

YOUR DENTIST CAN SAVE YOUR LIFE

How to boost your energy level ... naturally!

Modern life can be challenging, for sure. It seems we have never been busier and more stressed – with family, work, finances, on and on. Overlay that with our complex technological society, lack of sleep, and a pandemic – well, you can easily end up feeling overwhelmed and perpetually tired. If you feel you are missing that spark – then it's time for a change! Here are easy, affordable ways you can increase your energy — naturally:

Vegetable Juice. Your body loves it. You'll notice the difference. It also provides important vitamins and minerals.

Improve Sleep Quality. Sleep enables your body to restore and repair itself. Squeezing in more sleep is a simple way to improve energy. For better sleep try going to bed and waking up at the same times each day. This will regulate your internal body clock.

Try Herbs. Specifically, ginseng and basil can help balance and restore your body's natural ability to handle stress, anxiety, and fatigue.

Reduce Carb Consumption. They can

leave you feeling sluggish. This includes sugary drinks and processed foods (white bread, pasta), which burn through your body quickly. Choose whole foods that take longer to digest to avoid the crash and burn effect. Nuts, legumes, sweet potatoes, oats, and brown rice provide the body with a steady stream of energy.



Dr. Gabrielle F. Cannick

Eat Chia Seeds. Be prepared for a pleasant surprise. This natural energy food will boost energy levels and enhance sleep quality, plus boost brain power and combat inflammation.

Stay Hydrated. Not drinking enough water can impact your energy level and make you feel tired. Our bodies are mostly made up of water. Even small dips in hydration are enough to affect your metabolism. Try coco-

nut water or water flavored with lemon and honey.

B Vitamins. Known as the “energy vitamin”, B12 supports energy production -- and -- it keeps blood cells happy and healthy. NOTE: Your body cannot store B12. Best sources of B12 in a well-balanced diet include beef, tuna, salmon, and eggs.

Herbal Teas. Sipping herbal tea can provide an all-natural temporary boost in energy levels.

Green tea in particular provides additional benefits, such as anti-aging and free radical-fighting properties.

And don't forget the obvious -- regular exercise. It burns calories sending oxygen and nutrients to your body's cells, helping your heart and lungs work more efficiently and boosting energy levels. A brisk 30-minute walk is ideal. If you are still struggling with low energy levels even after trying some of these natural remedies, there may be other factors involved. In that event, it is best to

check with your doctor. As always, we are here to help. Think of us as your hometown resource for guidance and support.

Dr. Gabrielle F. Cannick is the owner of Grand Oaks Dental, located at 3905 Liberty Highway in Anderson. A strong believer that dental fear and anxiety should not prevent any patient from receiving the highest quality dental care, Dr. Cannick has received extensive training in Sedation Dentistry and is a certified member of the Dental Organization for Conscious Sedation. She is also a member of the South Carolina Dental Association, the American Dental Association, the Academy of General Dentistry, and the American Academy of Dental Sleep Medicine.

For more information about Grand Oaks Dental and the services provided, please call 864-224-0809, or click to grandoaksdental.com or visit us on Facebook at <https://www.facebook.com/GrandOaksDental>



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