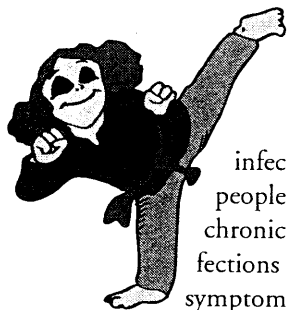


ganic red meat (particularly made into broths), almonds, apricots, raisins, molasses and dark green leafy vegetables.

Iron can also be found in some herbs such as nettles, chickweed, marshmallow, alfalfa, mullein and yellow dock. **I-X** contains many of these herbal sources of iron and is a good supplement for building the blood. Another excellent herbal formula for building up deficient blood is **Blood Build**. This traditional Chinese blend helps the liver produce more blood, improves blood composition and enhances overall energy. It is a very good choice for women who tend to have heavy periods.

A final option to consider is **Energ-V**. If your blood is only mildly deficient, this blend contains herbs to nourish the blood and to support the thyroid and adrenals. This makes Energ-V a good supplement for building general energy levels.

If you are anemic, beware of iron binders as they attach to iron molecules for excretion out of the body making them unavailable to the blood. Iron binders are found in foods that contain tannic acid such as teas and astringent herbs. Iron also binds to phosphates found in egg yolks, milk, cheese, soft drinks, coffee and tea. It also binds to unsprouted grains. Taking high amounts of calcium, magnesium or other minerals can also compete with iron absorption.



4. Knock Down Low-Grade Infections

Low-grade bacterial, viral or fungal infections can zap your body's energy. Many people have problems with Epstein-Barr virus, chronic yeast infections or other low-grade infections that are draining their energy. Possible symptoms that this is a problem include:

- Low-grade fever or inflammation
- Swollen lymph nodes
- Frequent colds and flu
- General lethargy
- Pale tongue with red spots

If a low-grade infection is suspected try **VS-C**, a Chinese formula that was designed to fight herpes and other low-grade viral infections. It can also be helpful for low-grade bacterial infections. It works best when taken consistently over a period of 3-6 months.

Silver Shield is a 14 ppm, completely non-toxic, colloidal silver product that can be taken daily both to knock down infections and to prevent them. A low dose of just one teaspoon per day will help rid the body of low-grade bacterial, viral and fungal infections.

If a person's immune system is severely depleted, **Trigger Immune** is the best choice. Trigger Immune helps rebuild the immune system where people are tired and get sick easily. It helps to build the blood, support the adrenal glands and balance blood sugar levels (item #6 on our list).

5. Relax Those Stiff, Tense Muscles

Tense muscles are exhausted muscles. Muscle tension is a sign of fatigue and tense muscles have a hard time holding onto energy. Relaxed muscles have a greater ability to store energy. So, if you're

chronically tense, doing things that help your muscles relax will increase your energy level. Tense muscle create symptoms such as:

- Insomnia (difficulty relaxing and getting to sleep)
- Tension headaches
- Back or neck pain
- Lack of flexibility, general stiffness
- High blood pressure

The most important thing you can do to help your muscles relax is to practice breathing slowly and deeply. This greatly reduces muscle tension and increases energy production at the same time. Doing stretching exercises, tai chi or yoga can also relax muscles and increase energy levels.

Stiff muscles often indicate a deficiency of magnesium, a mineral that helps muscles create energy and relax. Try taking **Magnesium Complex** if you have a lot of muscle stiffness.

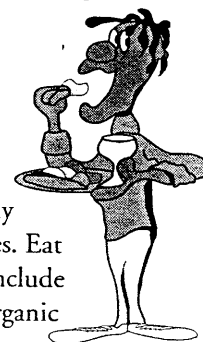
If muscle tension is preventing you from sleeping, consider taking **Herbal Sleep** and **Kava Kava** in the evenings about an hour before bedtime to help you relax and unwind. Kava Kava relaxes the central nervous system and muscles without dulling the ability to think or perform, so it can also be taken during the day if you are chronically "uptight."

6. Blast the Blood Sugar Blues

Blood sugar, or glucose, is the fuel of choice for the energy needs of the body's cells, especially the brain. The body works hard to maintain balanced blood sugar and this work is made easier with good eating habits. Diets high in sugar and refined carbohydrates cause the blood sugar to rise too quickly and within a short time, drop too low. This drop in blood sugar, known as hypoglycemia, will cause sudden bouts of fatigue, especially in the afternoons. If blood sugar problems are causing fatigue you may experience:

- Sudden fatigue in the afternoon
- Moodiness and irritability when hungry
- Sudden "cold" nose or limbs
- Mental confusion and forgetfulness
- Cravings for sugar and carbohydrates

The solution to hypoglycemia is primarily dietary. Avoid sugar and refined carbohydrates. Eat small frequent meals throughout the day that include both fat and protein, such as avocados, nuts, organic



Additional Help and Information

If you need more help in finding ways to build up your energy, talk to the person who gave you this newsletter. They have additional handouts and resource materials to help you. You can also consult some of the following sources:

- The Comprehensive Guide to Nature's Sunshine Products* by Tree of Light Publishing
- Get Up and Go Herbal Hour* DVD featuring Kimberly Balas and Steven Horne
- Adrenal Fatigue: The 21st Century Stress Syndrome* by James Wilson
- Fight Fatigue: Six Simple Steps to Maximize Your Energy* by Mary Ann Bauman