



# **7 Ways to Boost Your Energy and Brain Power**



**If you're reading this, you're in charge of something.** Your business. Your team. Your house. Your family. Probably more than one of these!

Being in charge takes a lot of energy, both physical and mental. **Most of us would be better leaders at work and at home if we had more energy and brain power.**

**That's what this guide is all about.**

When you have more energy and brain power, you can show up as your best self. You'll be healthier. You'll make more money. Your relationships will improve.

**Here are seven ways that you can get there.** Some you can do on your own, starting today. Others might require a little more time or expert guidance.

Whatever you choose, know that doing these things for yourself is a way to improve not just your own life, but the life of those around you.

Joya Van Der Laan  
MSN, FNP-BC



# #1 - Get a good handle on your blood sugar

*Why it's important:* Stable blood sugar levels are crucial for maintaining consistent energy and supporting brain function. Spikes and crashes in blood sugar can lead to fatigue, brain fog, and mood swings.

*What you can do right now:* Start by minimizing refined sugars and carbohydrates in your diet. Focus on whole foods that are rich in fiber, healthy fats, and protein. For many people, the order in which they eat their meals can affect blood sugar stability. Eat vegetables first, then protein and fats, and then any starches or carbs.

*Further support through Functional Medicine:* A Functional Medicine provider can help you dive deeper into your nutrition to stabilize blood sugar levels. She or he also may recommend supplements to support insulin sensitivity and blood sugar regulation. Finally, she or he can prescribe and help you interpret data from a continuous glucose monitor (CGM), and then use that data to refine your personalized plan.



## #2 - Optimize your hormones

*Why it's important:* Hormones play a significant role in energy production and cognitive function. Various issues—such as low or suboptimal thyroid function, adrenal fatigue, or imbalances in testosterone, estrogen, DHEA, and/or progesterone—can lead to physical fatigue, brain fog, and decreased motivation, among other things.

*What you can do right now:* Focus on stress-management techniques such as meditation, yoga, or deep breathing exercises. Ensure you're getting enough micronutrients like zinc, magnesium, and vitamin D, and protein, all of which are essential for hormone production.

*Further support through Functional Medicine:* A Functional Medicine provider can order and interpret comprehensive hormone testing to identify imbalances. Those results will inform a personalized treatment plan, which can include bioidentical hormone replacement therapy, supplements, and lifestyle changes.





## #3 - Get quality sleep

*Why it's important:* Sleep is essential for energy restoration and cognitive function. Poor sleep can lead to fatigue, muscle loss, fat gain, memory problems, and poor concentration.

*What you can do right now:* Establish a regular sleep schedule and create a relaxing bedtime routine. Ensure your sleep environment is conducive to quality sleep by minimizing noise and light, and by keeping your room temperature relatively cool. Avoid eating anything and drinking alcohol within at least 2 hours of bedtime. Tools like the Oura Ring can be really helpful in making connections between what you do and how you sleep.

*Further support through Functional Medicine:* A Functional Medicine provider can help you identify underlying factors contributing to poor sleep, such as nutrient deficiencies or hormonal imbalances. Based on those factors, the provider can recommend targeted treatments to improve sleep quality.



## #4 - Eat clean foods

*Why it's important:* A clean diet free from processed foods and additives reduces inflammation, provides nutrients that are essential for brain health and energy production, and ensures that appropriate cofactors are available to allow necessary metabolic processes to take place inside your cells.

*What you can do right now:* Focus on whole, organic foods such as lean meats, fish, vegetables, fruits, nuts, and seeds. Avoid processed foods, refined sugars, and artificial sweeteners.

*Further support through Functional Medicine:* A Functional Medicine provider can offer guidance on following a proper diet for your individual biochemistry, and can order and interpret testing to ensure that you are meeting your body's needs for optimal energy and brain function.



## #5 - Exercise

*Why it's important:* Exercise improves blood flow to the brain, promotes the release of “feel-good” hormones, improves the health of your mitochondria (the energy producers in your cells!) and builds muscle, all of which can contribute to increased energy and brain power.

*What you can do right now:* Think about what activities you love, and start there. It's important to find activities that also build muscle, like lifting heavy weights. Find a small local gym that can offer you not only a workout facility, but accountability as well.

*Further support through Functional Medicine:* If you are confused about what types of exercise are best, you're not alone. A Functional Medicine provider can work with you to determine the best exercise(s) for you depending on your individual circumstances.



## #6 - Know your numbers

*Why it's important:* Specialized lab testing can provide valuable insights into your health status, including nutrient deficiencies, gut health, inflammation levels, thyroid function, heavy metals, and lipid profile, all of which have an impact on your energy and cognitive performance.

*What you can do right now:* Talk to your healthcare provider about getting comprehensive lab tests to assess your health. Discuss the results with your provider to understand how they may be affecting your energy and brain function. If you don't have a provider who can order and interpret these labs, now is the right time to find one!

*Further support through Functional Medicine:* A Functional Medicine provider can order comprehensive labs and interpret their results, using them to create a personalized treatment plan that addresses any imbalances or deficiencies contributing to your symptoms.



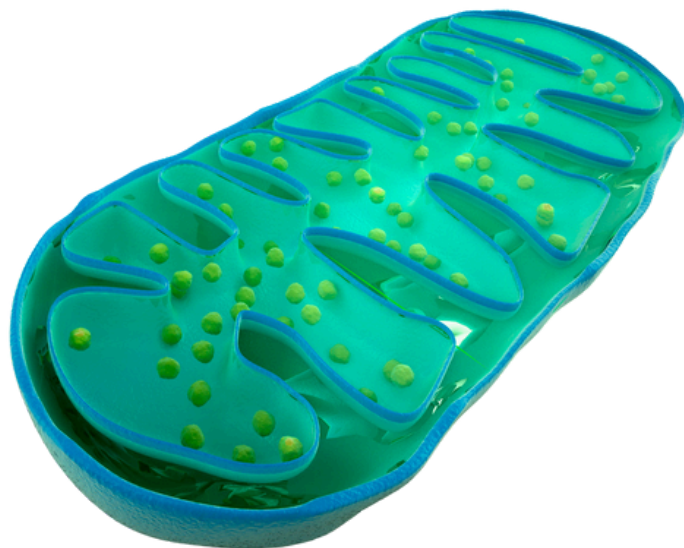


# #7 - Optimize methylation and mitochondrial function

*Why it's important:* Methylation is a crucial biochemical process that plays a role in energy production, detoxification, and neurotransmitter synthesis. Mitochondria are the powerhouse of the cell, responsible for producing energy. Optimizing these processes can enhance your energy levels and cognitive function.

*What you can do right now:* Focus on consuming foods rich in methyl donors such as leafy greens, eggs, and beets. Consider supplementing this methylated B vitamins to support methylation.

*Further support through Functional Medicine:* A Functional Medicine provider can assess your methylation status and mitochondrial function through specialized testing. Based on the results, the provider can recommend targeted interventions like supplementation, nutritional changes, or other lifestyle modifications to optimize these processes. A skilled functional medicine provider will also have targeted suggestions for you about more sophisticated interventions that will help your energy and brain power.



## **Want more help boosting your energy and brain power?**

Nourish House Calls is here for you! We can use test results and an in-depth conversation about your history and goals to craft a personalized treatment plan just for you.

### **You don't have to do this alone.**

And as a “thank you” for taking this step on your journey, we have a special offer exclusively for you.

**If you contact us within a week of receiving this guide to book your discovery call (whenever that call takes place), then you'll receive a \$125 discount on your initial appointment.**

Just mention this guide when you book the call. There are a few ways to do that:

- Email [Joya@NourishHouseCalls.com](mailto:Joya@NourishHouseCalls.com)
- Call or text us at (630) 828-6944
- Visit [nourishhousecalls.com](http://nourishhousecalls.com) and click one of the “discovery call” links