



**INCREASED PROTEIN**



**HYDRATION**



**CITRUS**

# Fighting Fatigue Challenge

**CAN SMALL CHANGES IN DIET AFFECT ME?**

**FOLLOW US AS WE EMBARK ON A 10 DAY CHALLENGE TO PUT THAT VERY IDEA TO THE TEST!**

1 August 2014

## Fighting Fatigue with Food

Getting a grip on your energy levels can be a daunting task because let's face it; you just don't have the energy to do much of anything. There are supplements, foods, exercises etc. that all claim they can boost energy levels. Now is the time to put some of that to the test. Grab some friends and do it as a group or fly solo, either way I will be here to answer any questions you may have or to provide any needed support.

This is a 10 day experiment and the results will vary between people. Remember, this is not meant to be an overhaul of your current lifestyle; I would like to see what simply adding these foods to your diet can do. I encourage you to track your energy levels each day and to share your results with the blog.



**\*\*Caution\*\***

Fatigue can be caused by a more serious underlying condition so if your fatigue persists or gets worse please seek medical advice.

## Bananas

B vitamins  
Vitamin C  
Omega 3 and Omega 6  
fatty acids  
Potassium, Magnesium,  
Sodium, calcium,  
phosphorus

\*1 to 2 a day

## Increase Protein

Chicken  
Fish  
Turkey  
Eggs

\*5-7 oz per meal

Wild and/or organic when possible

## Beans

Fiber  
Protein  
Vitamin C  
Iron  
Folic Acid  
Magnesium,  
potassium.

\*one serving 3 or 4 days  
out of 10

## Wild Caught Fish

Omega-3  
Vitamin D  
Selenium  
Vitamin B6, B12  
Niacin  
Phosphorus  
Potassium

\*No farm raised!! Try twice a week  
minimum and the big hitters in this  
category are salmon and tuna

## Nuts

Magnesium, manganese,  
potassium, calcium, iron, zinc,  
fluoride, selenium  
Oleic and palmitoleic acid  
Omega 3 and omega 6  
Carotenes, resveratrol, lutein,  
cryptoxanthin  
Vitamin E  
B vitamins

\*a handful or two a day  
AVOID peanuts

## Fermented foods with live probiotics

Rich in enzymes to aid with  
digestion  
Increase nutrient content of  
whatever is fermented

\*the more the merrier, never heat a  
fermented food (ex. Sauerkraut) as it  
will kill the probiotics

## Oranges/ Pineapple

Vitamin C  
Vitamin B6  
Manganese  
Copper  
Boost production of  
norepinephrine  
Natural sugars

\* One or two a day

## Green Tea

Natural caffeine  
Antioxidants:  
polyphenols, L-  
theanine (powerhouse  
antioxidant)

\*at least one tall glass a day  
(hot or cold)

## Spinach

Iron  
Vitamins: K, A, B1, B2, B3, B6,  
E, C  
Manganese, Magnesium,  
calcium, potassium,  
phosphorus, zinc, selenium  
Folate  
Copper  
Fiber

\*a cup or two a day, try adding it  
to a morning shake or omelet,  
salad, or stir fry

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## Water

We are between 57-60% water, clearly we need it. Drink  
up!!

\*Minimum of 60 oz a day