

## **Better Energy, Better Life: Three Supplements to Change Your Life**

Boosting your energy resources is something only you can do for yourself. Whether you're frazzled and fried, vibrant and vivacious, or down in the doldrums makes a great difference in your quality of life. These three supplements have been proven to lead you to the spring in your step that you may be missing.

### **1) Phosphatidyl Serine**

**An essential compound** in the membrane of each cell, this phospholipid has been proven to reduce cortisol levels when taken as a supplement. For **diabetics**, it helps with glucose utilization, and also helps to prevent peripheral **neuropathy**. For men, it has been proven to **buffer** stress-related rises in **cortisol**. Take 400 to 800 mg per day.

### **2) Rhodiola**

A super-herb in the arsenal against stress-related disorders, including **adrenal exhaustion**, rhodiola defeats stress-related **fatigue**, improves **mental performance** under stress, improves memory and concentration, decreases cortisol levels, and acts as a awakening agent for the nervous system. With ginkgo, it **improves physical endurance** by increasing oxygen absorption and preventing fatigue. 200 mg once or twice a day may work wonders for you.

### **3) Relora**

Are you stressed out, **overweight, and unable to fall asleep** mid-evening (9-10 pm)? This herbal combination helps **lower cortisol levels**, especially in the evening, which will improve your sleep cycle. It also combats **stress-related eating** that sends blood sugar levels and energy levels on a roller coaster ride and causes extended dips that function like **depression**. It also eliminates **anxiety** in premenopausal women. The recommended dosage is 250 mg three times daily.