

PERSONAL GROWTH FOR WOMEN

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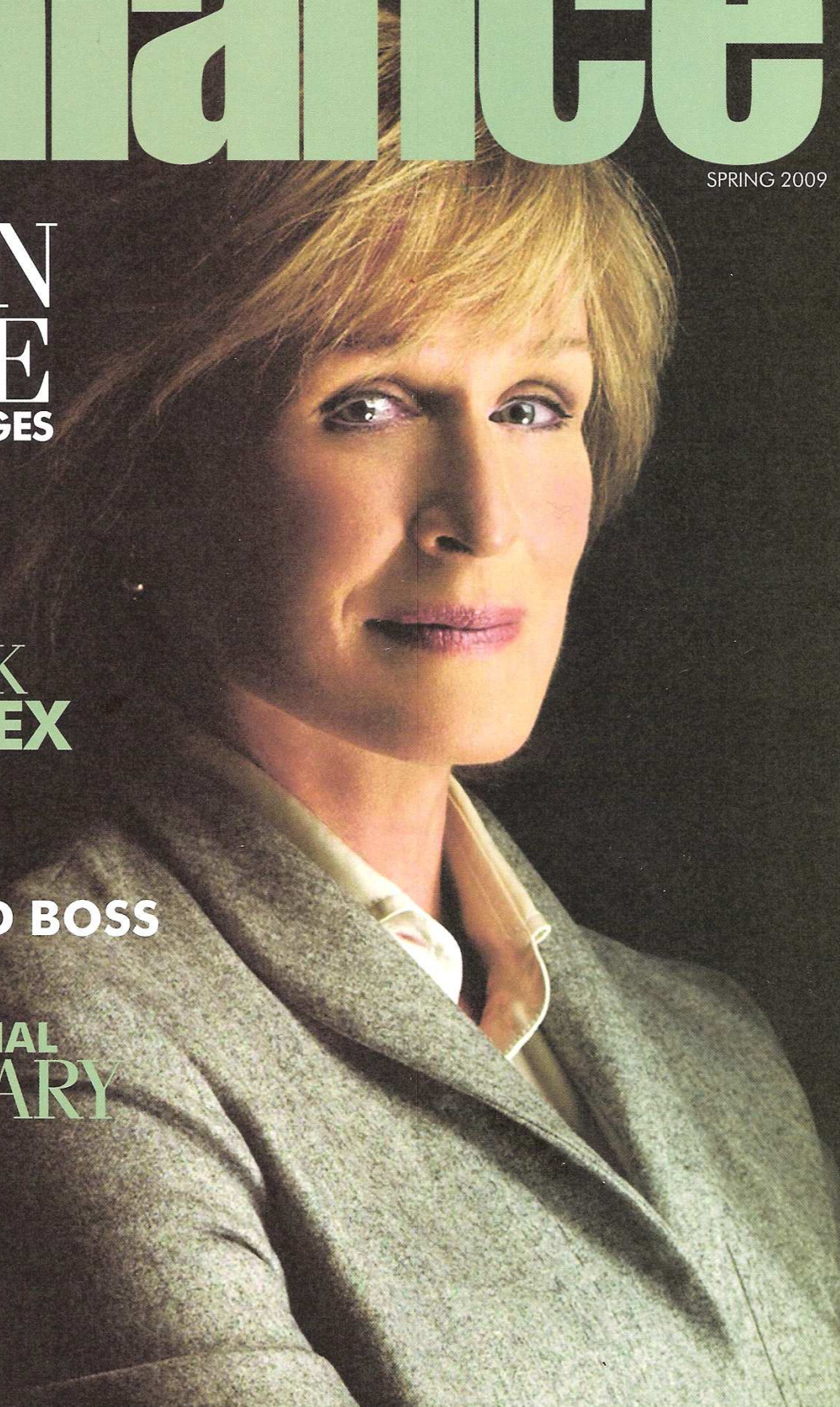
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PHYSICIAN OFFERS
NATURAL WORKPLACE
WELLNESS SOLUTIONS

By Dr. Britta Zimmer

10-minute office energy boosters

We've all been there...sitting at our desk tired, lethargic and far from motivated. From caffeine-driven blood sugar crashes to non-sustaining, fat-laden fast food lunches to a fundamental lack of quality sleep, America's workforce is in desperate need of a quick and sustainable pick-me-up.

"By taking just ten minutes from your busy work day, you can rejuvenate, revive, and make the rest of your day more productive and satisfying," notes naturopathic physician Dr. Britta Zimmer, Chief Health Officer at GoodElements.com – a purveyor of all-natural health supplements to support everyday healthy living.

Pick any one or more of Dr. Zimmer's quick energy enhancing strategies below and enjoy the mid-business-day boost:

1. Drink a cup of green tea

By steeping one green tea bag in 6-8 oz. of piping hot water, you create nature's most perfect energy-producing health-restoring beverage! Studies show that the antioxidant polyphenols in green tea can protect you from chronic conditions such as heart disease, cancer and diabetes. The small amount of caffeine in green tea will give you

an immediate boost while the catechins, a type of polyphenol, assist in burning fat!

2. Take a quick walk

There is nothing better than a brisk walk to get the blood pumping to your heart and brain. Natural endorphins are produced during exercise and, if walking outdoors, the sun's rays activate Vitamin D in your body, giving you a mood and energy boost. Once you are on your feet and on the go, you will not regret it!

3. Supplement your diet for enhanced concentration & stamina

All natural, non-addictive dietary supplements, such as the "Workplace Wellness" system offered by GoodElements.com, will not only support memory, concentration and overall cognitive performance, but will also help the body sustain energy levels and improve stamina without peaks and crashes. This system, for one, also provides stress and anxiety relief for overall emotional well being.



4. Eat a protein-rich snack

When you are hungry and looking for some energy, don't reach for sugar! Sugar's empty calories will give you a temporary "sugar high" but follows it with a "sugar low." This roller coaster of blood sugar levels will leave you more tired than you were before that candy bar. Instead, look to eat a snack that is balanced with protein and complex carbohydrates. Examples include one slice of whole-wheat toast with almond butter, a handful of nuts with a piece of fresh fruit, yogurt with granola or hummus and olives.


5. Drink water

It is recommended that, for optimal health, you drink at least half your body weight in ounces of water per day. For example, if you weigh 160 pounds, 80 oz. of water will keep you properly hydrated. Remember, the solution to your pollution is dilution!

6. Breathe Deeply

When we are stressed and fatigued, we tend to take short, shallow breaths. Just a few deep breaths will make a big difference in your energy level. Start by taking a nice deep inhale through your nose. Hold your breath for one second and then slowly, deliberately exhale through pursed lips to regulate the release of air. Try to make your exhale last from 7 to 10 seconds. Breathe normally for a few moments and then repeat.

7. Stretch

Standing up for a few minutes to stretch is one of the most overlooked workplace essentials. Focus your stretching on the muscles of the shoulders, neck and upper back. Accompany your stretching with a few deep breaths as described above. 

DR. BRITTA ZIMMER IS A NATUROPATHIC PHYSICIAN. SHE CAN BE REACHED AT WWW.GOODELEMENTS.COM.