

HOW TO HAVE MORE ENERGY

9 WAYS TO FIND MORE ENERGY

Skip the Red Bull. Step away from the 5-Hour Energy. We'll show you the smartest ways to power up when your reserves are running low

By Cindy Kuzma, Posted Date: Sep. 14, 2012

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ENERGY DRAIN 4

How was breakfast? "Your morning meal sets the stage for the way your blood sugar behaves the rest of the day," says Dr. Stanton. If you skip it entirely, you deprive your brain and muscles of energizing glucose. Or if you grab a refined-carbohydrate meal, like a bagel, you'll experience a brief sugar spike but then inevitably crash. When insulin rushes in, it helps clear sugar, but it also sends a signal to your adrenal glands to stop producing cortisol properly, says endocrinologist Eva Cwynar, M.D., author of *The Fatigue Solution*. This can trigger a wave of exhaustion known as "adrenal fatigue."

FIGHT IT: Munch on protein

Grab a snack with at least 10 grams of protein—two hard-boiled eggs, say—to produce a steady rise in blood sugar and energy levels, counteracting a postcarb crash. "Protein causes a peptide called CCK to be released in your gut. It satiates you and stabilizes your cortisol and insulin levels for hours," says Dr. Cwynar. Even if you ate a solid breakfast, a shot of protein can still help you power through the morning. Need more proof? Here's [The Truth about Protein](#).

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ENERGY DRAIN 8

While you may think you're a free man, you're really a slave to your circadian rhythms. See, your body is going to command you to start winding down about an hour before your regular bedtime. "You're tired because your cortisol drops. It's meant to be low so you can fall asleep and your brain can recover for the next day," Dr. Cwynar explains. This is an instance when you're supposed to feel tired—which means you need a big-time boost.

FIGHT IT: Chew gum

Caffeinated gum is what the U.S. Army hands out to its combat soldiers, so it should be more than sufficient for your duties as wingman or DD. For a boost that lasts 3 to 4 hours, says Caldwell, go with gum that has 100 to 200 milligrams of caffeine, such as Stay Alert Caffeine Energy Gum (\$8/six-pack, stayalertgum.com). Gum is an even more efficient caffeine delivery system than coffee: "You release all the caffeine in about a minute," Caldwell says. "It's rapidly absorbed into your bloodstream through the blood vessels in your mouth and throat."

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