

The 30 Second Secret To Blasting Your Energy Levels Through The Roof In The Morning

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This powerful PDF report is brought to you by PowerfulSleep.com, where you'll learn how to supercharge your sleep system to sleep less, and have more time and energy in your life. **You have the rights to share and give away this report to as many people as you like!**

As you have already learned from the first two chapters of the Powerful Sleep system, there is an **underlying inner sleep system which the quality of your sleep and your daily energy levels highly depend on.**

It's this inner sleep system that plays a key role in:

- When you go to sleep and when you wake up.
- How energized you feel in the morning, and throughout the day.
- When **your body produces feelings of "sleepiness"** to send you a signal that you later interpret in a way like... *"I feel tired, I better get to bed..."*

Most people don't know how to use this system to their advantage...

You're about to discover how you can use a simple 'little-known-about' method in the first 30 seconds after waking up to your advantage and boost your energy levels in the morning **dramatically.**

You'll be able to learn how this works very easily (you'll fully understand in a moment), and notice results immediately when you apply it into your life.

Your Body's Natural Body Temperature Rhythm Plays A Key Role In How Much Energy You Have!

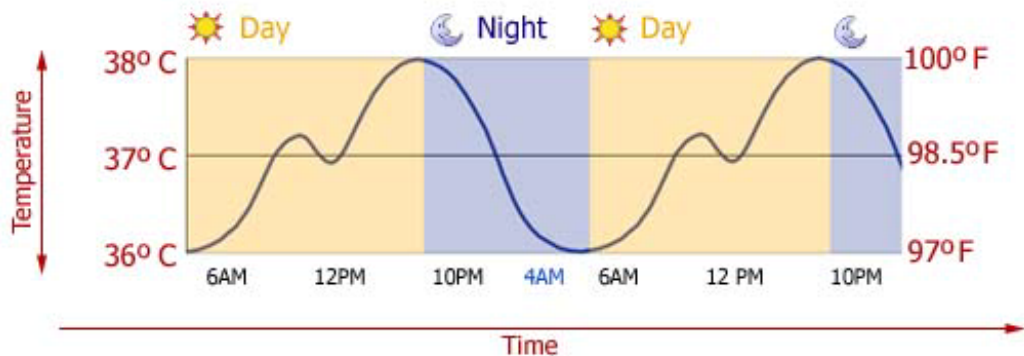
In case you don't remember the first 2 chapters of the Powerful Sleep system, let's first review your body temperature rhythm.

In grade 5 science class, most of us are taught that our body temperature stays at a constant 98.5 degrees Fahrenheit (36.6 Celsius). **In reality, this is false. Your body temperature varies by about 6 degrees every day.**

Your body temperature rises and falls by about 6 degrees every-day, this rise and fall of your body temperature is known as your **body temperature rhythm**, or as some like to call it your **“circadian rhythm.”**

Your body temperature usually rises in the morning around 6 AM, and begins to rise until the afternoon, where it takes a slight “slump.” It then recovers from this slump and continues to rise until the evening hours, where it drops all through the night as you sleep.

Circadian Rhythm (Body-Temperature Cycle)



Believe it or not, it’s this rise and fall of your body temperature that plays a major role in

- When you feel sleepy
- When you feel energized.

When your temperature is dropping, you feel “sleepy” and more towards the “tired” side. This is like a cue for your body to create feelings of sleepiness.

When your body temperature is rising, you tend to feel energized, alert, relaxed, and more “awake”.

The 30 Second Method To Boosting Your Energy In The Morning

There is a hormone in your body called **melatonin**. It’s also sometimes called as the “vampire” hormone, or the “sleep” hormone.

The longer your eyes are exposed to darkness, the more of this hormone is released inside of your blood.

The instant your eyes are exposed to light, the level of melatonin in your blood begins to decrease rapidly.

It's this hormone that contributes a lot to the drop in your body temperature. Melatonin also makes you feel "sleepy."

When you wake up in the morning, **you have A LOT of melatonin inside of your blood.** This is the main reason why you may feel like a "zombie" when you wake up.

Combined with a low body temperature in the morning, most people are so low on energy **that they mistake the tired and drowsy feeling in the morning as the need to sleep,** and end up sleeping longer and doing more damage to their sleep systems.

In reality, this is not the need to sleep, but actually the **result** of sleeping!

The 30 Second Trick To Rapidly Lowering Your Melatonin Levels, and Boosting Your Body Temperature In The Morning

Here it is...

When you wake up, you MUST expose your eyes to natural sunlight within 1 minute of waking up for AT LEAST 30 seconds.

As you do this you will notice the drowsy and tired feeling you usually get in the morning fading away, as your body feels more and more energized.

At first glance this sounds very simple, but hundreds of people who apply this technique from the Powerful Sleep system achieve incredible energetic results instantly in the morning.

Here's How And WHY This Works

As you already know, when you expose your eyes to light your melatonin levels begin to drop and your body temperature begins to rise, as you **slowly feel more awake** in the morning.

But... **have you ever wondered why you feel less energetic on cloudy and rainy days?**

**Why does this happen?
Because LIGHT Comes In Many Intensities**

Most people don't realize that spending the day in-doors is the equivalent for your eyes as spending the day in darkness.

Let me explain...

Light intensity is measured in units called "luxes." 1 Lux is about the light your eyes would get if you were to sit in a pitch dark room with 1 candle.

- During sunrise and sunset, your eyes get about 1,000 to 5,000 Luxes of light!
- During the afternoon on a sunny day your eyes get about 100,000 luxes of light!
- Inside your home, or in an office, your eyes get about 100 to 500 luxes of light.

The level of melatonin in your blood always depends on the light intensity coming into your eyes.

For your eyes, being in-doors and not being exposed to high intensity light is the equivalent as being in complete darkness. **This has huge effect on your melatonin levels and your body temperature rhythm.**

When you expose your eyes to high intensity light such as **natural sunlight** in the morning you **drastically lower your melatonin levels right away**, and your body temperature begins to rise as a result.

However, **most people spend the first hour or two of the morning sitting in-doors, and wondering why they feel “so tired”** while they gobble down another cup of coffee. *(Later on, you’ll be shocked when you find out what coffee really does for your sleep system.)*

When you’re sitting in your home in the morning, half of the light outside is being blocked by your windows, drapes and shades. Your eyes get at most maybe 200 to 300 luxes of light. This keeps your melatonin levels high, stops your body temperature from rising and **keeps you low on energy. This does further damage to your sleep system in a perpetual loop, lowering your energy and immune system day by day.**

I hoped you really enjoyed the information in this special report. This is just one of the **MANY techniques and inner sleep system secrets** you’ll learn in [Powerful Sleep](#) which you’ll use to supercharge your sleep system and blast your daily energy levels sky high, so you can wake up fully energized and live your whole day with passion!

The Powerful Sleep System also teaches you how to reduce your sleep and have more time and energy than when you slept longer.

Do you have your copy of the Powerful Sleep system yet?

[Click here to grab it right now and gain instant electronic access to the information.](#)

Your Friend,

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P.S. Do you have your copy o the Powerful Sleep system yet? Grab it today and start to revolutionize your life by super-charging your energy levels and getting more out of your sleep than you ever thought possible. Grab it here: PowerfulSleep.com

P.P.S. Remember, if you're not 100% convinced that the Powerful Sleep system can do what I promise for you, then simply email me and I will issue a prompt and courteous refund – no questions asked – and you may still keep the package and all the bonuses at no cost to you. [Click here](#) to grab Powerful Sleep now.



Natural Help for Energy & Fatigue

In today's fast-paced world, it is not uncommon to feel our energy levels being depleted as the day progresses. **Health and energy go hand in hand** and a healthy body has a fine-tuned set of mechanisms in place to regulate energy levels. Because a variety of body systems contribute to this process, the best way to maintain optimum natural energy levels is to **support the body through systemic balance**.

The **body relies on every organ to support natural energy levels**. When one body system is compromised a domino effect is created, with one system affecting the next. To complicate things further, today's modern lifestyle is filled with fast food (including food additives), pollution and stress! This can directly affect natural energy levels and over time, this can lead to common feelings of tiredness and lack of energy – even in otherwise healthy people!

Modern Western diets, environmental pollution and the use of alcohol, recreational drugs and prescription medicines all take their toll on the body's ability to remain energized.

Fortunately there are steps you can take to help the symptoms of fatigue. Review the following protocol to learn how you can **relieve the effects** of this condition.

1. Make sure you exercise. Although you might feel too tired to do so, lack of exercise is worse for fatigue as muscles will weaken. Any form of exercise will improve your body's health by **facilitating blood flow** and metabolism. It will also help you build and **strengthen muscle tissue**.

2. Follow a healthy diet regimen. Along with regular exercise it is always important to maintain a healthy diet, with natural, balanced foods - fruits, vegetables, whole grains, beans, fish. **Avoid processed and fast foods**, refined sugars and excessive alcohol. You want to make sure your body has **essential nutrients** it needs for proper function, while at the same time avoiding toxins are harmful substances.

3. Supplement important nutrients. Unfortunately, most of us do not eat properly. Also, **most foods are depleted of essential nutrients** due to overprocessing. So in most cases it makes sense to supplement important nutrients.

There are **natural energy boosting herbs** such as siberian ginseng, gotu kola and maitake.

There are **natural energy boosting vitamins** such as the B, Family, particularly B12, Biotin and Folic Acid. B vitamins help fight fatigue by helping our body use the sugar glucose (fuel) and aiding in the formation of red blood cells (energy transport).

There are **natural energy boosting minerals and nutrients** such as NADH, Co-Enzyme Q-10 and magnesium, all of which can treat chronic fatigue syndrome symptoms by increasing energy production in cells.

Natural energy boosters are not difficult to find. Eating a well-balanced diet that incorporates fresh fruits and vegetables is a simple way. Also, **adequate sleep is a vital component to support natural energy levels and increase stamina**. Scientists are still unsure of the exact processes in the brain that take place during sleep, but what they do agree on is that sleep is an anabolic, or building, process - sleep helps to restore the body's energy supplies that have been depleted through the day's activities.

Natural remedies and herbs for supporting energy have been used in traditional medicine for thousands of years to maintain stamina as well as the body's natural health, endurance and energy levels. In more recent times, research has confirmed this traditional wisdom. There are now many published clinical studies demonstrating the natural energy tonics present in a wide range of herbs for energy health.

Fatigue Fighter is a 100% safe, non-addictive, natural herbal remedy that can be used consistently to safely **support healthy energy levels, stamina and endurance**.

Fatigue Fighter contains a selection of herbs for healthy energy - known for their supportive function in **maintaining natural health and energy levels**, as well as balanced metabolism, stamina, endurance and routine, healthy performance without stimulants or caffeine. **Fatigue Fighter** can make all the difference, without compromising health and without the risk of serious side effects.

The formula remains true to the whole spectrum method of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

What's the Best Way to Treat Chronic Fatigue Syndrome Symptoms?

Should you take all of these herbs, vitamins and minerals separately or together in one comprehensive formula?

We recommend that you **take these nutrients together** if possible for many reasons:

1. Taking each herb, vitamin and mineral separately could prove very costly as you would have to buy many different supplements.
2. Mixing and matching herbs and nutrients on your own could be dangerous to your health.
3. Many nutrients working together can be more beneficial than a single nutrient on its own.
4. All of these nutrients have to be balanced perfectly in order to be optimally effective.

We have found a nutritional product that contains all of the natural ingredients to **treat Chronic Fatigue Syndrome symptoms** as well as other nutrients for general health in a synergized comprehensive product.

The product is called Total Balance, and we have made it our core nutritional supplement. It is made up of all natural nutrients - herbs, vitamins, minerals, amino acids and other important nutrients for overall well-being.