

THE TAPPING SOLUTION:

7 WEEKS to Financial Success & Personal Fulfillment



· Nick's Nutrition Tips for Peak Energy ·

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Want to Build Energy From the Inside Out? Learn 5 of Nick's Favorite Tips to Feel Your Best Every Day!

In Nick and Jessica's webinar on [How to Achieve Maximum Energy Through Tapping](#), Nick emphasized the importance of nutrition as a key tool to build and maintain your energy.

Here are some easy-to-remember tips from some of Nick's favorite resources to will help you create good health and boost your energy:

1. Not Sure Where to Start? Get a Coach!

If the mere thought of making changes to your diet/lifestyle overwhelms you, then a great place to start is with the guidance of a Board Certified Health Coach. We love Brenna Ortner! Brenna offers a complimentary 30-minute consultation to discuss your lifestyle and get you started on the right track. [Visit her site](#) and mention this offer in the Contact Form.

2. Don't Skip Meals (especially breakfast!)

To maintain a steady blood sugar level, and thereby boosting energy, be sure to eat throughout the day. Experts recommend several, small meals per day made up of whole, unprocessed foods with the right ratio of proteins, complex carbohydrates and fats. You'll be amazed at how great you feel when you eat what, and how, your body wants.

Since breakfast is considered the most important meal of the day, here are some great ways to start your day with a healthy, energy packed meal:

- Breakfast tips and recipes: here are some yummy [meal ideas and recipes](#) for a delicious breakfast.
- Start your day with a green juice or smoothie: try this delicious [green juice recipe from Brenna Ortner](#) and if you want more, check out [Crazy Sexy Juices and Succulent Smoothies](#), by Kris Carr.

3. Stay Hydrated

Sip water throughout the day, making sure you get in at least 64 ounces (more for some, depending on body weight) each day. Don't wait until you're thirsty – by then you're already dehydrated! [Here is some information about the magic of water, as well as some tips to staying hydrated.](#)

4. Eat Your Greens!

Our wonderful, leafy friends are not only easy to find, prepare and eat, but they're loaded with healthy goodness like calcium, B vitamins and iron. [Learn why greens are one of the best foods for your health.](#) The Raw For Thirty Days [blog](#) has great health articles you can follow to learn more about greens and other superfoods.

5. Eliminate (or reduce) Sugar and White Flour

Cookies, pastries, white bread, pasta, etc., all contain refined sugars and simple carbs that send your blood sugar plummeting. [Here are 25 reasons to reduce sugar.](#)

Also:

- The next time you crave pasta or white rice, try quinoa instead, with this recipe: [Warm Kale & Quinoa Recipe.](#)
- If you want some delicious, free recipes with healthier substitutes, check out [Brenna Ortner's blog!](#)

If you follow these tips, and get plenty of [sleep](#) each night, you'll soon see that not only are you no longer dependent on stimulants and simple, unhealthy carbohydrates, but you're able to think more clearly, sleep more soundly, and just function better overall. In other words, you'll be ready to conquer the world!