

7-day miracle energy makeover!



Day 1

Turn in 4 1/2 minutes earlier!

It's a shocking statistic: 75% of us don't get the recommended seven hours of sleep each night and so start each day already feeling tired! And turning in a lot earlier isn't the solution—most people who do just lie there awake until their usual bedtime rolls around! What is the solution? Rolling back your turn-in time in tiny increments, just 4 1/2 minutes each night. In just seven days, you'll have effortlessly added more than 30 whole minutes to your sleep time!



Tired all the time? Join the club: Fatigue is the single most common reason women visit their doctors! What most of them don't know? A few study-proven tweaks to your routine can banish tiredness and restore your get-up-and-go in just seven days—really!

Day 2

Take an energy supplement!

Spotted coenzyme Q10 (CoQ10) at the drugstore and not sure what it was? It's an antioxidant our bodies produce naturally that ramps up energy by improving the heart's ability to pump blood and helping the body burn food for fuel. The problem? We make less and less of it as we age! No wonder a Japanese study found that taking CoQ10 daily for eight days helped people exercise harder for longer—while avoiding post-workout fatigue! And another study found daily use cured daytime fatigue in 94% of subjects! Recommended dose: 30 mg.-90 mg. daily.



Day 3

Take a 25-minute bath!

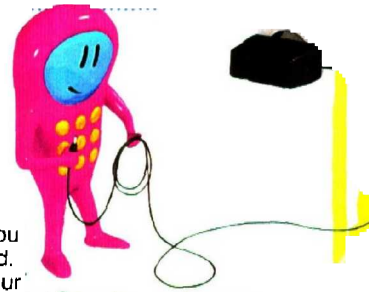
That's how long experts say it takes for the warm water to widen blood vessels and open pores to release trapped energy-sapping toxins. The result: a steep drop in stress levels and an increase in circulation and vitality, says Jacob Teitelbaum, M.D., author of *From Fatigued to Fantastic!* Indulge in a hot bath at least once a week to keep your energy levels up, he advises.



Day 4

Move your chargers!

Odds are you keep your cellphone charger by your bed. Not a good idea: Research reveals that radiation from these devices (computer chargers, too!) interferes with the body's natural sleep phases, giving you less of the restorative slumber needed. They also found that sleeping near your cell makes you more prone to headaches! So put your charger—and phone—outside your bedroom to sleep more soundly!



Day 5

Read your makeup's ingredient list!

New research shows parabens chemicals in many cosmetics and bath and body products, mimic estrogen in the body, setting the stage for two major causes of fatigue: disrupted thyroid function and out-of-whack hormones! Switch to products labeled "paraben-free" and you'll notice an uptick in your energy within days, says Dr. Teitelbaum.



Day 6

Head outside!

Spring is here, so there's no reason not to take a stroll around the block—especially now that University of Georgia research shows it can decrease fatigue as much as 65%! In fact, their study found low-impact exercise (like walking or bicycle riding) improves energy levels even more than running or hitting the gym! The reason, experts theorize, is that being outside while exercising stimulates both the mind and the body with the fresh air boosting oxygen levels and the sunlight triggering the release of energizing brain chemicals.



Day 7

Do a detox!

No, not the kind celebrities use to drop pounds, or one that uses dangerous ingredients. Send sluggishness packing by drinking a cup of tea or hot water flavored with freshly squeezed lemon juice every morning. Water is tops at flushing toxins through your system, and lemon is a proven diuretic that also assists the liver in expelling chemicals before they're absorbed into the bloodstream, says Dr. Teitelbaum. Bottom line: This pennies-a-day detox will keep you on an even keel all day!

