Boost your energy naturally! Dr Deb on Chicago TV The Jam Transcript

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– Deck the halls, sing, be merry and cue the exhaustion because between the family obligations, frantic shopping and wrapping up the last minute work tasks, the holidays, they can be tiring, we can all admit that.

But joining us now to show you how you can boost your energy this holiday season is Dr. Deborah Matthew, thanks for coming in today. – I'm so tired, I need more energy.

That's the most common thing I hear when people come in to see me. But there are so many things that we do to ourselves. – So, what are the five ways we're draining our energy?

– The first energy drain is unnecessary worrying. Most of the time the things we worry about never happen anyway. – [Carly] I'm so guilty of that one.

– [Deborah] Yeah, and the second energy drain is junk food. The sugary junk makes your energy go up and then it crashes. Third energy drain is clutter.

You're pretty sure you left your car keys on the counter, but you can't see them because of all your stuff. Searching through your stuff drains your energy.

Fourth energy drain is over-scheduling, and this is one that I struggle with. You dropped your kids off, you've got to rush through traffic to get to that appointment.

Being over-scheduled is exhausting. The fifth energy drain is dehydration. If you allow yourself to become dehydrated, you are sucking your own energy dry.

– [Carly] Okay, so it's really good to know about all of those. What are some things that we can do to boost our energy? – That's right. Well, come over here with me. – Oh, oh, okay.

We're doing it. – Let's jump up here on these little mini rebounders. – Okay. – Now, these are fun. (upbeat music) The first energy booster is to move your body.

– Okay, we are doing it. – I know when you're tired you don't feel like exercising, right? – I always jump on a trampoline. – Because if you just bounce for a few minutes, your blood gets flowing, you can hop up, get back to work and you'll have more energy.

– Okay. – Second energy booster is to fuel your body, right? Because you need the right vitamins and minerals to generate energy. So, fruits and vegetables.

– Okay. – Third energy booster is to calm your body. So, that's a little confusing because we think of things like meditation and breathing exercises as being relaxing, but if you calm your brain, it's going to work so much better for you for the whole rest of your day.

– Okay. – Okay, the fourth one is rest your body. So, let's rest. – Okay, I'm ready for that. (laughing) – Of course, you need enough sleep in order to have energy.

Sometimes it's hard to sleep, right? – Yes. – But if you follow the rest of these tips, you'll sleep better too. – Oh, okay, that sounds good. – Last one is to hydrate your body, but when we're tired, we tend to reach for coffee and energy drinks, because we want the caffeine, but caffeine is a diuretic, you don't get well hydrated.

You need to drink water if you're going to generate energy. – Oh, we're getting a little sample right here. Okay. – Woo. – Sounds great. – So, you know, power plants don't have energy, they generate energy, and you can too and it is important, because your doctor doesn't have any medicines for this.

– Yeah. – It's a great example of how living well is the best medicine. – Love it. I want your energy. She has great energy, doesn't she? Thank you so much.

For more great ways that you guys can boost your energy from Dr. Deborah, just head to DeborahMatthew.com.