

The Book of Lost Energy




By James Lee



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Introduction

If you are nearing the ripe golden age of 60, then let me congratulate you! As you enter the newest and perhaps the most exciting chapter of your life, you must have fears about navigating and testing the uncharted waters of retirement.

Starting over can be daunting but doing it at the age 60 can be a whole new ball game. For most people at the age of 60 and beyond, the biggest changes in their life may come in the form financial difficulties or relationship problems.

Unfortunately, many baby boomers today find themselves struggling to sustain themselves financially for so many reasons such as not saving enough for their retirement or experiencing a financial blow just before they retire. Another problem of baby boomers is that this particular demographic is experiencing high cases of losing their spouse due to divorce or death. This change can be extremely difficult for many thus leading to high cases of depression.

It may not be smooth sailing for most baby boomers, others find it much harder to navigate through the many issues they face. While fear is a normal feeling, it is important to take note that there is always a silver lining and that your age does not limit your potentials to start anew with your life.

So, before you start wallow in depressing thoughts, always look forward to the good things in life. Remember, “A forever consists of NOWS.” And know that you have control of your life and you can restart your life at age 60 and beyond. Let this book help and guide you along the way. Happy reading!



Understanding the Aging Body

As our bodies age, there are so many things that also change. This is the reason why there are certain things that you can do so well before and now you can barely do it. Activities like climbing a tree or going up a flight of stairs without running out of breath seems like an impossible feat to some.

It is important to take note that how our body ages largely depend not only on our genetics but on other factors such as our environment, diet, and lifestyle in general. So, what happens to the body once we age? Every part, organ, tissue, and cell in our body is affected by age. Know that some of the changes may be applicable to you while some may not be, it all depends on your current state of health.

Moreover, it is crucial to understand these changes so that you know what is normal and what is not for your age. As well as help you know what kind of preventive steps to take to improve your overall health. This chapter will discuss how the different parts of our bodies are affected by age over time.

Skin

As you age, the skin loses its elasticity and it becomes more wrinkled and lined overtime. Moreover, the growth of the fingernail also starts slowing down while the oil glands produce less oil thereby making your skin drier than usual. Combating the aging of the skin can be done by applying adequate amounts of moisturizer and sunscreen to avoid skin damage such as sunburn. Wearing sun-protective clothing such as hats, caps, or UV-protected clothing can also help protect the aging skin.



Hair

People notice hair thinning as they get older. It is normal for the hair in our bodies—scalp, armpits, and pubic area—to thin out. Moreover, even the hair pigments in your cells also get depleted thus the number of gray and white hairs start to increase.

Height

Even your height is affected by age. Studies have shown that it is common for most people to lose as much as 2 inches by the time they reach the age of 80. We tend to get shorter as we get older. This is normal as our posture is affected by the compression of the spinal bones, discs, and joints.

Hearing

As we get older, the ability of the ear to hear high-frequency sounds becomes lesser. Exposure to loud noise over time damages the ability of the ears to hear. An age-associated hearing loss is called presbycusis. Moreover, earwax tends to accumulate more as you get older thus interfering with the ability to hear and distinguish sounds.

Vision

Presbyopia is a condition wherein the lenses of the eyes become less and less flexible thus resulting in blurry vision. This condition starts to develop at the age of 40. Aside from the lenses becoming inflexible, it also becomes denser—making the pupil react slower to changes in light.

For some people, they experience yellowing of the lenses thus changing the way they perceive light. As you get older, you will notice that seeing objects that are



nearer than 2 feet becomes more difficult. You also need brighter light in order to see. Some studies suggest that people who are beyond 60 years old need 3 times more light in order to read compare to younger people. Because your vision changes, make sure that you visit your eye doctor regularly to get prescription glasses or the necessary treatment for your eye condition.

Bones

We gradually lose the mineral content in our bones over time. This leads to the bones becoming less dense thus losing its strength. While bone loss is inevitable, you can slow down the bone loss and offset the development of osteoporosis by regularly exercising and getting enough Vitamin D and Calcium in your diet. Curbing your smoking habits can also help prevent bone loss as nicotine can weaken the bones. You can also visit your doctor and ask for bone-protecting medications that you can take.

Metabolism

The body requires less energy as you get older. This means that the metabolism slows down as you age. One of the reasons why metabolism slows down with age is because of hormonal changes. Hormonal changes encourage the body to store more fat instead of building more muscles.

So, if you are gaining weight as you get older, it means that your metabolism is slowing down. The best approach to manage your weight is to take in fewer calories and do more physical activities. Engaging in strength training can also help build your muscle mass so that you improve your metabolism.



Nervous System

The brain and the nervous system is also affected by old age. Naturally, the brain's weight, as well as the size of the network of the nerves, decreases as we age. But it is important to know that the brain adapts to the changes and grows new patterns of neural networks.

With the changes in the neural patterns, memory changes become more common thus making it difficult for the elderly to remember details and names. Although this may be the case, you can keep your brain sharp by engaging in social activities regularly, reading, or enjoying a new hobby. Physical exercise can also increase the oxygen flow to the brain thereby improving your memory.

Heart and Blood Circulation

The heart and blood vessels get stiffer through time thus the heart fills with blood more slowly making it difficult for the heart to pump oxygenated blood throughout the body. Moreover, stiffer arteries tend to expand less thus people beyond the age of 60 experience blood pressure changes as well as a larger and more overworked heart.

Despite the changes, older hearts can still function normally. It is just that you need to perform things at a slower pace. Doing physical activities can also help improve your performance and endurance than your contemporaries.

Lungs and Breathing

Many people become inactive as they get older thus making the lungs less efficient over time. Regular physical activity can play a vital role in keeping your lung strong so that it can pump air more efficiently to be delivered all throughout the body.



Kidneys

The kidneys start to decline in terms of size and function. This means that they are not as efficient in clearing the body from wastes as quickly as they used to be. Moreover, age-related incontinence also develops in advanced age. If you experience problems with your kidneys and urinary tract, make sure that you talk to your doctor about it.

Sexual Function

Both men and women produce lower levels of hormones that drive their sexual responses by the time they reach 50s. For instance, women stop ovulating and experience symptoms of menopause such as lower estrogen production. Men, on the other hand, produce less sperm thus affecting their libido.

Immune System

The immune system is also affected by advanced age. The immune system's ability to destroy foreign bodies such as virus, bacteria and other pathogens decrease. The slowdown of the immune system function is the reason why cancer occurs more commonly among older people and simple infections like pneumonia can lead to dangerous consequences.



Upping the Metabolism

The body's ability to process and convert food into energy is called metabolism. Metabolism stays fairly the same throughout adult life contrary to common belief. The illusion that it is slowing down is attributed to the fact that your muscle mass decreases while the body fat increases as you get older.

The more muscles you have, the more effective it is for the body to burn fats faster. However, if you are 60 years old or beyond, building a huge volume of muscle mass can be very challenging. Thus, below are the things that you can do to up your metabolism so that you can maintain a healthy weight. After all, maintaining a healthy weight is crucial for your age because problems like obesity can have huge repercussions for your overall health.

Find Your Metabolic Rate

An important yet often overlooked step is to find your metabolic rate. I know it must have been a while since you have calculated your metabolic rate but remember that it does change every time you blow another set of candles on your birthday cake. So, if it has been a while since you have calculated your metabolic rate, you can use an online calculator to estimate how many calories your body burns based on your age, body size, and activity level.

So, if you are a 5'4" 64-year-old woman weighing 175 pounds, living a sedentary lifestyle, then your body can burn 1,800 calories in a day. By calculating your metabolic rate, you will know how much you need to consume or burn so that you don't store fat.



Eat the Right Kinds of Food

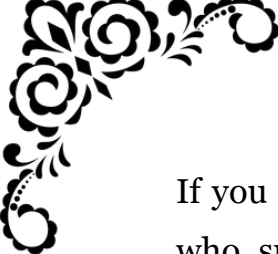
Eating the right kinds of food will help you improve your metabolism. In a nutshell, adding more protein to your diet can help boost your metabolism because protein-rich foods have a thermic effect. This refers to how much energy your body can burn during digestion. Protein-rich food has 30% thermic effect and that's 3 out of 10 calories that your body gets from protein gets burned solely in digestion thus leaving only 7 calories to burn during the entire day.

Switching from low-protein diet to a high-protein diet means that you burn more calories through digestion alone thus increasing your metabolism. Lean proteins can be sourced from fat-trimmed red meat, chicken, fish, and eggs. And while these foods can greatly improve the metabolism in your body, it is crucial that you seek your doctor's advice first especially if you suffer from certain medical conditions that may be aggravated by consuming too much protein. These include kidney problems, arthritis, and high uric acid. If you do suffer from these conditions and you still want to take in high-protein foods, you can opt for plant-based protein sources such as beans, nuts, and green leafy vegetables.

Do More Physical Activities

If it is difficult for you to exercise, then at least try to do more physical activities. One of the most effective methods of boosting your metabolism is to get more physically active. Spend an hour each day to do things like brisk walking or riding a bike leisurely in the park. You can also do yoga to build your muscles as well as gain more flexibility without hurting your joints. Other activities that you can do that are low impact include swimming or taking a leisure walk with your grandchildren.





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If you want to challenge yourself, even more, you can consult a personal trainer who specializes in training people within your demographics and do weight training. Weight training is good for people your age as it helps build muscles as well as maintain it for a stronger metabolism and a fitter body. By seeking the help of a personal trainer, you will know which routines work well for you with minimal pain on your body and joints.

But before you even start doing any physical activities, make sure that you seek help from your doctor to determine your current state of health and what physical activities are safe for you to do. This is especially true if you have a compromised health condition. You can't just wear your training shoes and start working out in the gym without getting a clearance from your doctor.

Get Enough Sleep

They say that as we get older, our sleep patterns also change. The lack of sleep among people who are 60 years old and beyond is common. But didn't you know that it is linked to metabolism problems? When you don't get enough sleep, the body's hunger hormone, ghrelin, affects the efficacy of leptin thereby decreasing it. As a result, you end up feeling hungrier, so you eat more food than normal.

While getting enough sleep is critical for people who are 60 and beyond, how can they get a good and satisfying shut-eye? Developing a routine such as reading a book before bedtime or doing yoga can help the body relax. Setting the thermostat low to cool the room temperature can also ensure that you get a more relaxed sleep at night.



Know That There Are No Miracle Cures

If you start to search online on how to improve your metabolism, you will see a lot of hacks and products to achieve your goals. These may include eating spicy foods, drinking green tea, or taking in coffee extracts, and many others. The truth of the matter is that while these things can impact your metabolism, they might not pose any significant influence over your weight loss journey.

Another thing that you need to be on the lookout for are supplements. Some supplements may claim to improve your metabolism. But once you reach the age of 60, your health is very critical and that taking supplements may lead you to more mishaps than benefits. So, for instance, eating spicy foods may trigger gastroesophageal reflux disease (GERD) while taking in coffee extracts can cause insomnia or sleeplessness. Remember that there is no such thing as a miracle cure to boost your metabolism. So if you are struggling with a slow metabolism, seek your doctor's help so that he or she can rule out any underlying medical condition.



Maintaining Good, Healthy, And Strong Bones

We lose our bone density as we age. Bone loss is due to the condition called osteoporosis wherein the bones become thin that they easily break. This is the reason why people who are at the age of 60 and beyond are at higher risk of getting bone fractures leading to disability.

Without a good bone structure during your advanced years, it may become more difficult for you to do tasks that you once enjoyed. When you were younger you may have enjoyed these activities: dancing, hiking, climbing mountains, and even your simplest hobbies. The thing is, having a good bone structure is crucial for energy as you are able to move more, and movements are not restricted by creaking bones.

Thus said, it is important to know how to have good bone structure despite your age. But while you or your contemporaries may suffer from bone-related diseases, there are some things that you can do to maintain good, healthy, and strong bones. This section will discuss the many things that you can do to maintain the healthy bone structure.

Start with Nutrition

The first thing that you need to do is to feed your bones with the right nutrition. A healthy diet can reduce the risk of osteoporosis and bone loss. There are two important nutrients that are critical for building the bone tissues and these include calcium and Vitamin D.



Calcium

Studies have found out that a while an average adult needs 1,000mg per day of Calcium, those who are aged 60 and beyond need more (around 1,200mg/day). Calcium is not only sourced by taking in three servings of milk or other dairy products a day, but they can also be obtained from other foods such as green leafy vegetables and calcium-fortified foods.

Moreover, your doctor can prescribe you calcium supplements if you are falling short on your calcium intake. This is especially true among women who are undergoing the menopausal stage as calcium is very low at this stage in life. BUT, always check with your doctor because calcium supplements can have side effects relating to the heart. Please do not take this recommendation lightly.

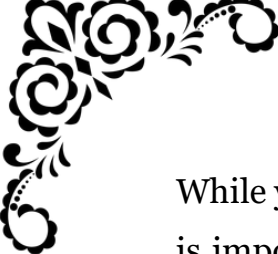
Vitamin D

A daily dose of Vitamin D, on the other hand, should be at least 800 IU for older people that is 200 IU higher than younger people need. While the body naturally makes Vitamin D when the skin is exposed to the sun, many Americans suffer from Vitamin D deficiency, especially during the winter months. aside from the sun, Vitamin D can be obtained from some types of food such as fortified milk and dairy products. You can also take in Vitamin D supplements as prescribed by your doctor.

Other Nutrients

Aside from calcium and Vitamin D, there are other nutrients that are needed to maintain good bone structure despite your advancing age. These include Vitamin B12, protein, magnesium, and Vitamin C.





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While you can get supplementations to get adequate amounts of these nutrients, it is important that you get your nutrients from whole food sources. These include nuts, seeds, whole grains, beans, fruits, and vegetables. Avoid highly processed foods as much as possible because processing strips down food of important natural nutrients.

Strengthen Your Bones with Exercise

Aside from observing a healthy diet, physical activities are also important to maintain strong bones. While exercise can strengthen the muscles, it can also put stress on your bones thus stimulating them to grow and rebuild themselves.

Exercises that are great in strengthening the bones are those that usually involve using weights. While using weights can be challenging for you, you can use your own body weight to strengthen your bones. Examples of exercises that you can do include push-ups and knee bends.

And since osteoporosis is quite common among people at age 60 and beyond, breaking a bone can be possible thus it is important to avoid doing high-impact exercises such as dancing and jumping. You can consult your doctor if low-impact exercises are good for you. Examples of low-impact exercises that you can do include yoga, pool aerobics, and stretching exercises.

When exercising, it is crucial that you develop a routine that focuses on the entire body and not only on one part of the body. So, when developing an exercise routine, make sure that all major muscle groups are covered. It is also important to start your exercise routine slowly. Your body is not the same as it used to be, so start slowly to prevent injuries from happening.



Boosting Bone Health Pre And Post-Menopausal Period

Menopause is part of being a woman. This is the stage when a woman stops having menstrual periods for 12 months. This is also the time when the function of the ovaries decreases. While the process of menopause does not happen overnight, it is a gradual process thus there are different stages such as perimenopause (pre-menopause) and post-menopause.

It is not only the reproduction that is affected by menopause but even bone density. Because the hormone estrogen decreases at this stage, the bones also become smaller and thinner making it possible for the bone to be brittle over time. During the menopausal period, women lose about 30% of their bone tissues. While this is inevitable, you don't have to take everything as they are. Below are tips on how you can strengthen your bones during the different stages of menopause.

Pre-Menopause Plan to Improve Bone Health

There is a common belief that you need to strengthen your bones between your twenties and thirties so that you will have a better bone density once you get older. There is a truth to this belief. In fact, it should be your priority to make your bone healthy when you were younger. This can be done by eating a healthy and balanced diet as well as maintaining a healthy weight all throughout your life. But if you haven't prioritized your bone health when you were younger, you can still do it by eating healthy and taking in supplements.

Another thing that you can do is to build strong muscles by doing weight lifting or doing a lot of physical activities. Make sure that you get at least 30 minutes of physical activity to make your bones stronger and denser.



Post-Menopause Plan to Improve Bone Health

You might think that it is too late to do something about your bone health during the post-menopausal stage. But it is never too late to implement any helpful strategies. There are certain things that you can do to maintain your bone health such as the following:

- **Exercise:** Yes, you still need to exercise particular do weight training to put stress on your bones and also strengthen your muscles. Make sure, however, that you consult with your doctor about the kinds of exercises that are safe for you to do.
- **Increase your calcium and Vitamin D:** Both nutrients can help build strong muscles so be sure to increase your intake by eating more whole foods or supplementing.
- **Don't consume too much caffeine:** Drinking caffeine can increase your body's ability to excrete calcium. The safest beverage for your age is water.
- **Drink alcohol in moderation:** Alcohol can decrease your body's ability to absorb calcium so if you cannot cut back completely, at least drink in moderation.
- **Cut down on salt:** Similar to alcohol and caffeine, eating salty food can also lower your calcium.
- **Take care of yourself:** Take care of yourself and make sure that you reduce your chances of falls.



Keeping Your Heart Strong

Having a healthy heart is very important for your well-being. But as we age, our heart and blood vessels tend to become stiffer thus affecting the ability of the heart to be filled with blood as well as pump it [blood] to other organs of the body. Once this happens, it elevates the blood pressure. This is the reason why our blood pressure always increases in increments as we age.

If you have a poor heart health, there is no way for you to do the activities that you love to do. Moreover, you will feel lethargic, so you end up living a solitary lifestyle thus you don't have enough energy to sustain your activities.

While it is a common belief that most older adults suffer from poor cardiovascular health, there are some who are able to maintain good overall heart health. Having a good overall heart health among older adults is measurable based on different markers such as a healthy body mass index (BMI) of less than 25, a blood pressure of 120/80, total cholesterol of 200mg/dL, and a fasting blood sugar of under 100mg/dL. But even if you are already in your 60's, there are still so many things that you can do to reduce your risk of developing heart diseases as well as keep your heart healthy and strong.

Understand Your Risks

Whether you are a man or a woman, it is important that you know your risk when it comes to developing heart problems. Studies show that many women suffer from heart attacks on their menopausal age due to hormonal changes. Understanding possible risks are very important because it allows you to implement an action so that you can protect your heart health properly.



Understand Your Numbers

Knowing our number can impact your heart as well as our stand towards living a healthy lifestyle. The thing is that doctors will realize that you have problems with your cardiovascular health by looking at your laboratory workup. So be sure that you talk to your doctor to find out which of your numbers is within normal range and which ones are not.

- Total cholesterol levels: less than 200mg/dL
- Good cholesterol (HDL): 50mg/dL or higher
- Bad cholesterol (LDL): 100mg/dL
- Triglycerides: 150mg/dL
- Blood pressure: <120/80 mm/Hg
- Body mass index: less than 25
- Waist circumference: <35 inches

Slight fluctuations in the number can largely affect your entire health. For instance, a blood pressure of 140/90 means that your blood pressure is high. If not treated properly, it can lead to heart attack, stroke, kidney problems, angina, and vision loss. Understanding the numbers will make you aware of your health is on the right track.

Constantly Keep Moving

Some older adults find it difficult and challenging to exercise. But exercising does not only increase your energy, it also gives your heart the exercise that it needs. If you haven't exercised in a long time, you need to start slow so that you don't strain yourself. Moreover, it is important to seek your doctor's advice on which types of workouts you can do without the risk of injuring yourself. Excellent exercises for your heart include yoga, water aerobics, and light body weight training.



Aside from doing the right exercise, you also have to exercise daily. You don't really need to spend an hour or two in the gym to exercise just so you can get your body moving. You can work as little as 10 minutes daily so that you can get into the rhythm. You don't need to strain yourself as your goal is to get 40 minutes of exercise at least thrice a week.

Eat Healthy Meals

Eating healthy meals does not only benefit your bones but also your heart. If you love cooking for yourself and your family, make sure that they are not only delicious but also nutritious. It is crucial that you focus foods that are dense in nutrients. These include fresh fruits and vegetables, lean meats, whole grains, and omega-3 rich fish. These foods do not only provide your body with the nutrients it needs but it also helps improve your blood pressure and cholesterol levels.


Learn Healthy Habits

Aside from eating healthy, your heart can also benefit if you learn healthy eating habits. Make sure that you add more fiber to your diet or avoid snacking too much. If you love eating processed foods, now is the time to rethink your poor eating habit and start minding your eating habits. After all, you are not getting any younger and that having poor eating behavior can lead to more repercussions more than satisfying your cravings.

Keep A Positive Mindset

Did you know that being too negative can increase your risk of developing cardiovascular diseases? Studies have shown that 33% of people who suffer from a heart attack may have suffered from depressive symptoms. It is crucial that you





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become aware of this connection so that you stop yourself from thinking about too many negative thoughts. So, develop a positive mindset to protect your heart.

Avoid Cigarette Smoking

Smoking is one of the biggest factors why many people suffer from cardiovascular diseases. So, whether you love smoking or if you are a second-hand smoker, you are in danger of developing coronary artery calcification. While many people can benefit if they stop smoking, some find it difficult to stop smoking. If you don't know how to quit smoking, make sure that you seek help from your doctor so that he or she can give you advice on how to quit smoking safely.

Visit Your Doctor Regularly

Visiting your doctor regularly is great for your heart health. Your doctor will be able to monitor your blood pressure and cholesterol level at all times. The thing is that our blood pressure and cholesterol level fluctuate as we get older and that your doctor will be able to give you the right treatment that you need to maintain a stable, healthy, and strong heart.



Home Remedies to Boost Your Energy At 60

It is a common belief that we lose our energy as we get older. But this cannot be further from the truth. While some people really feel lethargic as they get older, there are those who can still do the things that they love without losing strength, vitality, and vigor. Take for example the centenarians in the island of Okinawa in Japan. The elderly can still work on farms or go fishing in the sea.

This is a clear example that there is more to having more energy at the age of 60 than just having the right mindset. There are several things that you can do so instead of accepting the fact that you are no longer able to do the things that you loved doing when you were younger, try another approach by taking care of your body. Thus, this section will give you an in-depth discussion on what you can do so that you can boost your energy even if you are already in the advanced age.

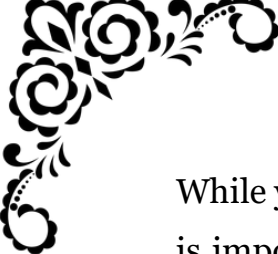
Mind the Food You Eat

The types of food that you consume can also help boost your energy. However, it is important to take choose the types of food to boost your energy. Below are the types of foods that you can consume to boost your energy.

Coconut Milk in Coffee

While it is not a good idea to consume too much caffeine, drinking adequate amounts can give you the energy that you need. If you don't like regular coffee, you can still take in decaf. Whatever the type of coffee that you drink, adding a splash of coconut milk instead of creamer can boost your energy.





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The reason for this is that coconut milk is full of protein and healthy fat that can help boost your energy levels so that you can be active all throughout the day. Aside from protein, coconut milk is also rich in calcium to protect your bones and teeth. Remember that having a good bone structure at this age is important to boost your energy.

Switch to Green Tea

If you dislike drinking coffee but still want some amount of caffeine in your system, you can opt for green tea instead as it contains smaller amounts of caffeine. The amount of caffeine found in green tea is still enough to help you burn more calories. Another benefit of green is that the body can metabolize it better than coffee and it also contains a lot of antioxidants.

Since the amount of caffeine in tea is lower than coffee, it is okay for you to drink more of it during the day. Didn't you notice that the healthy elderly people in Asian countries love drinking green tea and they look very healthy?

Snack on Nuts

When we get older, our body's stores of trace elements also go down. One of the reasons why you experience a lack of energy is the declining amount of selenium in your body. Selenium is an important element albeit forgotten as most people focus on calcium, Vitamin D, and magnesium.

So, where you can source selenium? They are abundant in nuts such as walnuts, peanuts, cashew nuts, and Brazil nuts. You don't need to consume a lot of nuts to get your daily dose of selenium as you only need a handful. Aside from selenium, nuts also contain high amounts of healthy fats and protein. As both fats and protein break down slowly, you end up having lasting energy.



Consume More Complex Carbohydrates

Carbohydrates often have a bad reputation among the elderly. It is important to take note that not all carbs are bad. In fact, carbs are an important part of the diet. Carbs are converted by the body into glucose that provides energy for the body to use. However, make sure that you consume complex carbs in the form of starchy foods like brown pasta, potatoes, and whole grain bread. Avoid simple carbs like refined sugar and white flour as they give you quick bursts of energy and often leads to weight gain.


At the age of 60, you need to be careful when it comes to eating simple carbs as it can result in the spike in your blood sugar level. This is especially true if you are suffering or at risk of developing diabetes. This is the reason why it is so important to opt for complex carbs instead of simple carbs.

Drink Vegetable Juice

Drinking vegetable juice can give your body the nutrients and minerals that it needs to sustain its physiological functions. The best thing about drinking vegetable juice is that since it is devoid of any fiber, the body can easily digest and assimilate the nutrients altogether. And since less work is needed by your digestive system to digest and absorb nutrients, you will immediately notice an increase in energy after drinking vegetable juice.

Another benefit of drinking vegetable juice is that it helps remove the toxins from the body while feeding your cells. Make sure that you make a fresh batch of vegetable juice daily. Avoid buying store-bought vegetable juices as they contain not only high amounts of sugar but also preservatives. Moreover, it is also better if





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you put in more leafy greens in your vegetable juice as green vegetables contain more vitamins and minerals than other types of vegetables.

Eat Chia Seeds

Chia seeds are one of the most popular superfoods today. These tiny seeds contain high amounts of protein and minerals that can boost your energy as well as provide you with a lot of nutrition. One of the most important nutritional component found in chia seeds is the essential fatty acid Omega-3 that can help regulate the glands and fight against inflammation. It also contains high amounts of fiber that can keep your blood sugar stable.

Use Aromatherapy

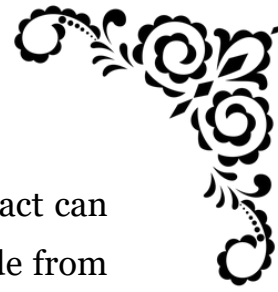
Aromatherapy or the use of scents can improve your health and also boost your energy. Although not studied extensively, the aroma released by plant essential oils can help boost the immune system, regulate hormone levels, and improve mental health. Below are the types of essential oils that you can use in aromatherapy to boost your energy levels.

Almond for Pain Relief

A research conducted by Canadian researchers reveal that smelling almond extracts can help reduce pain levels and also can help elevate the mood. People who are at the age of 60 and beyond can benefit sniffing on almond extracts especially if they constantly suffer from pain on the different parts of their body. Having pain in the body limits your movement thus using almond extracts can help boost your energy by subduing your pain.

Jasmine for Better Sleep

Sleep is an important element to boost your energy. If you constantly feel tired every morning, then you need to do something about your sleep. One of the things



that you can do to get better sleep is to use jasmine extract. Jasmine extract can help relax your body thereby making you sleep faster and peacefully. Aside from giving you peaceful sleep, sniffing off jasmine extracts can help improve your cognitive function.

Black Pepper Reduce Cravings

Studies indicate that black pepper essential oil can help reduce cravings particularly cravings for cigarette smoke and nicotine. Smoking compromises the function of your lungs thus resulting in breathing problems such as asthmas, emphysema, or chronic obstructive pulmonary disease (COPD). These lung problems can make someone lethargic and less active. By sniffing on black pepper extract, it relaxes and clears the respiratory tract thus making you breathe better. The better you breathe, the more energy you have to do your activities.

Cinnamon Extract for Increased Awareness

Smelling the scent of cinnamon can improve the motor skills as well as increase the mental awareness of people. This particular scent stimulates the central nervous system thus enhancing not only your motivation but also your performance.

Rose Extract for Peaceful Dreams

Having a restless sleep can sap your energy during the day. While there are many ways to give you peaceful dreams, rose extracts can help give you pleasant dreams. Studies indicate that smelling this scent can affect the emotional responses of the brain as it is linked to happy memories. If you have peaceful dreams, you end up getting good sleep thus you will have more energy to sustain yourself the day after.



Get Active

Another important thing that you can do to boost your energy is to get physically active. The body generally feels less energetic if you are not doing adequate physical activities. When you are working out, your body releases the hormone endorphins—the happy hormone—that give you that happy and energetic feeling. Aside from endorphins, physical activities also encourage the body to release serotonin that balances the other hormones as well as reduce the amount of cortisol—the stress hormone. There are many physical activities that can help you become more active but make sure that you do low impact activities to avoid getting hurt.

Yoga

Yoga is not only a holistic remedy, but it can also provide adequate low-impact physical activities for older adults. Yoga allows you to focus not only on your body movements but also your breathing. Although you might experience discomfort at first when doing different yoga postures, your body will eventually get used to it. What makes yoga a perfect physical activity for an older adult is that it is a better option than jogging or brisk walking although doing the latter are both perfectly fine especially if you don't suffer from joint problems.

Strength Training

As you get older, you lose a third of your muscles yearly thus leading to loss of strength by as much as 2% every year. This is the reason why strength training is a great physical activity to help slow down the degradation of muscles by training them to get stronger despite your age. Strength training may be done using weights or with your body weight to strengthen your muscles. Several studies suggest that elderly women between the age 65 and 75 who lifted weights at least twice a week

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not only improve their muscle mass but also prevented the shrinkage of the brain's white matter.

But the question is how much strength is acceptable for the older adults? Many training programs vary when it comes to the intensity as well as the number of repetitions deemed safe for older adults. However, some experts suggest that doing 8 to 12 repetitions per muscle group at 3 sets three times a week can help improve the muscle strength.

Gone are the days when we view exercise as bad for people who are in their advanced age. In fact, several experts pointed out that the elderly also need higher intensities of exercise just like younger people.

Use Adaptogenic Herbs to Deal with Stress

As you get older, using conventional medication can take a toll on your kidneys and livers. This is the reason why many older adults prefer to use herbs to deal with stress and boost their energy. Using food—particularly plants—like medicine, also called adaptogenic herbs or adaptogens, has the ability to lower the number of cortisol levels in the body.

Adaptogenic plants are a unique type of healing plants as they help restore balance and protect the body without causing any undesirable side effects to the body but instead should have normalizing actions to the body. Older adults can get the benefits of using adaptogenic herbs not only to boost their energy but also to improve the physiological function of the body. This section will discuss the different types of adaptogenic plants that are great for bringing back youth and vigor to older adults.

Panax Ginseng

Also called Asian ginseng or red ginseng, this well-known adaptogen is considered as very potent as it has been shown to improve the memory and performance of adults. Aside from improving memory, taking in ginseng extracts can also reduce ulcer index, stabilized blood sugar levels and cholesterol, decreases the stress hormone corticosterone, and decrease the enzyme creatine kinase that indicates stress and damage to organs in the body.

In a 1988 study involving rats, a single dose of ginseng can affect the monoamine neurotransmitter that, in turn, reduces the release of hormones serotonin and noradrenaline as part of the body's stress response mechanism. On the other hand,



ginseng also contains high amounts of antioxidants that can help fight free radicals that damage the cells in the body resulting in faster cellular aging.

Holy Basil

In Asian countries, holy basil is called “Tulsi” and is used as a culinary herb. In Ayurvedic medicine, it has been used to treat different maladies like skin disease, infection, common colds, and malarial fever. Today, multiple studies suggest that holy basil can improve the cognitive function of humans.

Holy basil contains potent phytochemical compounds such as ocimumosides (A and B) and 4-allyl-1-O-beta-D-glucopyronosyl-2-hydroxybenzene. All compounds can help lower stress hormones and also produce positive alterations in the neurotransmitters of the nervous system. Aside from reducing stress levels, holy basil can also help stabilize blood pressure levels, fight infection, promote the immune system function, reduce pain response, and reduce seizure activity among epileptic patients.

Ashwagandha

Ashwagandha refers to the Indian ginseng and, just like its Asian counterpart, it effects on the cortisol level in the body. In rat studies, ashwagandha root extracts can reduce the process of lipid peroxidation that is caused by bacterial infection eventually leading to cell damage within the blood.

But more than improve the body’s stress responses, Indian ginseng can have a huge impact on different types of tumor cells—cancerous or benign. It can also improve memory and prevent the onset of neurodegenerative diseases as well as reduce inflammation in the body. Older people are prone to arthritis and drinking Indian ginseng can help reduce arthritic pain.



stragalus Root

Commonly used in Chinese medicine, astragalus is known to boost the immunity of people. Several studies suggest that intake of astragalus roots can decrease the release of inflammatory corticosteroid, and cytokine as well as improve the lymphocyte response. On the other hand, astragalus root can temporarily increase the levels of cortisol thus allowing the body to have a positive response to some types of stress. This improves the faster healing of the body.

In other human trials, astragalus root can help improve the performance of athletes as well as get rid of free radicals in the cells due to its high antioxidant content. It can also help improve the blood sugar level as well as provide some protection to the liver against damage.

Licorice Root

Licorice root does not only increase energy and endurance among older adults, but it can also help boost the immune system and protect the thymus gland from damage. It is also used to regulate the hormone levels that are associated with stress and is given to those who have stressed-induced ulcers as treatment. Other benefits of licorice root are that it can help in weight loss as well as stabilize the female hormones. This is very beneficial as women in their advanced age experience menopausal symptoms caused by the female hormones going off their balance.

Rhodiola

Rhodiola is also called as the “golden root.” Similar to other adaptogenic herbs, Rhodiola can provide the body defense against stress. It can also help boost the mental performance and decrease the body’s response to cortisol. It is often administered to patients who are suffering from fatigue syndrome.



It also contains high amounts of antioxidants and is deemed effective in treating different maladies such as high blood pressure, nausea, sleep disturbances, and loss of appetite. It can also be taken in together with other medications and it does not cause any serious side effects. This is good news for older adults as they often take maintenance medications to treat their many illnesses.

Cordyceps Mushrooms

Cordyceps is a general term for several types of mushrooms such as maitake, shiitake, and reishi. These mushrooms contain the highest number of antioxidants among their fellow edible fungal counterpart. Cordyceps can reduce the cortisol level in the body and oxidative stress. For this reason, these mushrooms are used in supplements to regulate cortisol levels among older adults. Aside from reducing stress, cordyceps can also slow down the growth of certain types of lung cancer.

Adaptogenic herbs are great for older adults because they provide a lot of benefits to the body but if you are planning to take a concoction of these herbs to boost your energy, make sure that you consult with your doctor first as some adaptogenic herbs may interact with your prescription medication or might not be suitable for people suffering from certain conditions. Safety first, I should say!



Other Helpful Tips to Boost Your Energy

Aside from food, exercise, and supplements, there are other things that you can do to boost your energy. In fact, you should explore many things if you really want to improve your energy. After all, there is no harm in trying. Below are safe and helpful tips that can help boost your energy levels.

Stay Hydrated

Dehydration is one of the reasons why people do not have enough energy to sustain their activities. Once dehydration happens, the muscles don't work properly as they become fatigued. Moreover, the brain that is made mostly of water does not function well thus it builds more cortisol thereby increasing the stress in the body. Other organs in the body also get affected by dehydration. For instance, the kidney gets overworked and even the heart does not pump blood efficiently.

Staying hydrated is crucial for the body. Make sure that you drink about 9 cups of fluid in a day if you are a woman. If you are an adult man, you need to drink 13 cups, according to the National Academy of Medicine. However, the amount of water that you need to drink largely depends on your condition. Under normal circumstance, you can follow the guideline mentioned above. However, if you are sick, taking in more water will benefit your body.

Some older adults prefer to drink coffee instead of water, but this is a bad habit that should no longer be practiced especially if you are at an advanced age. While coffee contains water or liquid, it still causes your kidneys to work double time and you don't want that to happen at your age. With water, it stabilizes the fluid content in your body without causing your organs to go into hyper mode.



Now if plain water is not appealing to you, you can add lemon slices to boost not only its flavor but also improve the health benefits of your simple water. Make sure that you don't add any refined sugar to your drink.

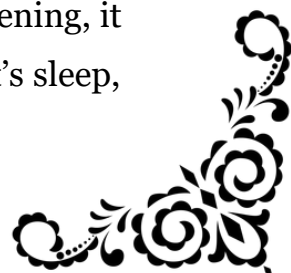
Get Enough Quality Sleep

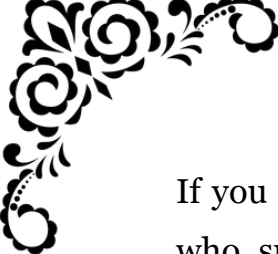
Not getting enough sleep or having a poor quality of sleep can decrease your energy during the days. An average adult requires a minimum of 6 to 8 hours of sleep every night. However, different people may require different hours of sleep in order to feel refreshed. This means that while some people feel satisfied after getting 8 hours of sleep, your body might think that 8 hours of sleep is way too much for you.

While most people focus on the number of hours of sleep, what you should focus on is the quality of sleep that you are getting. You can lie in bed for 8 hours but wake up constantly through the night. Determining whether you get a good night's sleep or not can be challenging especially if you don't have a sleep tracker. But you will eventually know how much energy you have when you wake up the following day.

So how do you get enough quality sleep? Make sure that you focus your mind so that you can sleep well. There are other things that you can do if you are having a hard time sleeping. Below are helpful tips to have a peaceful sleep.

- Have a consistent sleeping time: Go to bed at the same time each night and wake up the same time every morning. This will eventually help regulate your body clock so that you get used to your sleep and wake time habits.
- Do not consume caffeine after 3 pm: Caffeine can last within the body for up to 12 hours thus if you consume any caffeine at late afternoon or evening, it stops you from feeling drowsy. If you truly want to get a good night's sleep,





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take your caffeine in the morning so that its effects wear down by the time you are about to sleep.

- Write a diary: Writing on you're a diary about the things that happened during the day—particularly the bad ones—can unload your mind about the things that stress you out. Remember that these unnecessary thoughts can keep you up at night, so your mind does not easily fall asleep.

Do Oil Pulling

Oil pulling is essential in Ayurvedic medicine and it has long been used to maintain good oral health. While it is effective in killing bacteria in the mouth, it can also boost your energy levels. When we have a bacterial infection, our energy levels decrease because the body is using most of its resources to fight the infection and improve your health.

The mouth is one of the dirtiest parts of the body and it is home to millions of bacterial cells—both pathogenic and beneficial. Oil pulling allows you to control the bacterial population in the mouth and encourage beneficial bacteria to flourish. To do this, you have to swish a tablespoon of coconut oil in your mouth for at least 10 minutes. This draws out bacteria that have been lodged into the small crevices in your mouth including the back of your throat.

The use of coconut oil is very beneficial because it has antibacterial properties. It also has antiviral and anti-inflammatory properties so that you can reduce the inflammatory responses not only in your mouth but on the entire body. To get the most benefit out of oil pulling, do this every day the moment you wake up and you will definitely notice a great difference in your mouth.



Try Holistic Energy Muse

An energy muse is an old method that will help you gain energy all throughout the day. It is used traditionally in Oriental medicine particularly among Chinese and Japanese. Made up of gemstones such as amber, crystals, and coins, energy muses seem to improve the balance in the body.

It has been a belief in many cultures that certain crystals and gemstones can help boost energy. For instance, amber and copper are used to encourage blood flow within the body as well as improve the oxygen levels thus restoring balance in the body.

Alternative holistic therapies such as energy muses are considered to have a placebo effect. But whether this is true or not, it has been practiced in many Asian countries to boost the energy and improve the balance in the body.

Take the Right Supplements

Aside from the adaptogenic herbs that are mentioned earlier in this section, it is also important for you to consume the right supplements. Now supplementing can be tricky because there are a lot of supplements that are marketed for older adults. What you need to know is to find out which supplements you can benefit from the most and which ones you can obtain from your diet.

While you can get most of the vitamins and nutrients from the types of food that you eat, there are some supplements that are difficult to get especially that you are older. The most important supplement that you need take is Vitamin B12. Also known as “energy vitamin,” B12 supports not only the thyroid function but it also reduces the effect of the homocysteine that increases the risk of heart attacks and





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stroke. Increased levels of homocysteine contribute to the formation of plaque on the arterial walls.

Since vitamin B12 is water-soluble, the body cannot store extra amounts. Most of the food sources that contain B12 are red meat that many older adults, unfortunately, are not allowed to eat in excess. This is the reason why they need to supplement on B12.



Conclusion

Advancing to an older age is not a curse. In fact, it opens your life to a whole new beginning. The age of 60 is the time when you experience another chapter of your life. This is the time when you consider retiring from work for good and pursuing your hobbies and passion. It is the time to reconnect your relationship with your loved ones and old friends. It is the time of many opportunities.

Instead of dreading old age, you have to embrace it as gracefully as you can. But how can you do it if you don't have energy left to do the things that you loved to do? If all the energy that you had in the past had been put entirely on your career?

Not to worry. It may sound too impossible but there is a way for you to bring back your lost vitality so that you will have enough energy to sustain your activities and enjoy life through your golden years. To boost your energy, you need to eat quality whole foods, get enough exercise, take the right supplements, and basically have a happy disposition to get you going.

It may take some time to get used to following the tips written in this book but once you get the hang of it, you will definitely notice a huge difference in terms of your energy levels as well as your disposition in life. You will definitely feel that you have been reborn because of the renewed energy that you have.

