

How to Have more Energy in the Morning

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I need my mornings to be ON. I need to wake up on time, feel refreshed and energized and start the day with ease and excitement!

Well ladies, we're into the second week in May, and I am experiencing something that I kind of forgot about: May, June, and July are usually extra busy months for me at my health biz. For some reason I'm asked to give more classes and workshops during this time, and then there are the women's summer missions coming into Israel, a few of which I teach at.

For me to be able to handle this type of workload, I need my mornings to be ON. I need to wake up on time, feel refreshed and energized and start the day with ease and excitement. So I

make sure to be on top of my game when it comes to this area. Just last week actually, I saw a really funny video making fun of influencers and their super high level, unattainable morning routines. I have to say, I was definitely able to relate. I'm sharing this with you in case you can also use energy and flow in your mornings and I really do think it's doable. You don't have to incorporate all of the steps at once. Just one or two steps initially will still make a noticeable difference.

Enjoy!

1. Go to bed at or before 10pm.

This one is huuuge. The healing hours of sleep are only until 2am and you need at least 4 of these every night in order to feel refreshed and energized in the morning. Don't believe me? Try it, see the difference for yourself!

2. Do not eat after 8pm. Also, try to eat a lighter dinner without heavy carbs like bread and white rice.

You will wake up feeling so bright eyed and bushy tailed, you'll be calling me to thank me, trust me!

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3. Incorporate herbs and seaweeds into your diet.

Use herbs to strengthen, energize and regenerate your body, in particular your adrenal and pituitary glands. If these two glands are depleted, you will feel constantly tired, including upon awakening. Seaweeds are an amazing source of minerals. No minerals = no energy. Use minerals from seaweeds to feed the glands and recharge your batteries.

4. Go outside in the sunshine. Take some deep breaths and move

your body for 20, 30 minutes. Sunshine and exercise visibly enhance energy and mood.

5. Drink water and eat fresh, seasonal fruit for breakfast. Fresh fruit not only energizes you but helps your body clean out its sewer systems, the digestive and lymphatic systems. When these systems are clean, you've just 10Xd your energy!

Of course, a good cup of coffee always helps get that morning going in a positive way ☺. I certainly do not skip the coffee, definitely no!. I use almond milk instead of regular milk and no sugar.



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If I am on my game and following these steps, I can wake up around 6am, before my alarm goes off, feeling energized and excited to start the day! I'm not so young and I had my last baby at 45 and a half so I've had my share of very hard mornings and low energy days. I tried different things to help me along and over the years this is what's worked best for me. I still thank Hashem every day for this knowledge and for being consistent in implementing it. It has made all the difference. I hope it does for you as well.

Use these powerful foods to strengthen, energize, heal and regenerate your body and mind at all stages of life.

What you consume will be the deciding factor in whether you create health and happiness or sickness and disease.

Take care of yourself. Learn the art of self care, detoxification, nutrition and regeneration.