



ABUNDANT ENERGY CHECKLIST

- Have you checked your iron?
- Have you checked your thyroid function?
- Are you getting sufficient B vitamins in your diet?
- Are you getting sufficient iodine and selenium?
- Are you eating enough greens?
- Are you consuming enough calories?
- Are you emotionally stressed?
- Do you have healthy relationships around you?
- Are you getting enough exercise?



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Have you checked your iron? There's so much we can do to optimise the iron we get through our diet, and to enhance the bioavailability of that iron. If your iron IS low, why is that? Do you have digestive issues that are affecting your iron, or heavy periods which could use some attention?

Have you checked your thyroid function? When the thyroid gland is dysfunctional, energy is severely affected in the body. There's so much we can do using herbal medicine and nutrition to optimise thyroid function, even if the thyroid is being attacked by autoimmunity.

Are you getting sufficient B vitamins in your diet? Great sources of B vitamins include beans, organic soy products, dark green leafy vegetables and whole grains. Are you consuming these foods and if so, in adequate portion sizes?

Are you getting enough iodine and selenium in your diet? Insufficient iodine and selenium are common issues for people, as they are minerals which can be difficult to source through your food. Iodine is best found in sea vegetables, whilst selenium is best found in Brazil nuts (but don't binge, as selenium is toxic at high amounts-one or two a day is more than adequate)

Enough greens? Green leafy vegetables are so wonderful from SO many perspectives; they are micronutrient and antioxidant powerhouses. Recent studies have shown that the body can actually use the chlorophyll found in our greens and upon sunlight exposure produce ATP (our energy currency) - sounds like science fiction, but this is actually published science.

Enough calories? When I look at people's diets I sometimes hear what sounds like the "perfect" balanced whole food plant-based diet, and it's only when I do some further digging and realise quite how small the portion sizes are that I can see how nutrient deficient the person likely is. When we switch from an omnivorous to a plant-based diet, we often have to adjust to eat much bigger portions to get sufficient calories and nutrient intake. I love working with people to ensure they're getting enough of everything they need.

Are you emotionally stressed? Stress can wreak HAVOC on our energy, impacting Hypothalamic-Pituitary-Adrenal axis function and leading to both emotional and physical fatigue. Supporting the body with lifestyle practices, dietary support and herbal medicine can help increase our allostatic window of tolerance, and the body's ability to cope whilst we take action in our life to minimise the source of stress wherever possible.

Do you have healthy relationships around you? The people we choose to have round us makes a HUGE impact on our health. Unhealthy relationships take a massive toll on our mental health, immune health, energy, and can even adversely affect our cardiovascular and neurological health as we age. Consider the people you spend most time around; do you need a relationship spring clean? If you believe yourself to be in a toxic or abusive relationship, know that there is so much help available to you. A google search for abuse/domestic violence support in your geographical location should yield plenty of results. If you question your immediate safety, please contact emergency services or seek immediate refuge.

Are you getting enough exercise? Regular moderate physical activity can do wonders for energy, amongst all its other mental and physical health benefits. A brisk walk outside in the sun will help you keep your Vitamin D levels in peak condition, improve your mood and creativity, spark up your mitochondria, and convert those greens you've been eating into ATP.



I hope you've found this checklist helpful; if you would like personal 1:1 help with tackling your energy in a holistic natural way, please get in touch or check out the services section on my website for more information.