
15 NATURAL WAYS TO SUPERCHARGE YOUR ENERGY

By Jason Prall
Founder of Awakened Collective

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SUPERCHARGE YOUR ENERGY

When it comes to supercharging your energy, there are 4 primary components.

1. Energy stimulation & activation
2. Energy conservation & slowing down
3. Energy cultivation & increasing capacity
4. Energy flow

Improving energetic efficiency can be increased by working at the extremes. This can be done by intentionally incorporating short bouts of stimulation along with plenty of time spent in energy restoration.

Unfortunately, most of us don't spend enough time in energy restoration because there often exists a chronic sympathetic nervous system activation which tends to drain energy reserves. This can be caused by excessive mental and emotional stimulation, physical misalignments or injuries, and stored emotional trauma.

While energy is stored and utilized in all tissues and spaces throughout the body, the practices and tools listed in this report are targeted to address 3 primary energy systems.

Nervous system

Sympathetic and Parasympathetic

Mitochondria

Organelles that make cellular energy in the form of ATP, heat, and light.

Subtle Energetic Channels

Known as meridians or nadis in the Eastern traditions of Chinese Medicine and Ayurveda.

OPTIMIZE SLEEP

Restorative sleep is fundamental for feeling refreshed and alert the next day. The most critical aspect of improving non-REM, deep sleep is to entrain your circadian rhythm. By doing so, not only will you be improving the timing of sleep hormones like cortisol and melatonin, but you'll also improve the efficiency of energy production at the cellular level within your mitochondria. You can entrain circadian rhythm by:



- getting plenty of daylight in your eyes during the day
- blocking out artificial blue & green light after sunset with orange glasses, orange lightbulbs, f.lux app on your computer
- eating your meals between the hours of 6 am and 7 pm
- exercising before 5 pm

TAKE A MORNING WALK



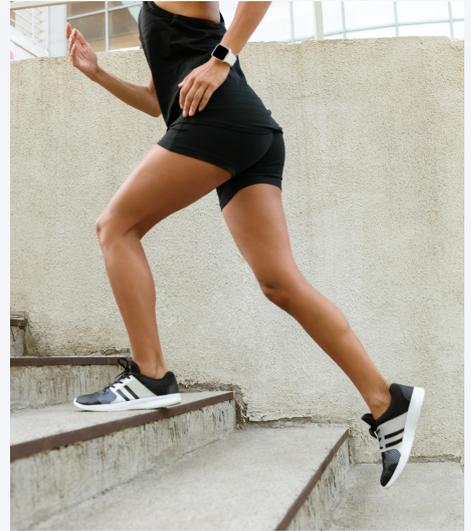
Take a walk or do some kind of light movement practice outside, first thing in the morning, before breakfast. By doing this right after you wake up, you are helping entrain your circadian rhythm, contributing to good sleep at night. When you incorporate movement before you eat breakfast, you will improve your metabolic flexibility at the cellular level as your cells must rely on fatty acids for fuel, instead of glucose.

And by doing gentle movement in the morning, you conserve energy while also increasing circulation, improving lymphatic flow, and improving bowel regularity...all of which improves waste removal and detoxification, ultimately improving energy production over the long term.

STRENUOUS EXERCISE

By incorporating 10-20 minutes intense exercise in the form of high intensity interval training (HIIT), resistance training, tabata, or other forms that require considerable exertion, you stimulate the growth of new, healthy mitochondria in a process called mitochondrial biogenesis in order to meet the demands of exercise. Additionally, strenuous exercise also improves the function and efficiency of your existing mitochondria.

The more healthy mitochondria you have, the greater energy output you will have at the cellular level and the lower your oxidative stress will be.



QIGONG

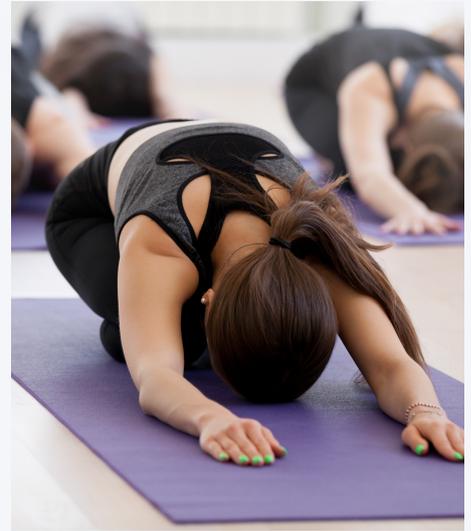


The practice of qigong is centered around the concept of moving and cultivating qi...or life force energy as we might think of it in the west. Qigong can improve your energy by opening up energy channels throughout the body which allows for the flow of stuck or stagnant energy. Increasing the flow of energy through the body, will help bring balance to all systems, including the nervous system. And through the

practice of qigong, you can learn to actually cultivate or gather or harness energy from within and without, thus increasing embodied access to Universal or source energy.

YOGA

Similar to qigong, the practice of yoga has a profound ability to increase the flow of energy throughout the body, freeing up stuck or stagnant energy that manifests. Additionally, there are variety of asanas (or poses) that are particularly exceptional at activating the sympathetic nervous system, thus stimulating energy production. Virtually all of the asanas that involve back-bending are great for stimulating energy.



You can do a short series of back-bending postures in the morning to kick-start your day or incorporate them into a longer yoga practice. Overall, the practice of yoga has a restorative component and ultimately relieve stress on the mind and body.

MEDITATION



All forms of meditation will help to calm an overstimulated sympathetic nervous system and hypervigilant amygdala (fear center), which can consume a lot of energy even when there is no imminent danger present. Meditation has also been shown to increase melatonin production, which is a powerful antioxidant, on top of its ability to improve sleep quality. What's more, research has shown that

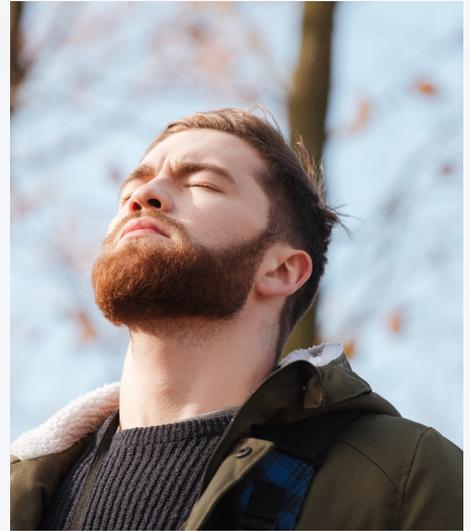
meditation is one of the best ways to naturally boost DHEA and growth hormone, both of which have an anabolic and youth-restorative effect.

ENERGIZING BREATH (BREATH OF FIRE)

The breath of fire is a rapid, rhythmic, and continuous breath done through the nostrils with the mouth closed. The pace is typically 2-3 cycles per second with equal inhale and exhale.

This stimulating technique helps to synchronize the biorhythms of all the body's systems, improves the balance between the sympathetic and parasympathetic nervous systems, and improves circulation as well as detoxification.

Contraindications: Do not practice Breath of Fire if you are pregnant, have a respiratory infection, high blood pressure or cardiac issues, vertigo or any spinal issues. Consult your healthcare provider if you have any questions or concerns before trying for the first time.



CALMING BREATH (4-7-8)



The 4-7-8 breath is performed by inhaling through the nose for the count of 4, holding for 7 seconds, and releasing out the mouth for 8 seconds, making a "whoosh" sound as you release. Repeat at least 5 times.

Performing this technique activates the parasympathetic nervous system. Using this breath when you feel overwhelmed will help reduce stress physiology.

Utilizing this breath just before bed may also help you fall asleep faster and improve deep, restorative sleep.

ENERGIZING ESSENTIAL OILS

Essential oils do much more than just fill our homes with beautiful scents. Certain oils (such as Eucalyptus) provide respiratory support, allowing our lungs to take in more oxygen, which results in increased energy. Other oils such as orange & lemon are proven to help increase mood which helps combat chronic fatigue. For a quick pick-me-up, peppermint oil is often used and some say can replace a cup of coffee!



Some of the more energizing oils include:

Rosemary, Peppermint, Spearmint, Sweet Orange, Lemon, Grapefruit, Clove, Cinnamon, Bergamot (this one's both calming and uplifting), Eucalyptus, Ginger, Juniper Berry, Thyme, and Pine.

CALMING ESSENTIAL OILS



While some oils increase energy directly, others help increase energy indirectly by activating the parasympathetic nervous system. Oils such as lavender and chamomile are often used at night to prepare for a restful night's sleep, letting the body naturally unwind. They can also be used to calm anxiety and overwhelm, letting the physical and emotional body reset.

Some of the more calming oils include:

Lavender, Cedar Wood, Bergamot (both calming and uplifting), Ylang Ylang, Vetiver, Clary Sage, Petitgrain, Roman Chamomile, Sandalwood, Rose

ADAPTOGENIC HERBS

Many are now using adaptogenic blends in the morning to replace their cup of coffee. Unlike caffeine, which borrows from tomorrow to get through today, adaptogens are shown to have a balancing effect on adrenal, pituitary and hypothalamic glands, helping the body recover from stress while at the same time improving mental and physical performance. This means that adaptogens can help you get sustained energy, but without the crash.



Top Adaptogenic Herbs to Balance Energy:

Ashwagandha, Astragalus, Eleuthero, Rhodiola, Ginseng, Schisandra, Maca, Holy Basil

SHILAJIT



Commonly used in Ayurvedic medicine, Shilajit is a substance found primarily in the rocks of the Himalayas developed over centuries from the slow decomposition of plants. Shilajit can be used for many reasons, and one of them is to combat chronic fatigue syndrome and increase energy by naturally boosting your body's mitochondrial function. It also has anti-aging properties which lead to longevity and overall health.

Make sure you do your research. Many online shilajit products contain things you don't necessarily need or want in your body.

Here is our recommendation:

<https://lotusbloomingherbs.com/products/authentic-shilajit>

GINGKO BILOBA

Ginkgo Biloba is a popular supplement and is collected from the dried green leaves of the plant itself. Ginkgo improves blood flow to the brain, acts as an antioxidant, and supports ATP production. In addition to helping fight inflammation, improving circulation and heart health, Ginkgo Biloba also helps ease anxiety. By making you more alert and more calm, In short, Ginkgo Biloba increases focused energy.

Ginkgo is often also linked to benefits including improved thinking and memory, better social behavior and better ability to perform every day tasks.



LICORICE ROOT



Ever feel like you might have adrenal fatigue? If so, your naturopath may have suggested Licorice Root. Licorice contains a powerful compound that slows the body's capacity to metabolize cortisol - the stress hormone released when the body is under physical or mental pressure. This helps maintain cortisol levels and results in a more effective physiological response to stress.

Licorice root is also a great herb for supporting liver function, which also helps to manage and regulate energy. Take licorice root in tea or liquid drops to help support your adrenals.

MUSHROOMS

Medicinal mushrooms have been used in Eastern medicine for thousands of years and are gaining in popularity - including as adaptogens in coffee or as coffee energy supplements. Reishi mushroom can help with sleep, anxiety, depression & focus. By aiding the nervous system, Reishi helps sustain and improve energy. Chaga mushrooms are antioxidant powerhouses, helping fight free radicals and inflammation, improving mitochondrial function.

Cordyceps is used to improve energy, athletic performance and aid in muscle recovery as it helps the body utilize oxygen more efficiently and enhance blood flow.

