

Re: What to do about low energy?

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- *From:* Ron Peterson <ron@xxxxxxxxxxxxxxxx>
 - *Date:* 28 May 2007 07:05:19 -0700
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On May 27, 11:19 pm, tii...@xxxxxxxx wrote:

I'm 28, male, and in general have very low energy and would like to know what I can do to help correct this. So a few things about me:

I sleep 7-8 hours a day, I work 8-9 hours a day behind a desk in a non-physical, but very mentally draining environment. I eat breakfast about twice a week, usually fast food drive through on the way to work. For lunch I typically eat out, can range anywhere from sushi to a hamburger to seafood to fried chicken. For dinner I typically eat rice with some form of meat or shrimp. Every day I drink maybe 4-5 soft drinks.

Eat breakfast every day with skim milk and some meat. Cut out the sugar soft drinks.

I'm not looking to do a 180 lifestyle change over night with respect to what I eat. I've grown accustomed to my eating habits, and while I'm open to suggestions about dietary changes that I can introduce into my lifestyle more gradually, I'm particularly interested in what I can do to get the biggest bang from my buck, including multivitamins, dietary supplements, and other types of similar products.

Don't eat out, pack a sandwich or have a low calorie TV dinner.

Start exercising.

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Ron

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