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feel-great foods

These nutrient-dense foods fire up energy fast

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 Summer is prime time for yeast flare-ups, partly because indulging in the season's sugary frozen treats and drinks can trigger an imbalance between healthy bacteria and yeast in the gut. "That's a problem since yeast produces waste products that dampen energy," says Jacob Teitelbaum, M.D., author of *From Fatigued to Fantastic!* The save: Enjoy 1 cup of frozen kefir (like Lifeway Frozen Kefir, \$5 for 16 oz., at supermarkets) daily. The probiotics in this dessert restore bacterial balance, cutting yeast-triggered fatigue by 53 percent in three days.

5 tasty ways to BEAT TIREDNESS

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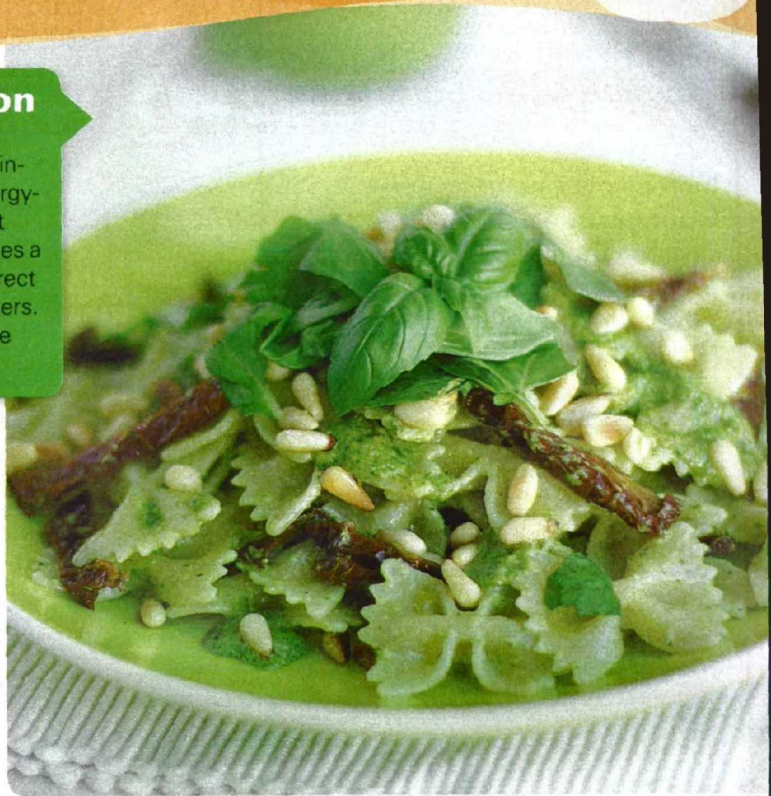


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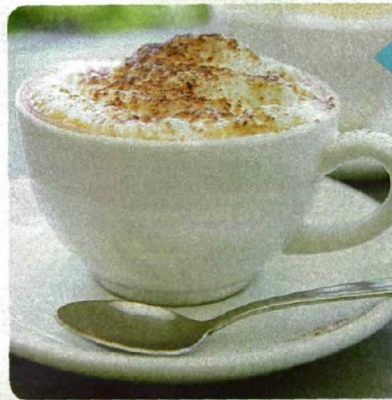
PINE NUTS rev thyroid function

Sweat helps cool the body on hot days, but it also depletes essential stores of *manganese*—a trace mineral that plays a key role in the production of the energy-regulating thyroid hormone T4. The good news: Just 1 oz. (about the size of a golf ball) of pine nuts provides a whopping 594 percent of manganese to quickly correct shortfalls, according to Stanford University researchers. This fires up the output of thyroid hormones to chase away fatigue in as little as 20 minutes.



BELGIAN ENDIVE stabilizes blood sugar

Heat waves can trigger blood-sugar fluctuations that bring on feelings of dragginess and irritability, but consuming Belgian endive can help. According to Australian researchers, eating 1 heaping cup of this crispy green daily (as well as other foods that are low on the glycemic index—a measure of how foods impact blood-sugar balance) can prevent tiredness-triggering blood-sugar spikes and crashes for three hours straight.



NUTMEG boosts brain-chemical production

On steamy days, the brain is under such physiological strain to keep core body temperature steady that its other functions—including the production of revitalizing serotonin and dopamine—often take a backseat. But unique phytonutrients in nutmeg have been shown to jump-start the output of these brain chemicals, amping up alertness, concentration and feelings of happiness in as little as 10 minutes. To enjoy the benefits, try grating fresh nutmeg (which contains more beneficial compounds than the dried spice) over ice cream, cereal, custard or coffee.



LICORICE heals overworked adrenals

Extreme temperature flux (think leaving an air-conditioned room to go outside) can stress the adrenals and slow their output of energizing hormones. James L. Wilson, N.D., Ph.D., author of *Adrenal Fatigue*, offers this Rx: Eat six pieces of licorice (like Panda Soft Licorice Chews, \$3 for 7 oz., at Vitacost.com) daily. "Its *glycyrrhizin* prods the adrenals to produce more hormones, restoring pep within 72 hours."

PHOTOS: CLOCKWISE FROM LEFT: FOTOLIA; BON APPETIT/LAMY; DREAMSTIME; ISTOCKPHOTO; FOTOLIA. TEXT: BRENDA KEARNS