



ENERGY ZAPPERS

by Linda Bertaut

Did you know the same things that create free radicals also deplete the spirit?

You are bombarded daily with "energy zappers" and it is unrealistic to think you can avoid them completely. Choose wisely what you expose yourself to and learn how to restore energy on a daily basis to maintain your vitality. Based on regularity of use, the Top 5 Energy Zappers are listed in order below:

1. Tobacco - second hand smoke is even more damaging than first hand smoke
2. Foods - processed, fried, microwaved, and sugar
3. Alcohol
4. Drugs - prescription and otherwise
5. UV Radiation - sun exposure, tanning beds, and fluorescent lighting

Moderation is the key. The more you use one of the above categories on a daily basis the higher this category will rate on your list.