

For Immediate Release: January 20, 2009

## **SNAP OUT OF STRESS BY BOOSTING YOUR ENERGY—STARTING *IMMEDIATELY!***

***THE 150 MOST EFFECTIVE WAYS TO BOOST YOUR ENERGY***

by Jonny Bowden

Jonny's "The 11 Best Foods You Aren't Eating" was one of the *New York Times*' most viewed articles of 2008:

[The 11 Best Foods You Aren't Eating - Well Blog - NYTimes.com](#)

**We have every reason to be stressed out these days.** It's a rational response to what's going on in the world. But an even more rational—and healthy—response, says acclaimed nutritionist and author Jonny Bowden, Ph.D., CNS, is to snap out of our stress by staying energized all day. **But what if we're just not in the mood—lacking the patience, funds, and focus—to join a gym, get a massage, begin a new way of eating, or even read a book?**

Bowden, whose books have been acclaimed by a virtual who's who in the field of nutritional medicine, including Christiane Northrup, Mehmet Oz, and Barry Sears, now breaks new ground with his timely book, *The 150 Most Effective Ways to Boost Your Energy* (Fair Winds Press, January 20, 2009, trade paperback original, \$24.95, ISBN 978-1-59233-341-7). Jonny's "grasp of the best and most effective energy solutions on the planet make him extraordinary. I know Jonny personally and he is the best example of the energy boosters he prescribes," said Ann Louise Gittleman, author of *The New York Times* bestseller *The Fat Flush Plan*.

**Before committing to *150 Ways*, take a trial run: here are ten simple "to-do's" from the book you can accomplish today, beginning immediately, to banish the low-energy/high stress doldrums:**

**#1: No more multi-tasking!** Focus on the task at hand—as simple as organizing your paperwork—and finish it.

**#2: Have a protein shake for breakfast.** There are many to choose from in Jonny's book, and the Fast Protein Shake is the simplest: 1 scoop high-quality whey protein powder; 1 cup water; 1 cup frozen blueberries or strawberries; 1 tablespoon uncooked oats (optional). Combine all ingredients in a blender and blend until smooth.

**#3: Double or triple the amount of water you drink. Aim for this number of ounces per day: take your weight and divide by 2.)**

**#4: Do something for someone else.** Examples: A genuine compliment, an act of forgiveness, a donation of food or clothing.

**#5: Eat plain nuts as a snack instead of hitting the vending machine.** Nut butter on an apple is also energizing and delicious.

**#6: Tell the truth. Deceit takes a lot of psychic energy. The truth will not only set you free, it will also fire up your energy tanks.**

**#7: Begin the No Frills, No Excuses, Anytime, Anywhere Workout.** Jonny offers tons of exercises, but the No-Frills Workout is the simplest: Run a mile. Do some squats. Do some push-ups. Do some crunches.

**#8: Create a new soundtrack (your favorite year in pop music, for example) and get buzzed just listening to it** (perhaps while doing your workout or dancing).

**#9: Dance!** If you're an exhibitionist, do it on the front lawn. If you're shy, turn off the lights, double lock the door, pull the shades, and begin!

**#10: Have sex.** And if for whatever reason this just isn't the time, start enjoying Jonny's sexy foods so you'll be more than ready for the next opportunity: almonds, avocados, celery, chile peppers, chocolate (in moderation, of course), oysters (only if you can afford the extra bucks), figs, and nutmeg.

Have fun and get ready to embark on 140 more ways to snap out of stress and boost your energy! As Jonny says, "Tough times are when Americans prove their vitality, creativity, and resilience!"

**About the author:** Jonny Bowden, Ph.D., C.N.S., is the author of four previous books, *Living the Low Carb Life: Choosing the Diet That's Right for You from Atkins to the Zone*, *The 150 Healthiest Foods on Earth*, *The Healthiest Meals on Earth*, and *The Most Effective Natural Cures on Earth*. Jonny is on the editorial advisory board of *Men's Health* magazine, a columnist for *Better Nutrition* and a frequent contributor to America Online and the Huffington Post. His work has been endorsed by a virtual who's who in the world of integrative medicine and nutrition including Dr. Christiane Northrup, Dr. Mehmet Oz, Dr. Barry Sears (who calls him "one of the best") and Dr. Ann Louise Gittleman, (who calls him "the personal health coach I would want in my corner no matter what"). A popular speaker, his inspiring advice on weight, health and nutrition has been read by millions on iVillage.com and on America Online, and he has contributed material to over 50 national magazines and newspapers including *The New York Times*, *Chicago Sun Times*, *Chicago Tribune*, *Time*, *GQ*, *Muscle and Fitness*, *Men's Health*, *Cosmopolitan*, *Seventeen*, *Self*, *Fitness*, *Family Circle*, *Marie Claire*, *Allure*, *Ladies Home Journal*, *Prevention*, *Personal Trainer Magazine*, *In Style*, and *Shape*. He is also a frequent guest on radio and television and has appeared on CNN, Fox News, MSNBC, ABC-TV, NBC-TV and CBS-TV. Jonny lives in the Topanga Canyon Area of Southern California. Visit [www.jonnybowden.com](http://www.jonnybowden.com)