel that we need to put inside our motor (our body/digestion) for maximum energy.

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There is of course a small difference, for if you fill your car with the wrong fuel, it won't drive at all while when you eat the wrong stuff, you will still be able to move and work, just by far not as good as you could if you'd put in the right fuel.

I think of nutritional value as the value that our digestion can win from something that we eat. For instance fruits and vegetables have a high nutritional value, because there is a lot of good stuff in it that our body can use for health and energy.

The body can win a lot of vitamins, minerals and trace elements from it – in the end, it can win energy from this food instead of losing it.

On the other hand, with the wrong food – that is too fat or sugar-rich food, the body has to spend a lot of energy on digesting and processing the food – energy that is gone and can no longer be used for other things like mental concentration.

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The reason we eat at all is that we need to give our bodies energy, right!? Well, then we should better make sure that with the stuff we feed ourselves, we are giving our bodies energy, not draining it off energy.

Wrong Food:

- Fatty food (meat, sausages, ...)
- Sugar-rich food (cake, cookies, chocolate, ...)
- White flour (white rice, white pasta, sandwich bread)

Great Food:

- Fruits
- Vegetables
- Salad
- Protein-rich meat with little fat (chicken/turkey breast for instance)
- Whole grain products (good sources of high quality carbohydrates with good nutrients as well – e.g. potatoes (no French fries, but potatoes!), wholemeal pasta, brown rice)

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- **Wrong food can lead to toxins and pollution of your bloodstream (→ bad for cell health).**

In our first chapter we talked about the power of breath and how toxins and pollution that are stored in our cells can hurt our health and drain us off energy.

Where do the toxins in our cells come from? Usually they either come from too much stress – stress that we either have because we are living an unhealthy lifestyle, because we are not relaxed enough and because we eat unhealthy food; when we eat processed and unhealthy food, there are a lot of chemicals that come along that our body can not digest – as a result, they get stored in our cells.

Every bit of toxin and pollution in your blood is costing you energy, period.

That's why we need to make sure that we eat the right stuff, so we are not storing toxins in our blood. How can we do that? Well, the easiest rule is to simply eat food as

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fresh as possible. That means no processed food, no micro-wave prepared food, and no fast food – but freshly cooked healthy food.

Let's talk about the principles for energy-giving food – food we can eat to give ourselves energy:

- **Eat everything as organic as possible.**

A good friend of mine is a nutritionist who really knows his stuff and walks his talk. Unlike many nutritionists I have seen that walk around overweight or even obese, smoking or giving themselves “energy-shots” with cup after cup of coffee, he really lives a healthy and inspiring lifestyle and I'm grateful to have him as a friend.

Something that he shared with me was really powerful in its simplicity, that it fascinated me. I have had a history of trying a number of diets with little success going back and forth gaining and losing weight until I decided to really learn the basics of nutrition.

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I thought I knew the stuff after reading lots of books and complicated suggestions from all possible sources. But he really simplified things for me and was able to boil it down to the real keys.

So what he said is this: “Look, Chrisi. Generally, when I advise anyone, the first thing I tell them is to eat everything as organic as possible. Basically, I suggest them to only eat organic.”

That means – when you eat apples, you eat apples as they grow on the tree. When you eat potatoes, you eat potatoes as they grow on the field – not in the forms of chips, French fries, potato wedges because that is no longer organic – that is already processed food.

This also applies to grain products. When you eat rice, it is important to eat brown rice, not the normal white rice. Same thing with wholemeal pasta vs. white pasta, and wholemeal products vs. white flour products.

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Historically white food was preferred because it was seen as “clean” and “innocent” as stupid as this sounds. Back a few hundred years ago only the rich could afford white sugar – the colour white stood for luxury.

The bad thing simply is that “white stuff” has been riddled of everything good that is in it. White rice no longer has the great nutrients and dietary fibres that brown rice has. Whole cane sugar also has way more nutrients and dietary fibres than white sugar. Same thing goes for “dark” vs. “white” pasta.

The reason is that our digestive systems have adapted to the food in our environment for the last thousands of years. Processed and even gene-altered products have only been around for a number of years; and as the saying in IT goes as well “Garbage in, garbage out”, it is impossible for the body to get good stuff out when you put bad stuff in (to put it in layman terms ☺).

One more point here: organic food is basically food that you will never find mentioned in advertising on TV or

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other media. That's because there is nothing about a simple piece of broccoli or apple that needs to be explained to a customer.

It's just a piece of apple that we know is healthy – nothing more to discuss. But when a company starts offer a new product, that is synthetic (cr** - sorry to say) and is said to offer us a great benefit, the product needs to be explained (in other words the company needs to tell us why we should eat their stuff instead of eating the organic, natural stuff).

Maybe I am a little extreme here, but think about it. Processed food, candy bars, cookies – everything is full of artificial sweeteners, sugar, trans-fats and every other kind of things we shouldn't eat.

When you eat fruits or vegetables as they grow in nature, you know for sure what you are getting. You can trust the quality of what you eat.

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- **Eat water-rich food.**

Another very basic lesson. Water-rich food is very easy to digest, and full of what our body needs – vitamins, trace elements, so on.

What is water rich food? Vegetables, salads, fruits and herbs.

Why water rich food?

- a) because it is easy to digest
- b) more than 70% of our body consists of water – what do you think the majority of our food should consist of?

This means that a huge part of your diet should consist of water-rich food – with every meal you should eat vegetables or a salad; for a snack you can get an apple, a banana or a natural smoothie ☺ (delicious!).

Also there is an incredible variety of herbs out there you can use to spice and refine any meal you are cooking.

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Just make search around Amazon, there's a number of good books that will really get into details about all kinds of herbs – there's a herb for every kind of food or health problem.

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Summary – 3. The Power Of The Right Diet

Instead of thinking about fat percentage or counting calories, forgetting about weight loss and obesity, what we should really focus on in our diet is this: ENERGY from food!

Great fuel for your motor (= digestion) equals high energy; garbage in, garbage out: bad food costs energy instead of giving you energy.

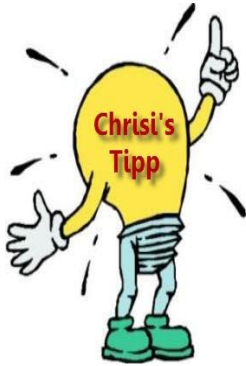
Digestion is the most energy-consuming process of the human body. The big difference is in what our body has to digest – when we eat water-rich, healthy food like vegetables, fruits or complex carbohydrates like brown rice, wholemeal pasta and potatoes we will end up having more energy.

Eat too fat or sugar-rich and your body will have to use a lot of energy to digest and process the food that you otherwise could have used for mental work and productivity.

The two simplest rules to an energizing diet is to

- a) eat everything as organic as possible
- b) eat water-rich food – this should make up the biggest part of your diet.

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As we have said that big meals (with too much fat and sugar-rich food) are costing you a lot of energy, we need to make sure that instead of eating three big meals during the day, we get a number of smaller but regular meals throughout the day.

Like we mentioned in chapter two with the power of breaks, a great idea is to get a small “snack” every 2 ½ hours when your body is getting a little tired as the ultradian rhythm dictates.

A beautiful healthy and balanced snack is 2 slices of wholemeal bread with turkey breast (cheese if you want) and vegetables like carrots, tomatoes or similar veggies.

The key is to eat neither too much nor too little. When we eat too much we lose energy because the body needs it for digesting and processing the food and we feel tired as a result of it.

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When we eat too little however, not only do we have less energy because our body has nothing to win energy from, we are also less concentrated, we get aggressive and we fall into the danger of acting more impulsively rather than deliberate.

Think about it. Can you remember a time when you were really hungry – I mean like REALLY hungry. You know, everything you looked at looked like food, and whatever food you saw, the idea of eating it made your mouth watering?

That's what happens when you are really hungry. The body no longer cares about what you eat, it only cares about eating anything at all to make sure you won't starve to death.

It is a survival instinct, and it is good that it is there, but you shouldn't let things get to the point where you are no longer in control of yourself and evolutionary instincts have to take over ☺.

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So we need to find the right balance of eating neither too much nor too little, but eating exactly as much as we want and need.

Of course it takes some time to get back in touch with your body and to learn to pay attention to the signals your body gives you – after all, you have probably had years of overeating or strict dieting.

Almost none of us eat as much as we want (= as much as our body needs at that time), but we either eat as much as we have cooked, as much as is on the plate or as much as our current “diet” dictates.

None of this stuff is as important as listening to your body. A downside is that there is also an evolutionary instinct in “hoarding” food because you don’t know the next time you will find something to eat. That might have been true when Mr and Mrs Stone Age were running around the savannah in Africa, but it is definitely not true today.

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We know exactly that we can get the next meal when we chose to get it. And even if we are not at home, we can either take some food along with us or there'll be restaurants on every 2nd corner to supply us with food in case we need it.

But with exercise you will be able to tune in to what your body really needs and when he needs it. Until you get to that point however, you should stick with the basic rule of giving yourself a small meal every 2 ½ hours to make sure that your blood sugar level and therefore your energy level remains constant.



1. Think about your average day. How much water-rich and energy-giving food do you eat? And what percentage is made up of fat and sugar-rich food? Get it down on paper so you have it clearly in front of you.
2. Commit to changing your diet so it gives you more energy instead of stealing it from you. Ask yourself: “What are three things I love to eat, that will give me energy and I can eat today?”

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- 3.** The next meal you enjoy, be it lunch or dinner, eat slower and try to really taste whatever it is that you are eating. Feel the natural taste of a potatoes, brown rice or the veggies you are eating.

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5. The Power Of Yoga & Stretching

I could have given this strategy a slightly different name, but I chose to call it exactly this way because the combination of Yoga and Stretching have worked miracles in my life and for some of my friends to whom I recommended to try it out.

Originally, as I talk about in “*Get Rid Of Caffeine*”, I started Yoga during the time when I was working on quitting caffeine.

Now I didn’t actually know it back then; yes, I wanted to quit the one thing and start the other but little did I know that one was actually going to be the replacement for the other.

As it happened, my morning yoga routine would be the replacement for the morning coffee while it achieves the same goal in a better and more lasting way.

I usually drank a morning cup of coffee to “get going” and prepped up for the day (of course my body was

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hooked on the morning shot of caffeine); but the intention was simply to get energized and get going.

Now, with Yoga, I'm achieving the same goal, but it feels differently. While with my morning coffee the effect started to wear off after about an hour or two, the calming, almost soothing effect of a morning Yoga session stays with me all day long.

In fact it is probably my "morning success ritual" that sets me up for success. While before I used to get myself into stress and "fight-or-flight-mode" in the early morning, I now set myself up for a concentrated, relaxed and productive day.

Now you might say: "Chrisi, Yoga sounds nice, but I guess it's just not my thing." or you might have heard from some friends trying out Yoga but you still think it's kind of "weird" to practice Yoga, especially if you are a man.

Women usually don't have a problem with starting Yoga, but as I know (I thought so too) and have seen with many

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of my male friends, the idea of practicing Yoga just doesn't appeal that much to many men.

What a pity I can only say. Who so ever thinks that practicing Yoga is “weird” or “girl stuff” in some way couldn't be further from the truth.

Yoga has taught me that there is no conflict in the words relaxation and productivity; it is not impossible to be relaxed and achieve something. In fact, relaxation makes it much easier and probably faster for you to reach your goal.

And another side benefit: when you arrive there, you will feel much better and balanced ☺.

While Yoga has been practiced in Eastern Asia for more than 5000 years, it has become popular in Western countries during the last 20-30 years. Currently more than 11 million Americans are enjoying the power of Yoga.

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But let's talk about the WHY – why does Yoga work so well for energizing your body, especially in the morning?

Extensive medical research has linked Yoga practice to a great number of health benefits:

For instance Yoga can help against depression:

“According to researchers at the Boston University School of Medicine, yoga postures and the deep, controlled breathing associated with yoga might help to ease anxiety and depression. Brain scans of yoga buffs reveal a boost in levels of gamma-aminobutyric (GABA), a neurotransmitter associated with combating anxiety and depression.

There was also an interesting study of children who were practicing Yoga.

“In a study by Gaiam and California State University, researchers showed that kids who did yoga received better grades and had less disciplinary action taken against them in class.

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Marsha Wenig, the president of YogaKids International credits these results to the physical aspect of yoga since children learn best when they learn through movement. The postures of yoga help develop hand-eye coordination and motor skills at the same time as they produce the mind-stilling moments that have helped to give yoga the reputation of being a wondrous stress-reducer. “

There are many health benefits to practicing Yoga, especially the following three: flexibility, strength and posture.

Yoga benefits: Flexibility

When some people think of yoga, they imagine having to stretch like a gymnast. That makes them worry that they're too old, unfit, or "tight" to do yoga. The truth is you're never too old to improve flexibility.

The series of yoga poses called asanas work by safely stretching your muscles. This releases the lactic acid that builds up with muscle use and causes stiffness, tension, pain, and fatigue. In addition, yoga increases the range of

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motion in joints. It may also increase lubrication in the joints. The outcome is a sense of ease and fluidity throughout your body.

Yoga stretches not only your muscles but all of the soft tissues of your body. That includes ligaments, tendons, and the fascia sheath that surrounds your muscles. And no matter your level of yoga, you most likely will see benefits in a very short period of time. In one study, participants had up to 35% improvement in flexibility after only eight weeks of yoga. The greatest gains were in shoulder and trunk flexibility.

Yoga benefits: Strength

Some styles of yoga, such as ashtanga and power yoga, are more vigorous than others. Practicing one of these styles will help you improve muscle tone. But even less vigorous styles of yoga, such as Iyengar yoga, which focuses on less movement and more precise alignment in poses, can provide strength and endurance benefits.

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Many of the poses, such as Downward Dog, Upward Dog, and Plank pose, build upper-body strength. This becomes crucial as people age. The standing poses, especially if you hold them for several long breaths, build strength in your hamstrings, quadriceps, and abdominal muscles. Poses that strengthen the lower back include Upward Dog and Chair pose. When practiced correctly, nearly all poses build core strength in the deep abdominal muscles.

Yoga benefits: Posture

With increased flexibility and strength comes better posture. Most standing and sitting poses develop core strength. That's because you're counting on your deep abdominals to support and maintain each pose. With a stronger core, you're more likely to sit and stand "tall." Another benefit of yoga is the increased body awareness. This heightened awareness tells you more quickly when you're slouching or slumping so you can adjust your posture.

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All these benefits should give you motivation enough to start practicing Yoga. But if this is still not enough to convince you that starting Yoga is a great way to become a healthier and more balanced You, let's discuss some further details about Yoga:

Probably the biggest Yoga benefit comes through the conscious, deep and mindful breathing. Through these breathing exercises lung capacity often improves. Most forms of Yoga emphasize deepening and lengthening your breath. This *stimulates the relaxation response* – the opposite of the fight-or-flight adrenaline boost of the stress response.

Here's how Yoga helps you to have less stress and be more calm:

Yoga usually uses specific meditation techniques to quiet the constant “mind chatter” that often underlies stress. Other Yoga styles focus on deep breathing techniques to focus your mind on the breath – thus a calm mind is achieved.

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An article on WebMD mentions the following:

“Among yoga's anti-stress benefits are a host of biochemical responses. For example, there is a decrease in catecholamines, the hormones produced by the adrenal glands in response to stress. Lowering levels of hormone neurotransmitters -- dopamine, norepinephrine, and epinephrine -- creates a feeling of calm. Some research points to a boost in the hormone oxytocin. This is the so-called "trust" and "bonding" hormone that's associated with feeling relaxed and connected to others. That may be why so many romances start in the yoga studio.”

Other great benefits that Yoga students talk about are an improvement in concentration and in the ability to focus mentally. Scientifically this is hard to pin down, but if the great majority of students reports this, it will probably also work for you once you start to try and practice Yoga!

That about medical research on the topic – as you can see there is piles and piles of evidence of the beautiful power of Yoga to improve your health and well-being.

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But after all, this ebook is called “4 Natural Energy Secrets” and you will probably be wondering how Yoga helps you specifically to have more energy.

Here’s my experience with practicing Yoga for more energy. In the morning when I wake up (and it’s the same for most people I have heard), my body feels a little tense “out of movement” let’s say.

It feels like something is needed to get the machine going so to speak. Some time ago this used to be my morning cup of coffee; however, the caffeine addiction and the fact that the effect was wearing off after 1-2 hours led me to the conclusion that there has to be a better way of getting going.

A friend of mine suggested Yoga and recommended the simple video “Basic Yoga Work Out For Dummies”. I figured this was exactly what I needed – I didn’t want to attend a Yoga course at once for just trying this stuff out, and I could do it in the very morning and all that in the comfort of my own living room.

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So, even though a little sceptical I put in the DVD and started to watch. Interested I started to try a few poses and movements and it felt quite interesting.

I put in the same DVD for the next 2 weeks, and I went from doing 2-3 of the 12 poses to doing all 12 of them in the morning. It took me about 25 minutes for completing all the poses, but the effect was definitely worth it.

I used my self-discipline to do the Yoga before I would get the – back-then obligatory – morning cup because I wanted to see how Yoga made me feel without having drunk caffeine.

And I really started to notice a positive difference. I had a sense of being more inside of myself, a feeling of being “centered” and not the typical waking up and yawning-feeling of “Aaahh, I want to get back to bed.”

After the Yoga work-out I still poured in a cup of coffee, but less and less until eventually I had totally replaced my morning cup with a simple Yoga routine of my 7 favourite postures from the video.

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In my words, Yoga gets you going because it gets your body moving, you exercise your muscles as well as you cleanse your body through conscious, deep breathing. You release tensions that are stored inside your body and as a result the energy can move freely through you.

The second biggest benefit that Yoga has given me is the sense of being in harmony with myself, being centered inside myself, feeling strong – it is hard to describe how great this feels, you simply have to try it for yourself.

Stretching

So I've entitled this chapter "The Power Of Yoga And Stretching". What about stretching?

Stretching to me is more a term that is being used in Western countries in training and workout. When I used to work out at the gym, the personal trainer always recommended to me stretching after a hard workout.

All in all, stretching is definitely talked about, but most of the time people (like I was) are too lazy to really stretch their muscles. It actually does not matter so much

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if you get a hard workout at the gym or if you sit in front of the computer all day long in the office – stretching is great for all of us.

The Power of Stretching comes from the fact that it prevents and counteracts muscle tensions and cramps. Studies show that more than 80% of adults suffer especially from a stiff neck quite frequently.

Through the right stretching exercises we make sure that none of our muscles are stunted (muscle curtailments are usually the cause for joint pain like a stiff neck).

And as we all know, we all need to do these exercises. Our lives usually force us to sit in front of the computer all day monotonously and through this long work without any movement postural defects and joint pain often follow.

As this relates to having naturally high energy, the most important aspect is “energy flow”. Energy flow is a term that comes mainly from Eastern traditions like Qi Gong and Tai Chi and it is all about being centered in your

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body so the energy (of your body, the Universe) can move freely through you.

Now I personally have not done so much study in this field, and some of the stuff I have heard about Qi Gong and Tai Chi makes me think it is a little too “Woo Woo” for me; but I will honestly say since I have not tried, I can’t really talk about this.

But what fascinates me is the idea that there is physical energy running through your body – in every cell, every part of your body.

And something that we can all agree on is that our energy flow is blocked when we have muscle tensions or cramps inside our body. Think of a stiff neck for instance.

When you sit down at your computer in the office and you really want to make progress, how motivated and energetic will you feel when your entire neck is stiff?

The answer is that of course this will keep you from being energized and productive at work, because all you can focus on is the pain in your neck.

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You've probably already experienced how much energy can get blocked through a tension in your body, especially in your muscles. Just think of a professional massage where all the joints and tensions in your body get worked on.

A masseur who really knows their stuff will do things with you you would never believe. As painful as it can be in the beginning, after a really great massage you will literally feel transformed. Tensions are gone and the energy can now flow freely through you.

It is beyond this book to give you specific stretching exercises (I don't believe so much in drawings because you have to see the movement itself), but I want to refer you to my YouTube channel at <http://www.youtube.com/user/getridofcaffeine> where I have created a separate playlist for the best stretching exercises that I have found online.

Of course there are also other great sources – the best tip I could probably give you is to consult a physiotherapist because they are really experts in this field.

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Luckily a friend of mine is currently getting her training to become a professional physiotherapist and her help and input has really helped me to harness the power of stretching.

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Summary – 4. The Power Of Yoga & Stretching

Yoga has been practiced for more than 5000 years in Asia and has become increasingly popular in the West throughout the last 20-30 years.

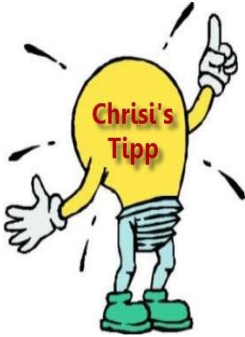
Yoga is combined exercise of conscious movement along with deliberate breathing exercises with the goal of getting in touch with and bringing harmony to you on all three levels: body, mind and soul.

It can help you boost your energy level, because it increases blood flow and is a perfect substitution to caffeine as a way to “get you going” after waking up in the morning.

Stretching is something more generally accepted and practiced in our Western world, but it is still the part of the training that most people either avoid or don't engage in enough.

The most powerful effect that stretching has on us is to prevent and counteract muscle tensions and cramps which can dramatically block energy flow through our body and often times cause fatigue and chronic tiredness unless they are treated.

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We have now talked about the 4 Natural Energy Secrets – the best strategies for naturally high energy.

Of course all these 4 strategies are all powerful by themselves, but they can increase their effectiveness exponentially when you start to use them in a combined way.

As this applies to the power of yoga & stretching I especially recommend to you to use breaks in the office for a few yoga poses or effective stretching exercises.

In chapter 2 we talked about the power of breaks. You will remember that the perfect cycle is about 50 minutes of highly focused work followed by 10 minutes of rest, a break.

Use that time to your advantage and stand up from your desk and go to a quiet place (I'm sure you have some place like that in your office), close your eyes and do your yoga poses or stretching exercises.

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For maximum effectiveness, close your eyes so you are not distracted by your environment. You might find it weird at first to do yoga at the office, so close your eyes and imagine you are on a tropical island, or in the mountains, or some other location that symbolizes peace and relaxation to you.

If you really have no excuse and you want to tell me that there is no other alternative, even such a weird place as the washroom can be used for these exercises provided you have enough space in there (I'd prefer other places too, but a friend of mine said this works fine for him as well).

You get the idea. Maybe you have to get over yourself, maybe you have to leave the old you behind that thinks that doing Yoga is weird or that you are not to stretch at the office.

Think about the alternative. Either you sit there, unhappy and depressed all day long with your stiff neck or back pain, complaining about everything that comes along and pumping yourself full with caffeine to “beat” the

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tiredness; or you start to do what we talk about, you integrate a few simple yoga poses or stretching exercises into your daily rhythm, you take regular breaks and let your body do what it can do best – energize and relax you.



1. Go and visit my YouTube channel at <http://www.youtube.com/getridofcaffeine> right now and check the playlist for Stretching exercises. Chose your 3 favourite stretching exercises and commit to doing them every day for the next 7 days.
2. Tomorrow morning when you wake up, first thing before anything else, go and try 3 simple Yoga moves along with the 3 favourite stretching exercises. Feel into your body and get connected to your inner being.
3. Tomorrow at work, instead of overriding your breaks, take a break after 50 minutes of work, go to a quiet place and do the three stretching moves one more time. Then, and only then, return to your work space and notice how you feel.

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6. Outro

Keep This In Mind When Applying These Strategies

Congratulations! You have just finished reading the “4 Natural Energy Secrets” Ebook. You have not only shown a great interest in learning how to boost your energy level – naturally – you have also done the work and read through the entire ebook as well as taken the first steps in applying the great tips contained in this manual.

As the saying goes “A journey of a thousand miles begins with a single step.” You have already taken this first step successfully and you should be proud of yourself.

However, there are a few important things I want you to keep in mind as you go about implementing and applying this information into your life.

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1. The most important thing is taking the first step.

The most important thing is always taking the first step. If you don't take the first step you will never be able to arrive where you want to go.

Studies have shown that more than 85% of people who will go and invest into a self-development product (which is what we consider this information to be) will never even go to work and read through the entire work.

As insane as this sounds, it is really true. But hey, when you are reading this, we already know that you do not belong into this group, right!?

But as studies have further shown, less than 20% of the people that go through the information will actually take the first step and apply it into their lives (which drives me nuts that people will go spend money and time on going through information and then still NOT take the step to implement the great stuff they have learnt).

So don't be one of them!

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Of course the first step is always the hardest step. It takes tremendous energy to get an avalanche going, but once it is going it is almost impossible to stop it. This phenomenon is basically called “momentum”.

As you read the information and get motivated and excited about the idea of making changes in your life, you immediately need to follow up with taking the first step or you will soon lose the momentum and remain where you were before.

2. Any progress is better than none.

This is really a principle you have to live by. There is another great saying that simply says “Nobody is perfect.” Well, as much as we would like to be perfect, we simple are not. Nobody is.

The goal is not to have everything perfect a week from now and have applied all the information contained herein. The goal has to be and should be to extract from this manual as much information as you possibly can and then go to work and apply it into your life.

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You will have successes as much as you will have setbacks and times where you think “Let’s just forget about this ****.” That’s all okay and part of the deal.

Remember, any single improvement that you can achieve in your life is already better than before. Any improvement is better than none improvement.

Don’t focus on the things you have not changed yet, but focus on the change you have already achieved and let that motivate you to keep on working and achieve even greater improvements in your life.

A successful personal coach once told me “You don’t have to get it right, you just have to get it going.”

Take the first step, achieve some change and then keep on working at it!

3. Lasting change is gradual, not instant.

We are all wired for something that psychology calls “instant gratification”. We do not want to work out for 2-3 years to really get into great shape; we want to have a

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magic pill that we can simply eat while we are sitting on the couch watching TV that will make us fit without having to move a single muscle.

When we have a strong headache, we do not want to work on the real roots of the pain; instead we want to get the magic pill that will remove all our pain and problems.

Same thing here. As much as these 4 strategies can effect an instant change in how you feel and how high your energy level is, it will still take some time and some work until you get to experience the full benefit of this information.

I already felt better after a few days of yoga instead of my big morning cup of coffee – and that was already great. But it is in no comparison to how great I feel now every morning when I start to do my Yoga routine and I no longer have any craving whatsoever to get a coffee.

As combined with principle 4 – keep practicing the stuff you are learning in here and the improvements will get even better and better. And in a few weeks or months

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from now, you will feel so dramatically different you will wonder how you've ever done without!

4. Keep practicing as perfect practice makes perfect.

There's a path called "mastery". The path to mastery does not consist of learning thousands of the best tips and tricks; mastery is usually achieved through practicing the fundamentals, the basics over and over again.

When you start Yoga, you should not focus on knowing 200 different poses, you should instead find the few poses that fit best for you and keep practicing them until you master them and you really get into the state of being, a state of inner peace and satisfaction.

Lasting change does not happen over night, and it does not stay eternally. The only way for lasting change to happen is – as psychology has found - to CONDITION our nervous system into a new way of doing things.

We literally have to reprogram our brain from doing the old thing to doing the new thing instead. Our challenge is

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to use the self-discipline we have to keep on practicing the fundamentals until they are a fixed new habit in our lives; something that we will do automatically instead of going back to our old, destructive way of doing things.

With this I wish you the best in applying the information contained herein and I would be honoured and pleased to receive your feedback at chrisi@getridofcaffeine.com .

Remember also that I have prepared a lot of good videos to help you with the tips in here at my YouTube channel which you can find at

<http://www.youtube.com/user/getridofcaffeine>

You have received this ebook as a bonus to your investment into the “Get Rid Of Caffeine & Have More Energy Instead” manual.

The tips in this book have been adjusted and optimized in such a way that they are the perfect supplement for your personal journey with the Get Rid Of Caffeine manual.

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In case you have not done so already, please go now and check out your “Get Rid Of Caffeine” manual and start on improving your life for the better.

Trust me, it’s worth it!

To Your Success,



Chrisi Brand, August 2009