

HIGH PERFORMANCE ENERGY



Unlock The Energy

HIGH PERFORMANCE ENERGY

Energy Systems

Thank you for making the jump into improving your personal health! Our lives are complex and full of challenging experiences. Regardless of how you feel, it is still up to you to take control of your health.

Our energy levels are like a balance sheet: certain activities will add to your energy and others will take it away. Not everything is in our control, but if you are more conscious of what is impacting your body, you can take personal action!

Now we move on to great health!

Ja-On Hillman



Disclaimer

The advice provided on this program (the “Energy Program”) are for educational and entertainment purposes only, and are not to be interpreted as a recommendation for a specific treatment plan, product, or course of action.

I understand that my use of the Energy Program places me at risk of experiencing and suffering from certain physiological changes and ailments.

I agree to assume all liability for all risks to myself resulting from my use of the Energy Program. For myself, my heirs, and assigns, I agree to hold blameless and release from liability Ja-On Hillman and reactive massage therapy his heirs, successors, and assigns, for any damage or loss suffered by me attributable to my use of the Energy Program, including but not limited to bodily injury, pain, suffering, loss of life, loss of income, loss of full physical mobility, or the development of any physical or mental condition. I also agree to release Ja-On Hillman and reactive massage therapy his heirs, successors and assigns, and her employer and/or sponsor(s) of the program and their heirs or assigns, from all liability for their negligence.

I understand that a physician’s examination should be obtained by me prior to my use of the Energy Program and that I should only undertake this voluntary exercise program on the advice and approval of a physician. I assume all liability for participating in the Energy Program in contravention or absent the advice of a physician.

I understand that should I feel faint, dizzy, or have physical discomfort I should immediately cease the program and see a physician. I understand that I am not suffering from any other physical ailment which may be exacerbated by the program, and assume all risks should I undertake the Energy Program.

About Ja-On Hillman

Ja-On Hillman is a massage therapist, osteopathic manual therapist and wellness entrepreneur. He has been involved in the health and wellness sector for 20 years helping those with health concerns improve their lives with manual therapy, exercise rehabilitation and lifestyle change.

You can follow Ja-On online at: www.jaonhillman.com

Are You Tired, Worn Out, Or Lacking Drive?

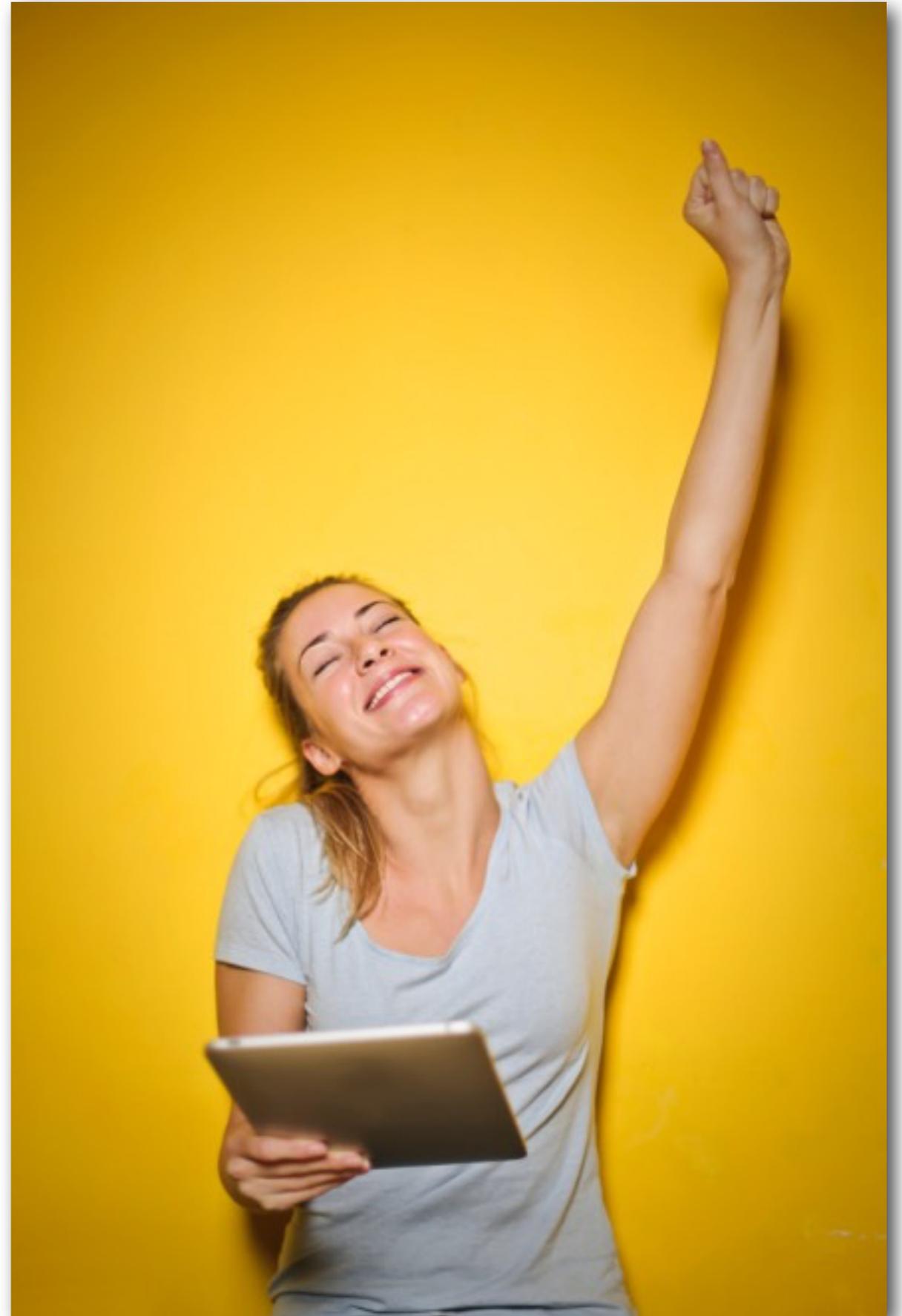
You are not alone!

Most of my patients experience these symptoms at some point in time. A lack of drive, never feeling rested, or the dreaded 2:00pm energy crash, these are all symptoms of our *lifestyle*.

We can't just change *everything* overnight, but we can make small, sustainable changes that have a massive impact over time. Making small changes and *adding* them to our lifestyle makes them easy and they create positive habits.

This ebook will give you some powerful tools to *make* those changes and drive some energy back into your lifestyle.

Are you ready to make some changes?



HIGH PERFORMANCE ENERGY

Mental Energy

Meditation

Binaural Beats

Sleep Hygiene

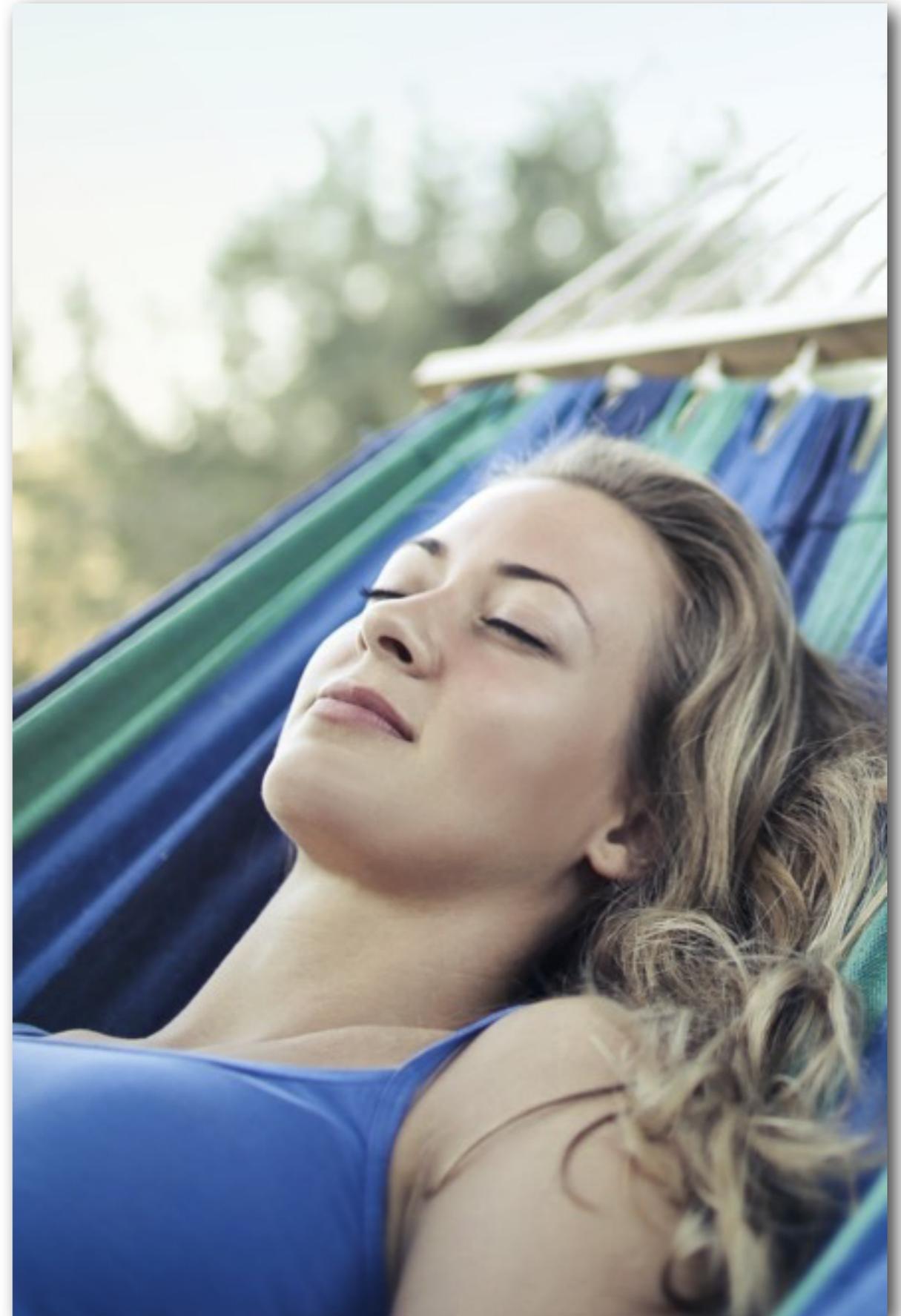


Photo by [Andrea Piacquadio](#) from [Pexels](#)

For most of us, controlling the mental energy part of our lives is the most difficult. We are programmed to take the easy way out and we want instant gratification. But life doesn't work that way. Clear, consistent habits that can be duplicated day after day are the best ways to achieve success.

Meditation

Meditation, prayer, or taking a minute to recenter your thoughts after completing a task are incredible ways to preserve or replenish your mental energy.

The constant attention required by our lives robs us of our mental energy stores, which has an effect on how our body feels. Being in a state of sympathetic overdrive has a toll on our nervous system, our immunity and our mental health.

Simply closing your eyes, putting some headphones on with some calming music or binaural beats can do wonders for a tired mind.

Action Point:

Turn off your phones notification function, put on some noise cancelling headphones and turn on some binaural beats for 5 minutes. Count your breathing as a focus point as you inhale and exhale.

Binaural Beats

Binaural beats are a form of sound therapy recommended for stress, anxiety and other related issues. Apply the use of binaural beats by using headphones to play tones slightly out of sync in each ear. These sound waves stimulate the various frequency patterns in the brain. .

Some of the benefits include:

1. Reduced stress and anxiety
2. Improved focus, concentration and motivation
3. Enhanced mood and energy levels
4. Improved meditation

Action Point:

A great App I have used for years that has a variety of options for sleep, anxiety, meditation and even focus is [***Stream 2 \(Click here\)***](#)

Sleep Hygiene

Whether its a short nap or a replenishing 6-8 hours of sleep, it's important to practice sleep hygiene. But what IS sleep hygiene?

Sleep Hygiene is a series of healthy sleep habits that can improve the bodies ability to fall asleep, stay asleep and

recover efficiently. As humans, we love routine and thrive when we are provided with a duplicatable pattern.

A few of the most effective methods of improving your sleep hygiene are:

1. Limit naps to 20 minutes during the day.
2. Keep a consistent bedtime.
3. Keep your bedroom cool, dark and quiet.
4. Limit exposure to light 30 minutes before bed, including electronic devices.
5. Practice deep breathing or meditation before bed to calm the autonomic nervous system.

Action Point:

Purchase a good pair of [*Sleep Masks \(Click Here\)*](#) to block any remaining light from your eyes. These were a complete game-changer when it came to improving the quality of my sleep. While they may take some getting used to, I now find it difficult to sleep without them.

HIGH PERFORMANCE ENERGY

Physical

Breathing

Sunlight

Meaningful Exercise

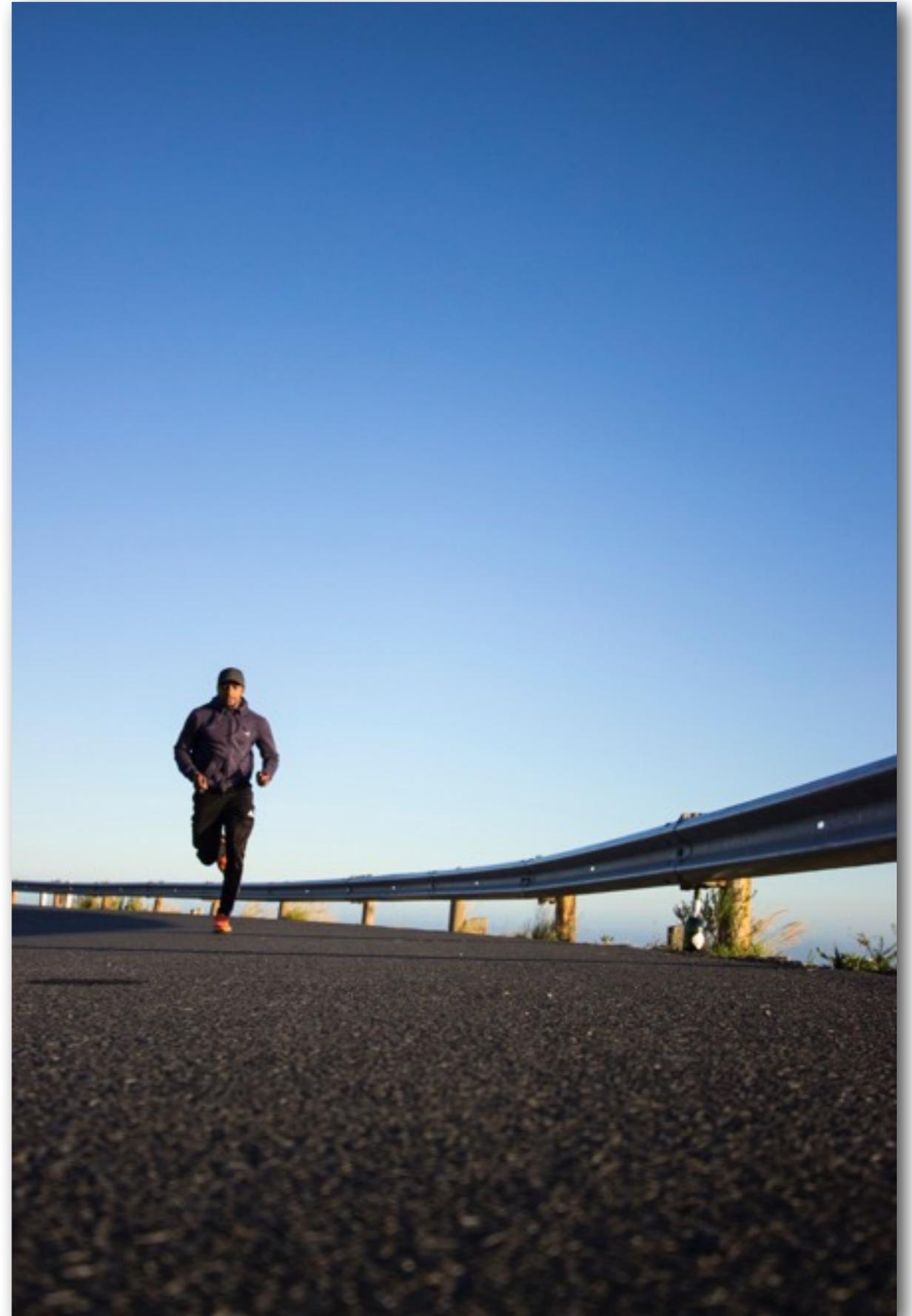


Photo by [Tembela Bohle](#) from [Pexels](#)

For many of us, the physical part of health isn't the hard part; it's usually the mental. We understand that exercise and movement helps wake up our body, and stimulate energy!

To tap into fast energy everyday, here are the three life-changing tools you *MUST* do.

Breathing

Our breath is essential for our energy. Shallow breathing and poor posture limits how well our body can get oxygen into our cells. As our days get busy and we start dealing with the stressors of life, we begin to take shallow breaths, our diaphragm and ribs become more rigid as they don't expand and contract to their full motion.

Breathing isn't just about getting oxygen into our system. It is also one of the strongest pumps our body has to move fluids such as blood and lymph. Without this circulation, we become more stagnant and cells don't receive the nutrients they need to provide energy.

Breathing also helps regulate our autonomic nervous system. Deep, controlled breathing stimulates our vagus nerve, which has a major effect on the parasympathetic nervous system; our *rest and digest system*. This system has a calming effect on blood pressure, heart rate, digestion, and even energy production.

Action Point:

Here is a simple breathing exercise for you to try during the day to help regulate your autonomic nervous system, improve circulation and get oxygen into your body.

Sitting comfortably, inhale deep for 3 seconds, filling your body with your breath. Hold your breath for 4 seconds, and then exhale for a count of 5 seconds. Repeat for a minute, and as it becomes easier, slowly increase your time.

Sunlight

The more time we spend indoors, the more we begin to appreciate the sunlight. Seasonal Affective Disorder is a real issue that affects many people. Shift workers also struggle with the lack of sunlight.

Sunlight is needed to help the body produce Vitamin D, but there are other mechanisms at play when it comes to energy levels as well. The circadian rhythms are mental, physical and behavioural changes that follow the cycle of day and night. Disrupt the cycle, and you disrupt your health.

Along with the circadian rhythm, sunlight exposure can also provide benefits to your immune system, skin health and endorphin release. This makes getting some sunlight a powerful health tool with no cost!

Action Point:

Get into some direct sunlight for 10-15 minutes a day, as early as you can. This can be difficult at certain times of the year and in some locations, so take the time as soon as possible to enjoy the amazing sunlight. If there is an absence of light, infra-red light therapy can also be a powerful tool.

Meaningful Exercise

Notice the title: *Meaningful Exercise*. This doesn't mean hammering away at the weights or doing mindless cardio for hours a day. We need to know our *WHY* before we get started.

Having clear goals and expectations make exercise easier, more enjoyable, and more effective. Whether it is weight-loss, muscle-building, bone-density, rehabilitation or just plain having fun, having a *WHY* makes the activity more meaningly.

We also need to create metrics for success. This means setting a start and end date of completion and using tools to monitor our progress. These can be medical blood tests, body-weight, body-fat, measurements, how clothing fits, or even before and after pictures. If we set ourselves up for success in as many ways as possible, we can't fail.

With all health goals, I highly stress the importance of mobility and weight-training. Keeping your body mobile, maintaining muscle density and preventing bone density loss are a few of the most important health goals we need to focus

on as we age. Too often people default to walking on the treadmill instead of seeking out a professional to examine their short and long term goals.

Action Point:

Two metrics that are used to determine how well we are aging are:

1. The ability to sit down on the ground and get back up again. Can you do this and how well?
2. Climbing stairs. Can you do this and how well?

If you are having difficulty doing these two tests, then you need to do these tests more often. You need to become stronger and more capable of doing them, instead of avoiding them as we age.

HIGH PERFORMANCE ENERGY

Nutritional

Tea/Coffee

Smoothies

Supplements

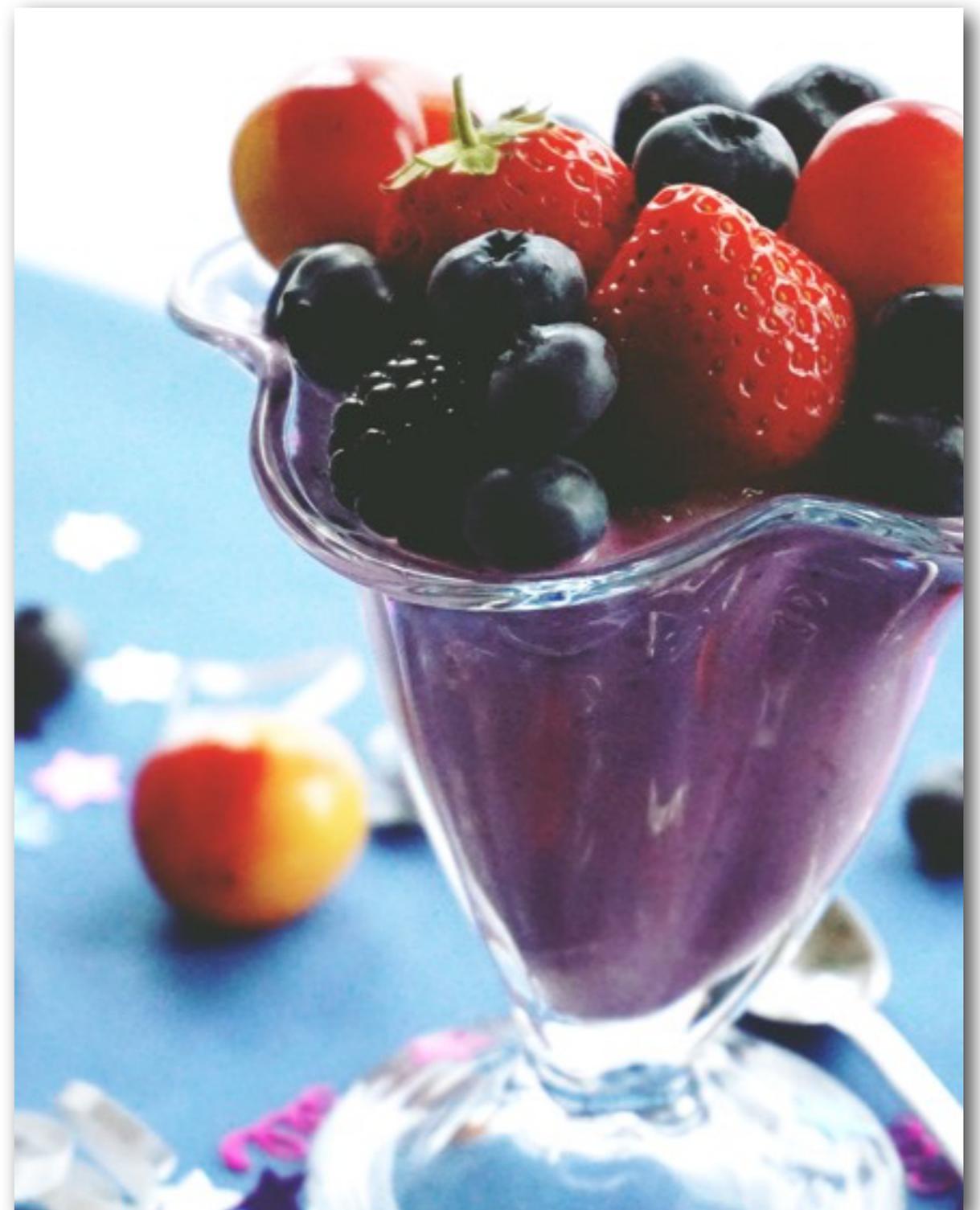


Photo by [Suzy Hazelwood](#) from [Pexels](#)

Tea/Coffee

It's pretty common for people to reach for a cup of coffee or tea when they are having energy problems, but did you know caffeine is the most used drug in the world! Don't let that statement worry you, caffeine is also one of the best used tools for energy production. It's also very safe, only being dangerous when used in *excessive* doses.

Coffee and green tea are two of the most common forms of caffeine, but there are many other options, from guarana, yerba mate, soft drinks, energy drinks and caffeine pills. Coffee and tea are the two I will cover here.

Coffee and tea are rich in antioxidants, which makes them very suitable for daily life. Antioxidants fight free radicals in the body, which are like little bullies in the body. They move around the body and can cause irritation and damage to cells, proteins and DNA. You can help your body keep these at bay with a healthy diet and a little coffee or tea.

Action Point:

Get a good quality coffee or tea and try adding it into your routine in the first half of your day. Be sure to limit coffee use after noon as the caffeine can interfere with sleep. Green tea however, contains L-Theanine, an amino acid that can actually promote relaxation, making it something that can benefit your afternoon!

Smoothies

I'm not talking sugar loaded smoothies here! While it's common for people to start their day with a smoothie, we need to be mindful of what we put into it. Adding a banana, yogurt, mangoes or milk adds calories in the form of sugar. Just because we think it's a more natural form of sugar it really isn't any better for us in the short or long term. Be mindful of the impact it has on your day!

Action Point:

1. Is there protein in the smoothie? If not, we add some such as a plant based protein powder.
2. Is there a source of fat in the smoothie? If not, we add some such as nuts, coconuts or nut butter.
3. Is there a good source of fibre? If not, we add some such as chia seeds or flax.
4. Are you aware that milk and yogurt has sugar? Try using almond milk or water.
5. Did you know that some fruits have more high glycemic carbohydrates than others? Most berries impact your blood sugar levels less than bananas or mangoes.
6. Have you added any vegetables to the smoothie? Spinach or avocados blend well and are nutritional powerhouses!

Supplements

When we think of supplements for energy, we often think of those sugar filled energy drinks or pre-workout drinks. Those used to be the standard but not anymore.

While caffeine is still an amazing tool for energy, it can be overused. There has been a massive shift away from the old way of doing things with cheap, synthetic products towards using safer, more natural and self-balancing products.

Three of the most interesting nootropics that can be used for improving your daily energy are:

- 1.) Bacopa Monnieri: an herb which has been used for centuries in Ayurvedic medicine for improving cognitive performance, especially in the aging brain. It may also have the benefit of reducing inflammation in the brain.
- 2.) L-Theanine: an amino acid found in green tea that has been used in found to have a relaxing effect, but not a sedative effect on the body. This has a synergistic effect to stimulants like caffeine by “Taking the edge off” and helping with cognition and attention.
- 3.) α Glycerylphosphorylcholine (A-GPC): a natural compound that can help deliver choline to the brain and may help increase acetylcholine production. This may have brain protective abilities as well as enhanced learning. A-GPC may actually help with the release of dopamine.

Action Point:

The simplest action to take is to experiment with green tea, especially if you want a caffeine boost later in the day. You may find the results a little less jittery and less disruptive to your sleep patterns. This is because L-Theanine and Caffeine are both found in the green tea leaves.

Bacopa and A-GPC are two supplements that are commonly found in health food stores and are worth researching. Both have been found to be generally safe, but best results will take several weeks of regular use.

There have also been some new formulas that combine all three of these nootropics to some powerful benefits. My personal favourite is **GO**, the clean energy formula created by *Mōdere*. This is designed to optimize the brains energy levels, cut down on the brain fog, poor focus and drive as well as boosting multi-tasking and concentration.

Clear out some of those mental cobwebs and kick your productivity into high gear! The link below will unlock a \$10 gift card when you order online!

www.modere.com/jaonhillman

Accountability

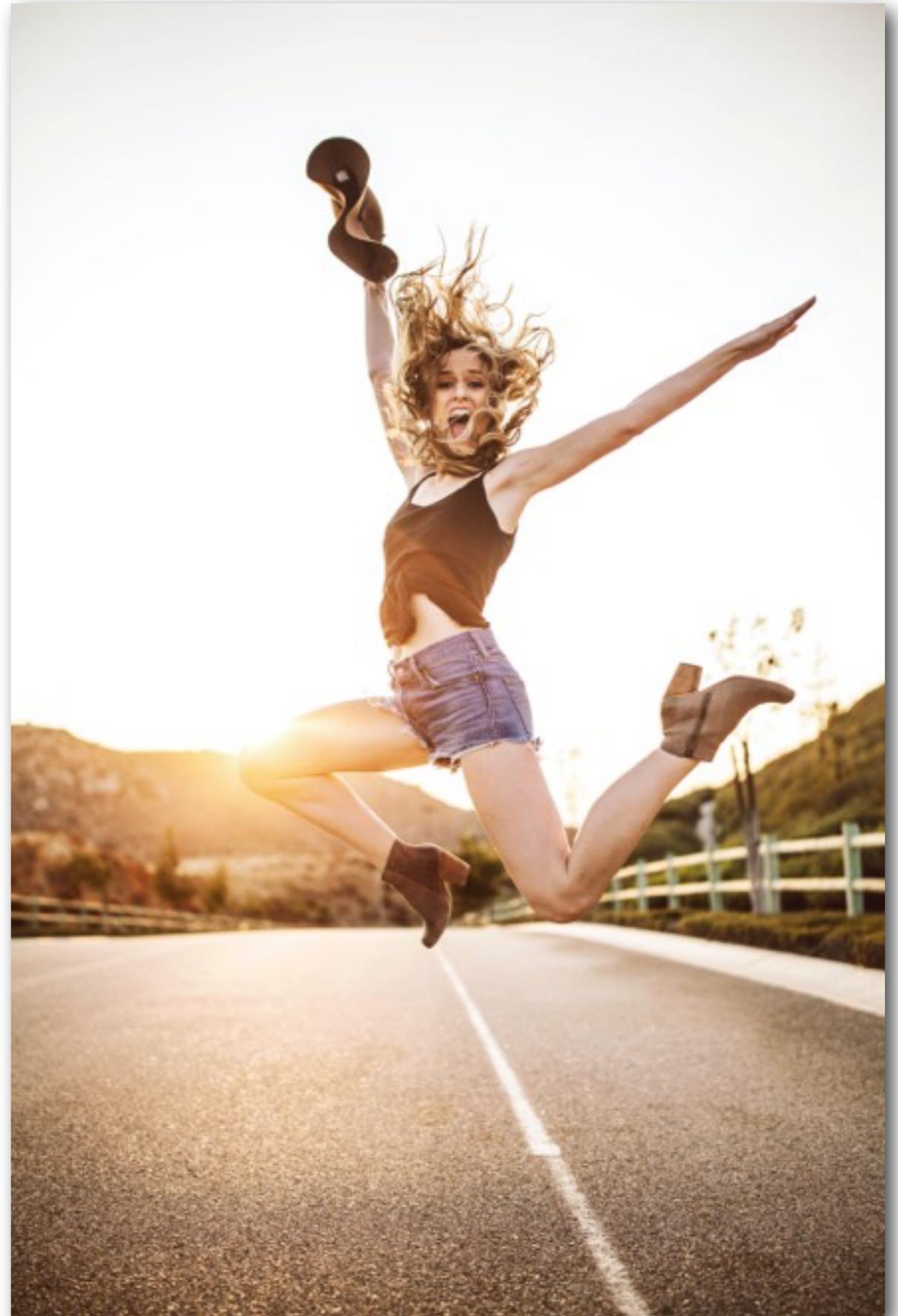
Now it is your time to made decisions!

Choose at least ONE of the suggestions from each category, write them in the box below, and take the action TODAY to unlock your own High Performance Energy.

1.) Mental

2.) Physical

3.) Nutritional



Final Words

Even with the high demands of life, having High Performance Energy shouldn't be out of your reach. Using the Action Points detailed in this book will help you unlock your empowered self!

When you use these habits every day you will take control of your energy once more. It won't happen overnight, but it *WILL* create the lifestyle you *DESERVE!*

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www.jaonhillman.com

