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**FRONT COVER:**

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# Table Of Contents

Foreword

Chapter 1:

***Body Energy Basics***

Chapter 2:

***Using Honey***

Chapter 3:

***Using Whole Grains***

Chapter 4:

***Using Nuts***

Chapter 5:

***Lean Meats***

Chapter 6:

***Salmon***

Wrapping Up

# Foreword

In simple terms the body has two very different and complex systems of energy producing sources. As energy is vital to the very existence of human activity and survival the two energy style depend on each other for support. This book shows you what foods give you the most energy.



## ***Revitalizing Recipes***

Food That Will Charge Up Your Energies!

# Chapter 1:

## *Body Energy Basics*

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### Synopsis

Energy is needed for the various functions like maintenance of growth, daily activities, exercise and many other movements or functions that are often taken for granted. These are shared between the two energy systems.



## **The Basics**

The primary and first to be used energy system is the aerobic system. This system uses oxygen for the function of the muscles and does demand quite a lot from the general body system.

This demand usually increases the rate and depth of breathing and blood supply mainly because of the corresponding increase of the heart rate.

When the body requires more energy which cannot be met due to the elevated need for more oxygen then the body system automatically switched to the anaerobic energy system. This system is able to produce energy without the need to use oxygen.

All this energy is generated through the suitable or correct consumption of foods. The foods consumed dictate the types of energy levels each individual is capable of producing.

Muscle fatigue usually occurs when all the energy sources are exhausted which can be attributed to a variety of reasons; the most compelling one depends very much on the types of foods consumed.

There are several categories of foods that produce various beneficial elements for the human body system and noting the ones that create or enhance the energy generating sources is definitely useful to know. Therefore this knowledge should help the individual choose the right types of foods.

The aerobic system works by breaking down the carbohydrates, fatty acids and amino acids in the foods consumed while the anaerobic system releases energy from the foods stored in the body, usually during intense activity bouts.



# Chapter 2:

## *Using Honey*

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### Synopsis

Over the years honey has been proven to be the one sustaining power behind the energy circle. Benefiting the human body in various areas it is foremost still unrivaled in its energy producing entity. Honey is nature's most natural energy booster. It also acts as an effective immunity system builder while providing the natural remedy to a host of varied ailments too.





## **Honey**

The natural benefits of honey has been widely acknowledged and accepted. Besides its great taste, honey is also a natural source of carbohydrate, which is an energy maker for boosting performance, endurance and reducing levels of muscle fatigue.

This is especially useful for athletes. The sugar content in the honey helps to play a role in preventing fatigue during exercise sessions and also during training sessions for sports enthusiast. These sugar make ups are divided into glucose and fructose and functions in different but complimenting ways.

The glucose content in the honey is generally absorbed at a faster rate and gives off an immediate energy boost while the fructose works at a slower pace for a more sustainable and prolonged energy dispersement. When it comes to addressing blood sugar levels in the body system, honey has been known to help keep the levels fairly constant.

As honey is a pleasant food product and it's natural in its form, consuming it is not a very difficult exercise. People of all ages are generally quite willing to consume honey in any of its accompanying forms. It's even popular with children.

The energy produced from consuming a small amount of honey daily helps children cope with the physical strains of daily school activities and sports commitments. For the adults too consuming a daily small dose of honey can go a long way in keeping the energy levels at its best during a demanding day at work.

Making sandwiches with honey accompanied with other fillings is one way of creating a pleasant snack. Applying honey on a freshly toasted slice of bread is also a welcome breakfast alternative. Adding honey to drinks instead of using sugar is definitely encouraged.



# Chapter 3:

## *Using Whole Grains*

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### Synopsis

Energy is very important to the smooth flowing natural of a daily life cycle of any human being. Therefore finding energy sources that are both consistent and healthy are important to keeping fit and happy.



## **Grains**

Most people today want a quick fix for their energy boosting needs and this usually comes in the unhealthy forms of sports drinks, coffee and refined carbohydrates like sugar and white bread.

Though these produce the desired heightened energy levels, it should be noted that this energy is fairly short lived and the tiredness that follows is usually more acutely felt. Therefore opting to consume some form of whole grains is not only a better alternative but is also much healthier.

Whole grains provide the energy that comes in a more complex form which breaks down over a longer period of time. This then creates the platform for sustaining the energy levels for longer periods.

Because of its more complex make up the whole grains come with a array of beneficial elements like minerals, vitamins, phytonutrients and fiber which are also rich in fiber.

Adding the whole grain ingredients is any dish more often than not completes the flavor or enhances it altogether. Whole grains can be in various forms such as wheat, oat, barley, maize, brown rice, faro, spelt, emmer, einkorn, rye, millet, buckwheat, and many more.

These can then be made into various other products like whole wheat flour, whole wheat bread, whole wheat pasta, rolled oats or oat groats, triticale flour, popcorn and teff flour.

The benefits of consuming whole grains consistently can help decrease the risk of heart disease, lower cholesterol levels protect against many types of cancer and assist in weight management. Whole grains should not be confused with its lesser and more refined “cousin”. Though refined grains have some benefits it is always better to opt for the whole grain alternatives.



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