



Vitalia HEALTHCARE

NATURAL HEALTH TIPS TO INCREASE YOUR ENERGY, BOOST YOUR IMMUNE SYSTEM AND SUPPORT YOUR BODY SO YOU ARE OLYMPIC-READY!

We are in the middle of the games, we are hosting the world. But as British Columbians living here, we still need to go to work, go to school. If we are already feeling stressed, overwhelmed, feel like there isn't enough time to get things done, now we add on the stress of longer commutes, more traffic congestion, late nights. This is the most important time to take better care of ourselves and reduce the amount of stress we are under so that we can enjoy this once in a lifetime event in Vancouver. Here are some helpful health tips to keep our body in top shape and have the energy to enjoy the games.

Nutrients: Key nutrients that will improve their energy:

Good quality multivitamin	
High potency B vitamin	These will provide the vitamins and minerals to
Extra B12	give the body the nutrients it needs to make
energy	
Extra B5	

These are the ultimate stress reducing nutrients.

Nutrition: Eat the right foods (and avoid the wrong foods) to give you the energy you need to enjoy the games.

Avoid processed foods, including all foods made from white flour and sugar. Focus on protein, fruits, vegetables, and complex grains. Always choose the whole grain option. Avoid burgers, French fries etc.

For example order a chicken sandwich on whole grain bread instead with a salad on the side. (Eat a burger and fries, crash 2 hours later. Eat chicken sandwich and feel great later)

Caffeine: Limit caffeine to 1-2 cups a day before 1 pm. For many, coffee should be avoided all together as it will only give them temporary energy and make them crash later. Try green tea instead.

Relaxation: 15 min a day of some relaxation will actually elevate mood and improve overall energy. The body heals during stage 4 deep sleep.

Sleep: Essential to give you energy, feel refreshed the next day and to enjoy the games.

Get your 8 hours between 10pm and 9am!



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Regular exercise: even a 30 min walk a day!!!

Water: 8-10 glasses a day!! Remember to have a glass every 1-2 hours, even if you are not thirsty!!!

Immune system: following the above recommendations will strengthen your immune system. Add vitamin C, Vitamin D, oregano oil, tumeric.

Remember, 5 min of stress reduces our immune cells for longer than 8 hours! So, don't get stressed in traffic, prepare yourself.

To reduce stress:

#1: Organize your time. Simplify the demands on your time and organize the time you do actually have so you are not overwhelmed. We try to pack our day full and then get overwhelmed when we don't get everything done. **Learn to say no to things that are not important, not necessary or not fun.**

If you are going to an event, you know you have to deal with traffic and long line ups. So reduce other demands on your time so you are not stressed about finding the time to do everything!!

If you are working until 1 am, sleeping 4 hours and then going back to work, you are taking on too much and not managing your time well. Your body will pay the price!

So of course the Olympic games also means more partying.. lets have fun!! But there are tips to help the body process the 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** the next day if you do get a hangover. It will kick it! ☺

We are witnessing some amazing moments in Vancouver history, so lets make sure we are ready to enjoy the celebrations!!!!

#100-3077 Granville Street, Vancouver, BC V6H 3J9

Tel: 604.732.3422 Fax: 604.732.7425

Email: info@vitaliahealthcare.ca Web: www.vitaliahealthcare.ca



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Consider having your stress hormones tested at Vitalia Health Care. We can then develop an effective treatment plan to balance stress hormones (cortisol, DHEA) and improve energy, jump-start weight loss, reduce sugar cravings, and improve overall well being!



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