NATURAL HEALTH TIPS TO GET YOU READY FOR BACK TO SCHOOL (ESPECIALLY SINCE IT STILL FEELS LIKE SUMMER HOLIDAYS OUTSIDE!!)

School has started, but we are still enjoying the summer weather. It's difficult to say goodbye to lazy summer days and sit in classrooms all day, especially when its still so hot outside. Many students are still enjoying after school BBQ's, maybe a little too much drinking and late nights. Here are some natural health tips to help you ease into going back to school.

*The information provided is not intended to diagnose or treat any health condition. Please consult with your doctor or naturopathic doctor before starting any new supplement program as they may have interactions with certain medications. *

Natural Ways to Improve Energy:

Lazy summer days, late nights, and now getting up early in the morning for school means most students need a little bit of help with energy in the morning. Here are some natural health tips to help you get your day started off right:

1. Health Supplements

Start your day with these 5 key vitamins to help improve your energy in the morning and throughout the day.

- A high quality multivitamin/mineral complex that has a broad range of B vitamins. When our body is under stress, we need more essential vitamins and minerals that are best provided through a supplement.

- B complex. B vitamins are essential to help your body produce more energy and help you handle stress better. I also suggest adding an extra B5 and B12 supplement as these vitamins get used up when you are under stress or live a busy lifestyle.

- Green tea extract (Siberian Ginseng). I love the energy that comes from either drinking a cup of green tea or taking supplements that contain Green Tea extract. I suggest 300-400 mg of green tea/day.
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- **Fish oil: Our brain is 60% fat. These omega 3 fatty acids are essential to brain function, including learning abilities, memory retention and mood. It will improve your concentration and ability to focus. Boost your brain with fish oil!!!**

- **Vitamin C: When we are under stress, the main gland in our body (the adrenal gland) requires more vitamin C to make proper stress hormones. Also, vitamin C will keep our immune system strong.**

2. Practice Healthy Eating Habits

Summer is the time most of us make poor diet choices, with summer BBQ's, parties, and travelling. It's hard to go from a junk food, high calorie diet to a healthy diet. But nutrition is so important to have a healthy body and a healthy mind. Also eat the right foods (and avoid the wrong foods) to give you the energy you need to wake up in the morning and stay awake all day while you are in your classes.

Here are some easy ways to take first steps to changing your diet.

1. Avoid sugars and processed foods! The white foods will give you the initial energy burst, but an hour later you will crash. So eating white bread and a muffin at lunch will have you snoring by 2pm. So avoid sugar, white pasta, white rice, cookies, muffins, donuts, and soft drinks. Instead focus on protein, complex "brown" grains, and vegetables. For example, if you eat at your school's cafeteria, order a chicken sandwich on whole grain bread with a salad on the side instead of a burger and fries. The burger and fries will make you feel sleepy 2 hours later. Eat a chicken sandwich and feel great later)

2. NEVER skip breakfast. You will feel like you are running on empty, you wont be able to focus in your classes, and by lunch time you will be starving and reach for sugary foods, then crash by 3pm. Eat a breakfast balanced in protein, complex carbohydrates and good fats. Examples include a bowl of oatmeal with almonds and fruit, egg white omelet, protein shake, high fiber/low sugar cereal.

3. Drink 8 glasses of water a day. A well hydrated body works better and keeps your mind awake!

3: Get on a proper sleep schedule

According to the National Sleep Foundation, most teens and adults need between seven to nine hours of sleep each night. Getting proper sleep (at least 8 hours) will improve memory, improve concentration in classes, improve your immune system so you stay healthy, and help manage stress.

1. Go to bed the same time and wake up the same time, even on weekends. Routine is important!
2. At least 30 min before bed, do something that you enjoy and that will help you relax. Read a good book, listen to some relaxing music, have a bath. Don't do homework, don't watch TV, don't work on the computer, don't be on the phone. Get your body ready to fall asleep! Clear your mind.
3. Keep your room dark and quiet. Melatonin (our sleep hormone) requires this to be properly released. If we don't get proper melatonin release, we won't have a good restful sleep!

4: Preventing a hangover:

Because of the great weather outside, many students are still enjoying the summer parties but now have to wake up early to get to class. Its hard not to be outside with hot weather in September (so rare for us in Vancouver ☺) Here are some health tips to help your body process alcohol better and avoid the dreaded hangover!!!

1. Hydrate!!!! Drink a glass of water between each drink and 2 glasses before you go to bed.
2. Eat before you drink!
3. Take your multivitamin, B complex , extra B12 and milk thistle (for liver support) before you drink.
You can always get a vitamin iv cocktail at Vitalia Health Care the next day if you do get a hangover. It will kick it! ☺

At Vitalia Health Care, we develop individualized programs to meet your specific health needs. We understand that no two people are the same. From a 1 hour initial evaluation, we can customize a "get ready for back to school" program that is specific to your goals. This includes our weight loss programs, specific nutrition evaluations and consultations, and developing a supplemental program specific to your health needs.

Call us today at **604-732-3422.**