



Revitalizing Recipes

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Food that will charge up your energies!

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# Foreword

In simple terms the body has two very different and complex systems of energy producing sources. As energy is vital to the very existence of human activity and survival the two energy style depend on each other for support. This book shows you what foods give you the most energy.



## ***Revitalizing Recipes***

Food That Will Charge Up Your Energies!

# Chapter 1:

## *Body Energy Basics*

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### Synopsis

Energy is needed for the various functions like maintenance of growth, daily activities, exercise and many other movements or functions that are often taken for granted. These are shared between the two energy systems.



## **The Basics**

The primary and first to be used energy system is the aerobic system. This system uses oxygen for the function of the muscles and does demand quite a lot from the general body system.

This demand usually increases the rate and depth of breathing and blood supply mainly because of the corresponding increase of the heart rate.

When the body requires more energy which cannot be met due to the elevated need for more oxygen then the body system automatically switched to the anaerobic energy system. This system is able to produce energy without the need to use oxygen.

All this energy is generated through the suitable or correct consumption of foods. The foods consumed dictate the types of energy levels each individual is capable of producing.

Muscle fatigue usually occurs when all the energy sources are exhausted which can be attributed to a variety of reasons; the most compelling one depends very much on the types of foods consumed.

There are several categories of foods that produce various beneficial elements for the human body system and noting the ones that create or enhance the energy generating sources is definitely useful to know. Therefore this knowledge should help the individual choose the right types of foods.

The aerobic system works by breaking down the carbohydrates, fatty acids and amino acids in the foods consumed while the anaerobic system releases energy from the foods stored in the body, usually during intense activity bouts.



# Chapter 2:

## *Using Honey*

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### Synopsis

Over the years honey has been proven to be the one sustaining power behind the energy circle. Benefiting the human body in various areas it is foremost still unrivaled in its energy producing entity. Honey is nature's most natural energy booster. It also acts as an effective immunity system builder while providing the natural remedy to a host of varied ailments too.



## **Honey**

The natural benefits of honey has been widely acknowledged and accepted. Besides its great taste, honey is also a natural source of carbohydrate, which is an energy maker for boosting performance, endurance and reducing levels of muscle fatigue.

This is especially useful for athletes. The sugar content in the honey helps to play a role in preventing fatigue during exercise sessions and also during training sessions for sports enthusiast. These sugar make ups are divided into glucose and fructose and functions in different but complimenting ways.

The glucose content in the honey is generally absorbed at a faster rate and gives off an immediate energy boost while the fructose works at a slower pace for a more sustainable and prolonged energy dispersement. When it comes to addressing blood sugar levels in the body system, honey has been known to help keep the levels fairly constant.

As honey is a pleasant food product and it's natural in its form, consuming it is not a very difficult exercise. People of all ages are generally quite willing to consume honey in any of its accompanying forms. It's even popular with children.

The energy produced from consuming a small amount of honey daily helps children cope with the physical strains of daily school activities and sports commitments. For the adults too consuming a daily small dose of honey can go a long way in keeping the energy levels at its best during a demanding day at work.

Making sandwiches with honey accompanied with other fillings is one way of creating a pleasant snack. Applying honey on a freshly toasted slice of bread is also a welcome breakfast alternative. Adding honey to drinks instead of using sugar is definitely encouraged.



# Chapter 3:

## *Using Whole Grains*

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### **Synopsis**

Energy is very important to the smooth flowing natural of a daily life cycle of any human being. Therefore finding energy sources that are both consistent and healthy are important to keeping fit and happy.



## **Grains**

Most people today want a quick fix for their energy boosting needs and this usually comes in the unhealthy forms of sports drinks, coffee and refined carbohydrates like sugar and white bread.

Though these produce the desired heightened energy levels, it should be noted that this energy is fairly short lived and the tiredness that follows is usually more acutely felt. Therefore opting to consume some form of whole grains is not only a better alternative but is also much healthier.

Whole grains provide the energy that comes in a more complex form which breaks down over a longer period of time. This then creates the platform for sustaining the energy levels for longer periods.

Because of its more complex make up the whole grains come with a array of beneficial elements like minerals, vitamins, phytonutrients and fiber which are also rich in fiber.

Adding the whole grain ingredients is any dish more often than not completes the flavor or enhances it altogether. Whole grains can the various forms such as wheat, oat, barley, maize, brown rice, faro, spelt, emmer, einkorn, rye, millet, buckwheat, and many more.

These can then be made into various other products like whole wheat flour, whole wheat bread, whole wheat pasta, rolled oats or oat groats, triticale flour, popcorn and teff flour.

The benefits of consuming whole grains consistently can help decrease the risk of heart disease, lower cholesterol levels protect against many types of cancer and assist in weight management. Whole grains should not be confused with its lesser and more refined “cousin”. Though refined grains have some benefits it is always better to opt for the whole grain alternatives.



# Chapter 4:

## *Using Nuts*

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### Synopsis

Nuts are an important source of nutrients for both human and animal consumption. Being rich in a whole host of necessary nutrients it can be eaten in its raw form, cooked or as an additive to already pre existing dishes. Though nuts are defined as a hard shelled fruit, there are many other foods that are included in the nut family.



## **Nuts**

It is now common knowledge that nuts greatly help in keeping a lot of ailments in check or from occurring at all. For instance, nuts have been known to be able to keep the possibility of coronary heart diseases manifesting, even for those whole come from a long line of family members with this problem.

Consuming nuts like almonds and walnuts have been known to lower serum cholesterol concentrations within the body system. Nuts are also highly recommended for those individuals suffering from insulin resistance problems like diabetics.

Turning to nuts rather than junk food to quell cravings is also another healthier alternative. Containing essential fatty acids is also another plus point when it comes to choosing nuts as a healthier alternative. Because nuts are healthy and can be consumed in its raw form, it is also another added advantage to keeping these around and handy as snacks.

Almonds are often used to normalize blood lipids because of their slow burn characteristics, which help to keep the blood sugar levels consistently healthy. Rich in a varied amount of different nutrients the almond is a popular additive to the stale diet of most Mediterranean people.

The Brazil nut is also another nutritious nut which comes with its own set of benefits when consumed in moderation. Noted for its omega 3 fatty acid content, the Brazil nut is also a good source of calcium.

Cashew nut is another very popular nut that is often consumed as a salted snack. However it would be a much healthier food product without the addition of salt, as it is already quite a flavorful nut on its own. In some parts of the world these nuts are made into oils.



# Chapter 5:

## *Lean Meats*

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### **Synopsis**

Different types of meats generally contribute to a variety of flavors; however the healthiest type is the one with as much lean meat content as possible. Its undisputed fact that the meats that contain a good amount of fat are a culinary treat indeed but for health purposes taking the time to understand the benefits of consuming lean meats is very wise indeed.



## **Meats**

The selection process should be done with a little knowledge as depending solely on what the naked eye perceives is not enough. Generally lean meats derived from beef cuts should include round, chuck, sirloin and tenderloin, while the cuts from pork or lamb would constitute tenderloin, loin chops and leg. The leanest parts of the poultry would be the breast area without the skin.

Though there are many reasons people eliminate meat from their daily diet, there is no evidence to show that this is a good or bad choice not should it be followed by all.

However the important point to note here is the choice of the types of meats that would make the consumption healthy and this would generally mean meats with lesser amount of fat content. Though white meat is by no means lacking in fat content, it is by comparison much less in fat content than red meats.

The nutritional value of consuming lean meats is quite extensive and rounded. Lean meats have a generally higher and purer content of protein which is a very important contributing factor to fundamental structural and functional progress of every cell sustenance and formation.

Lean meats are also a good source of essential amino acids particularly sulphur amino acids. When compared to the digestive rates the proteins in meats work faster than the one contained in the beans and whole wheat range.

Lean meat is also a good source of iron. Because iron deficiency is progressive it is often not detected until a later stage where anemia has developed.



# Chapter 6:

## *Salmon*

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### Synopsis

Known first and foremost for the high omega 3 contents the consumption of salmon has its benefits in other areas too. Often overlooked is its rich amino acid and protein content which is beneficial to a host of other human body needs.



## **Fish**

Recent studies have shown that regular inclusion of salmon in an individual diet can help to provide the support needed for healthier joint cartilage, insulin effectiveness and control of digestive tract inflammation.

Though there is the ever present fear of mercury poisoning, there are still some salmon runs that pose a comparatively lower risk from being contaminated with the said mercury. The salmon caught in the wild in the Alaskan waters is one such example of lower contamination levels.

Although salmon has long been linked to a good source of omega 3 fats, new discoveries have shown that consuming as little as 6 ounces three times a week produces unique bioavailability which in turn causes the membranes of red blood cells to be functioning better and stronger.

This added to the already well established fact that the supportive combination of EPA and DHA is excellent for supporting healthy heart conditions; the salmon is indeed a good food source for energy and wellbeing.

This general wellbeing is seen in the better and more improved transfer of information between the body's cells and also better brain function.

There are also documented positive impacts on cardiovascular health, as the decreased risk of numerous problems such as heart attacks, strokes, heart arrhythmia, high blood pressure and others become increasingly evident.

Other areas that show signs of benefits are the general improved mood and cognitions of people consuming salmon on a regular weekly diet plan. Joint protection is also another benefit evident when salmon is a regular dietary ingredient.



# Wrapping Up

All the above when combined allows an individual to enjoy better energy levels without the risk of any adverse effects or injury.

