

# The Secret to All Day Energy

## KEY WORDS

energy, mental well-being, physical well-being, sexual health, Scots Pine, nervous exhaustion, stress, thyme, black spruce, adrenal glands, sexual stamina, chemotyped plant oils, *Pinus sylvestris*, *Picea mariana*, *Thymus saturooides*, fatigue

Energy is a precious commodity. Not only do all our body's complex systems require energy to function, our thoughts and feelings require energy, too. How can you truly and fully enjoy a pleasurable experience if you feel tired and worn out? How many opportunities have you passed by because you had little or no energy to spare?

We live in a world that saps our energy. Disordered sleep, poor nutrition, stress, worry, lack of exercise and even the abundance of environmental toxins and contaminants adds to our heavy burden of exhaustion. Today we're going to talk about a new product that can *double* your energy WITHOUT the use of stimulants. Stimulants can leave you nervous, irritable and increases your heart rate and blood pressure. But there are some energy lifestyle basics we need to cover first.

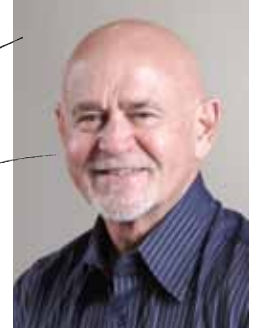
If you want to have more energy, one thing you have to do is *ask your body for it*. How do you ask? By using up your energy. Using energy with physical exercise tells your body you need to build up *more* energy for the next go-round. That's why people who exercise regularly tend to have more energy than those who do not. My advice is to find something physical that you enjoy, and do it. Start slowly and increase every day. If you have trouble staying motivated, ask a friend to join you in your workouts. Take a dance class, walk

the dog, window shop, swim—or combine it with your charitable activities and paint the local homeless shelter, or pick up trash at the park. If you watch a lot of TV, get a treadmill and put it in front of the tube. The list of ways to incorporate physical activity in your life is endless. The common thread is "Keep Moving." Studies of communities with especially long-lived people have shown that they are clustered in mountain areas where walking is a daily occurrence. These people regularly walk up and down these rocky inclines several times a day. The fact that they keep moving is shown to be closely associated with their unusual longevity.

Diet plays a huge role in energy. Food is our fuel, and if you want more get-up-and-go, start with high octane fuel (food), like lean proteins, complex carbohydrates, and healthy fats. If you want to be a race car, you need to buy high octane fuel for your tank. A person who thinks nothing of paying \$5.00 for a soft drink and bag of chips at the convenience store may complain that is too much to pay for a *healthier* snack, like a bag of raw almonds or a pint of blueberries. To be healthy, you have to shift your perspective. Food is not just satisfying and nurturing; it is an *investment* in your body and your health. And this investment pays HUGE dividends.

Lack of energy can be caused by fluctuations in blood sugar. Low blood sugar = low energy, poor mood and lack of concentration. Keeping blood sugar even and consistent is one key to increasing energy in your life. Complex carbohydrates, like whole grains, fruit, and vegetables, as well as ample protein and healthy fats, are digested slowly, releasing their energy in a slow and steady stream. Simple carbohydrates, like white sugar, high fructose corn syrup, white rice, and white flour, need little

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to no digestion, so they deliver their fuel in a blast (or flood) with a quick high and quicker let down—known as the "Crash." In fact, a big snack of simple carbs can drive your blood sugar lower than if you had not eaten at all!

When you talk about supplements to increase energy, people think first of caffeine or even illegal drugs! These substances work in the short run—they allow your body to *borrow* energy. But when you borrow, there is always a payback... with interest.

A better, healthier, more sustainable way to increase energy is to make your own. I have been looking at a formulation of 3 special plant oils that, when used together, can *double* your daily energy—with no negative impact on your blood pressure or heart rate.

The three chemotyped ("fingerprinted") highly concentrated plant oils are **Scots Pine** (*Pinus sylvestris*), **Black Spruce** (*Picea mariana*) and **Thyme** (*Thymus saturooides*). These plant oils are 75 to 100 times more concentrated than regular herbal extracts, and have powerful effects in the body.

*More...*

*When in doubt, always consult your physician or health care practitioner. This column is to provide you with information to maintain your health.*

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If you haven't heard of these energy-enhancing chemotyped plant oils, then you aren't alone. Many of these are brand new to the US market. Below is a chart on the properties of each oil, but in a nutshell, all three are natural balancing agents for the glandular systems in your body that are closely tied to healthy energy production.

## Scots Pine (*Pinus sylvestris*)

Oils from the needles of the Scots pine are used as a natural energy promoter. The effects are believed to be due to the ability of compounds in the oil to influence the body's stress response and balance the HPA (hypothalamus-pituitary-adrenal) axis.\*<sup>1</sup>

## Black spruce (*Picea mariana*)

Like Scots pine, the Black spruce contains plant compounds in its oils which support the HPA axis.\*<sup>2</sup> The HPA axis aids in regulation of mood, sexuality, alertness and energy use.

## Thyme (*Thymus satureioides*)

Thyme (*Thymus satureioides*) is a plant from North Africa, which grows in rocky, dry soil. The flowering part is distilled for the plant oils, which are often recommended in aromatherapy as a general tonic to improve physical, mental, and sexual health.\*<sup>3</sup>

A recent study examined the impact of these oils used together on self-reported energy levels.<sup>4</sup> Nineteen volunteers took this herbal oil formula in capsule-form for a total of 4 weeks. All the participants were asked to take 1 capsule per day for two weeks and 2 capsules a day for two weeks. Subjective feedback was measured and recorded using a 10 point self-



report scale to determine measurable changes in energy levels from their baseline. The groups were randomly divided regarding whether the participant began with 1 capsule per day or 2 per day in an attempt to correct for any concern that a cumulative health effect might influence results.

The results were *excellent*. On average, energy increased in every group—even in those folks already reporting high energy to begin with. However, when the individuals with the *lowest* beginning energy scores were separated out



from the whole, the results were *truly* amazing. After only one capsule a day, for one week, the whole group reported an increase in energy of 37% (26% for the men and 50% for the women). But those with the *lowest* beginning energy scores **increased 87%**!

The researchers then looked at these same oils, but at *double* the amount. What would be the effect after **TWO** weeks at this higher dose? The results were even *more* amazing. The average of the entire group was an increase in energy of 45% (31% for men and 63% for women). But for the group with the lowest energy levels, the **increase was an incredible 111%**, which is *more than double* their initial reports on daily energy.<sup>4</sup>

I have been very impressed with these research reports studying the effects of these 3 chemotyped oils. I believe they can make a tremendous difference in your daily energy. What would you do if you had twice as much energy every day? Play ball with your children? Paint a masterpiece? Go to a concert? Work in your garden? Just think of the possibilities! **TN**

## References

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