

Limitless Energy

LIMITLESS ENERGY



RESOURCE CHEAT SHEET

Limitless Energy Resource Sheet

All of us wish we had limitless energy. Just think of the things you could accomplish and of how much more rewarding and exciting life could be if you never ran out of energy and if you never felt tired and fed up!

There's no magic pill that will give you limitless energy but there are a *lot* of resources out there that can help. And while none of them will transform your energy levels overnight, they can make *quite* a big difference when combined.

Read on and let's take a look at some of the tricks, tools and techniques that can open up doors and supercharge your cells!

Tools and Devices

There are a vast number of different tools and devices that have been created with the intention of helping us to get more from our bodies and to enhance our energy levels. These include...

The Jawbone UP

<https://jawbone.com/up>

The Jawbone UP is a fitness tracker that's very minimal in its design. It's main function is to act as a pedometer/step counter but it also has the ability to work as a sleep tracker which is where its real power comes in. As a sleep tracker, you can use the Jawbone UP to wake you only when you're in your lightest stages of sleep – thereby avoiding sleep inertia.

The Microsoft Band

<https://www.microsoft.com/microsoft-band/en-gb>

The Microsoft Band is another fitness tracker. This one doesn't have the fancy ability to wake you during light sleep but what it has over the Jawbone UP is the ability to constantly monitor your heartrate. This is great for your energy levels and it's great for looking out for overtraining.



Source: <http://www.slumberslumber.com/>

Lumie

<http://www.lumie.com/>

Speaking of enhanced sleep, few things will help you to wake up more refreshed than the Lumie. This device wakes you up with a slowly brightening light that mimics the sun to provide lots of energy.

The Right Trainers

A tool that everyone should be using to improve their energy levels is a good pair of running shoes. Not only can these help you to get more running workouts but they will also help you to generally feel lighter on your feet – which makes a big difference! To get the right trainers, go to a

running shop and have your gait measured. Make sure you choose carefully between minimalist shoes and structured shoes.

emWave

www.heartmath.com

The emWave is a device that claims to be able to measure heartrate variability. This is a more advanced measure of your recovery following a workout. It's not that founded in science but it's worth taking a look if you have the money as the concept is sound at least in principle.



Source: <http://www.pcmag.com/>

Supplements

There are tons of supplements out there which can boost energy levels. Some of the best though include:

CoEnzyme Q10 – This supplement helps to enhance the function of the mitochondria. This in turn leads to greater energy function as the cells become more efficient at using glucose.

Creatine – Creatine is a supplement used by athletes to improve their ability to run/workout. However, it has also been shown to be very effective at raising IQ and improving health on all kinds of other measures.

Vitamin B6 – Of all the vitamins, B6 has the most profoundly positive effect on your energy levels. It manages this by increasing the ability of your cells to use glucose from your blood and in turn and it can also enhance brain function.

MCT Oil – MCT oil comes from coconut oil. It is a special type of fat that heads straight to the liver to increase your production of ketones – a great source of energy for the brain.

Here is a good version of that supplement:

<http://www.bulletproofexec.com/bulletproof-upgraded-brain-octane/>

Further Reading

How to Help Your Cells and Mitochondria Produce Energy for Enhanced Athletic Endurance and Mental Clarity

<http://www.thebioneer.com/help-cells-mitochondria-produce-energy-enhanced-athletic-endurance-mental-clarity/>

This article on mitochondria can help you to understand how the mitochondria work to produce energy.

Understanding the Energy Systems

<http://breakingmuscle.com/health-medicine/understanding-energy-systems-atp-pc-glycolytic-and-oxidative-oh-my>

There are three main 'systems' through which the body produces energy. This article serves as a primer on all three.

8 Amazing Fat Burning Intervals

<http://breakingmuscle.com/health-medicine/understanding-energy-systems-atp-pc-glycolytic-and-oxidative-oh-my>

This is a list of interval routines from men's fitness. Remember: HIIT training is super effective for helping you increase mitochondrial count *and* function.

TabataTraining – The Four Minute Workout

<http://www.tabatatraining.com/>

This is a website dedicated to a very particular type of interval training – tabata. This is a four minute workout that really works!

Upgrade Your Brain

<https://www.google.co.uk/search?q=cognitive+metabolic+enhancers&ie=&oeq=>

This article talks about a specific type of ‘nootropic’. Nootropics are ‘smart pills’. These ones are ‘cognitive metabolic enhancers’ meaning that they work specifically by providing the brain with more energy.

Cognitive Behavioral Therapy for Insomnia

<http://sleepfoundation.org/sleep-news/cognitive-behavioral-therapy-insomnia>

Struggling to sleep? This guide to using CBT for insomnia will help many people.

How to do Yoga for Muscle Gains

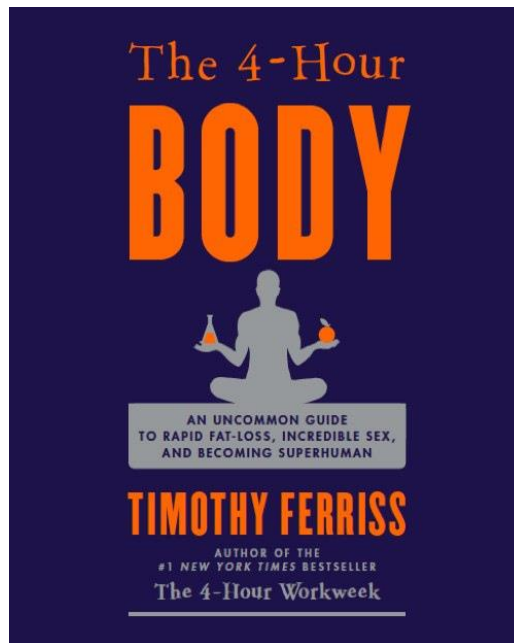
<https://www.youtube.com/watch?v=eQ8er7tG9vo>

This is a video from Mike Chang on doing yoga as a bodybuilder/fitness enthusiast. Crucially, it contains a great stretching routine that anyone can use and that should cover all the major bases. When you are more flexible, you'll feel like you have the energy of a young kid again!

Books

***The Four Hour Body* - by Tim Ferriss**

This is a book on improving your fitness, energy levels and all-round health with the minimal time investment and work.



Source: <http://gizmodo.com/>

***Becoming a Supple Leopard* – by Kelly Starrett**

This book explains how to avoid injuries, stiffness and more while exercising. It's another great primer on knowing your body and enhancing your health and your energy.

So there you go, a ton of tools, reading materials and gadgets to help you get your energy levels back up to the top. Once you've done everything you can do yourself to improve your energy right now, use your free time to chase down these resources. You'll find there are many more tweaks you can make to your lifestyle and that together, they can make a huge difference to your overall energy.

One last concept to consider is Kaizen (<http://uk.kaizen.com/about-us/definition-of-kaizen.html>). This is the principle of 'continuous improvement' – of using lots of small incremental improvements to produce massive results. It's very applicable here!