



TOP 4 SECRETS

*to Battle Fatigue
& Jumpstart*

YOUR ENERGY



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TOP 4 SECRETS

to Battle Fatigue & Jumpstart Your Energy

I see patients everyday in my office who complain of feeling tired. Many have trouble getting going in the morning without a cup or a pot of coffee. Many don't sleep well and don't eat well. The fun has gone out of their lives and they are starting to feel older beyond their years. The 4 step plan which follows contains the high yield information that I give most commonly to these patients. This information has turned around the lives of many so that they feel young again, alive and vital, with all the energy they want and need to continue to live their lives to the fullest. I hope it will help you jumpstart your energy too.



Best,

Alex Zaphiris

MD MS

Is your food making you tired?



- Are you skipping breakfast?
- Are you eating a carb-rich breakfast like a bowl of cereal, pastry or muffin?
- Are you tired and sluggish in the afternoon?

If you said “Yes” to any of the questions above, don’t worry. The good news is there is something very simple you can do to start feeling better right away.

First, I want to give you a little bit of background. It is of vital importance that your brain gets the nourishment it needs to keep you alive. In fact, we have multiple checks and balances in our body to ensure that if we skip a meal our brain still gets what it needs. One of the key places energy for the brain is stored is in the liver. So when we skip a meal, our body sends out emergency signals and energy which is stored in the liver is converted into energy that the brain can use immediately. Sounds good right? The bad thing is those emergency signals are exhausting for us. Think of it as your local volunteer fire department. They can handle 1 or 2 fires a day, but if the calls keep coming, the firefighters are going to be exhausted and won’t be able to keep up. That’s what happens to your body when you repetitively skip breakfast or eat a carb rich breakfast. Your body can handle it occasionally but if this is your daily habit, it sends you into emergency mode over and over again which is exhausting and draining. No wonder you’re tired!

Also, when you eat foods that are digested very quickly like simple carbs, your blood sugar spikes up very quickly and then also falls quickly. You may have seen the “sugar high” that kids get at a birthday party after eating cake and then aftermath when they crash. There might be a tantrum or crying and until they finally fall asleep. It’s an emotional and physical rollercoaster for all involved. It’s the same way for us as adults. When we eat carb rich foods, our energy and mood shoot up and fall right back down, and we find ourselves looking for the next sugary bite as a quick fix. All the while feeling moody, irritable, angry, depressed, anxious or tired. Not fun! Fortunately, the opposite is true too. When our blood sugar is consistent, our energy is too and in fact, so is our mood.

The good news is there is something very simple you can do to reverse all this immediately.

SECRET #1

Eat a protein rich breakfast

LIKE WHAT? Like 2 eggs, turkey sausage, avocado slice, or if you prefer eat your leftover dinner for breakfast, try chili or roast chicken and vegetables. If you aren't ready to let go of your toast in the morning, try adding almond butter, avocado or a couple of slices of sliced turkey breast. Why? All of these things slow the absorption of the carbohydrates so that our blood sugar stays level. Remember, when we eat a carb rich meal, our blood sugar shoots up and shoots right back down quickly. Carbs aren't inherently bad they just have to be paired with something that will slow their absorption. A good quality protein or fat will do just that.

For those of you who are skipping breakfast completely and the idea of eating anything in the morning isn't appealing, then I suggest making a protein rich shake in the morning, If you're having trouble eating in the morning, it can be easier to drink something instead. After a couple of weeks of having a protein rich breakfast, your appetite in the morning will start to come back and it will get easier.



3 EASY SMOOTHIE RECIPES FOR YOU

Real Food Breakfast Smoothie

- 1 cup water
- 1 T almond butter
- 1 T coconut butter
- 1 cup frozen organic strawberries or blueberries
- 3 T chia seeds
- 1/2 tsp ground cinnamon

If you eat dairy, add 1/2 c plain greek non fat yogurt.
Add whole milk yogurt if you need extra calories.

Put it all together in blender and enjoy. If you tend to skip lunch, make a double batch and bring half to work.

Nutrition Facts:

524 calories, 22.5 g protein,
30 g fat, 49g carbs,
22g fiber (non-fat greek yogurt)
606 cal 20.5 g protein,
36g fat, 52 g carbs,
22 g fiber (whole milk yogurt)

Simple Breakfast Smoothie

- 1 cup water
- 1 scoop protein powder
(pea protein or whey for those who tolerate dairy)
- 1/2 banana
- 1 tsp unsweetened cocoa powder
- 1 T almond butter

This one is great
for people who like
chocolate and
peanut butter.

Super Simple Breakfast Smoothie

- 1 cup water
- 1 scoop protein powder
(pea protein or whey for those who tolerate dairy)
- handful of frozen fruit
(like strawberries, blueberries, preferably organic)
- 1/2 banana (optional)

Quick Clean Tip:

After making your smoothie, refill the blender halfway with water, add a few drops of dish washing liquid and run for a few seconds.

**Your blender
will wash itself!**

What are you using as a pick me up?

SELF-TEST

- Are you drinking coffee first thing in the morning and throughout the day?
- Do you find yourself snacking on candy or other sugary foods?
- Are you using other things, like prescription medications or illegal substances to get you through the day?

We all do something to keep us going during the day, some are healthier and some are less healthy. It matters though if what you are doing is causing harm in another area of your life. If you're having trouble sleeping maybe the caffeine you are drinking is making it harder for you to get and stay asleep. The same may be true for sugar or alcohol. Many people get hot flashes or night sweats after eating a sugary meal or drinking alcohol, both of which interrupt sleep. A growing problem for many people is inadvertently getting hooked on prescription painkillers. At first, they may help with pain, but continued use can be addictive, especially if the medications make you feel so much better, and give you energy. Maybe the coffee you are drinking is giving you heartburn or raising your blood pressure. Maybe the sugary snacks are making it hard for you to lose those extra 10 lbs. What I really want you to know is that all of these substances come at a cost.



SECRET #2

Find the least harmful substance to use as a pick me up.

Try Qigong!

If you are hooked on sugar, start with secret #1 and add in a protein-rich breakfast everyday. If you drink coffee throughout the day and are having trouble sleeping at night, consider switching to green tea as a start.

Qigong (pronounced CHEE-GONG) is a movement and breathing practice based in traditional Chinese medicine and martial arts. Here is a video to a brief qigong series that's easy to learn, takes just a couple of minutes and is a great pick me up with no side effects. Try this ancient Chinese secret now!



All work and no play?

SELF-TEST

- Do you feel like you spend all your time working or taking care of other people?
- Has it been a while since you've had fun?
- Have you noticed that when you are laughing and having fun, you're not tired?

These days, we know a lot about the brain chemistry of fun. We know that the neurotransmitter dopamine is activated from the center of the brain and drives our feelings of motivation and reward. Dopamine helps make epinephrine and norepinephrine, which give us the energy and focus we need to go out and do great things in the world.

We each have our own set point for what is fun, exciting and pleasurable for us. I met a former big wave surfer when I was in Hawaii last year. He said when he started out surfing he noticed that he kept going out for bigger and bigger waves. Eventually, he was getting towed out with a jet ski and surfing giant monster waves that terrified nearly everyone else. For him, surfing giant waves was fun. Smaller waves for him were boring.



SECRET #3

You deserve to have fun again!

Close your eyes and imagine yourself laughing and having fun. What are you doing? Think back, what did you do for fun as a 10 year old? Your 10 year old self, knows what would be a fun activity for you to pick up again. If you tend to boredom, think about doing something that is intense, creative and social. You need to pick something that sounds fun for you. If it's fun, it will boost your dopamine and I bet you won't feel as tired.

Write down 3 things you did for fun as a 10 year old.

1. _____
2. _____
3. _____

What's causing your fatigue?

SELF-TEST

- Has it been more than a year since you've had a check up from a doctor?
- Have you had screening tests recently, including your blood counts, metabolic panel, iron level, thyroid, vitamin B12 and D level? What about cortisol?
- Are you exhausted after exercise?

Consider coming in for a visit to review your health history and maybe get some individualized testing to get to the root of the problem. Metabolic or hormone issues, including anemia, vitamin deficiencies, an under active thyroid gland or over worked adrenal glands can all cause fatigue. Often a simple blood or saliva test can reveal the cause and lead to a cure. If you've had tests done previously, bring them in with you to your first visit. As an integrative physician, I often interpret them a bit differently than your other physicians. Lab tests are designed to pick up disease not dysfunction, which can often be easily reversed with simple changes in daily habits.



SECRET #4

Get to the root

Many approaches treat or cover up symptoms. Find a physician who you can trust who will listen to you and help you get to the root of your problem.



SUMMARY & A BONUS

**YOU'VE RECEIVED MY TOP 4 SECRETS TO
BATTLE FATIGUE AND JUMPSTART YOUR ENERGY.**

SECRET #1

Eat a protein rich breakfast

Try a power packed breakfast smoothie

SECRET #2

Find the least harmful substance to use as a pick me up.

Try Qigong

SECRET #3:

You deserve to have fun again!

Tap into your 10 year old self

SECRET #4

Get to the root

See a doctor who will dig deep with you to maximize your health

Time to put it all into Action!

One last bonus secret for you.

People who are successful at making changes in their lives, ask themselves the next 3 questions when starting a new habit.

First, pick one secret you want to start with. Maybe it has to do with breakfast, or doing Qigong every morning, joining a pool or coming in to see me to help you jumpstart your health.

3 QUESTIONS ABOUT STARTING A NEW HABIT:

- #1 What are you going to do?
- #2 When are you going to do it?
- #3 How will you go about it?

The more clear and specific you are the more likely you are going to be successful.

BONUS QUESTION:

- #4 Why am I doing it?

The Why is important. This is your motivation. We all have good intentions, the answer to this Why question will keep you going if your motivation starts to wane.

Ex: I am going to go to the store and buy ingredients for Super Simple Breakfast Smoothie. I am going to make smoothie every morning at 8 AM before going to work. I'll put it in a to go container so that if I am running late I can drink it on my way to work. I am doing this because I am tired of feeling tired in the afternoon and I don't want to eat junk food. I want to start to lose the weight I gained in my pregnancy.

Write your answers on a piece of paper and put it somewhere you will see it regularly.

Recharge your habit by asking yourself these 3 questions every 3 months.

Although we think we are good at multi-tasking, the truth of the matter is that we can only really make one big change at a time. So pick one and start with that.



I hope you enjoyed this guide. These are the high yield pearls that I share with my patients one on one in my office. I want you to have them too. This information can make a huge difference in your life, it has in mine personally and I hope it will for you too. If you would like to get an individualized treatment plan that goes beyond these 4 essential secrets, on how you can jumpstart fatigue and live healthier, please come in for an appointment. I'd love to work with you.

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