

THRYVE WELL

Nourish. Heal. Live. Thryve.



Herbal Remedies *for* LOW ENERGY



Hi, I'm Cameron, the guy behind Thryve Well. My goal is to help people become the best versions of themselves. To do so, Thryve Well provides practical tips and guides to help people naturally improve their health through clean eating, fitness, natural remedies, self-improvement tips and much more.

Why I created Thryve Well

My interest in natural wellness started in my middle-teenage years. At the time, I was plagued with anxiety and depression—it seemed as if there was no way out. But I was also always questioning people's word, instead of taking it for granted. So when pharmaceuticals were brought up, I did my research and was immediately turned off due to the massive list of undesirable side effects.

I thought that there must be another way...This is when the seed of my life's purpose was born. I did my research and discovered natural ways to cure my anxiety and depression. Within a month or two, I completely turned my life around. I was hooked on natural wellness and alternative medicine.

Fast forward 10 years. I am working towards becoming a naturopathic doctor while also working on Thryve Well—a resource to help people naturally become healthy. It is now my mission to help people as I had helped myself and that's exactly what I intend to do with Thryve Well. It is my belief that valuable knowledge useless unless you use it to help others.

P.S. Some of the links you will find here are affiliate links. If you purchase anything through these links, the price is the same for you and I receive a small commission which helps me keep thryvewell.com running and makes my goal to help others possible.

Top 8 Herbs That Naturally Boost Your Energy

When you think about it, energy is the single most valued and sought after thing on the planet. People will go to great extremes to get more energy. Just think about what you do to make sure you get your morning coffee or tea. Many people rely caffeine for their energy—their productivity depends on it. But caffeine provides inconsistent energy.

You see, I was addicted to coffee when I was a student in college.

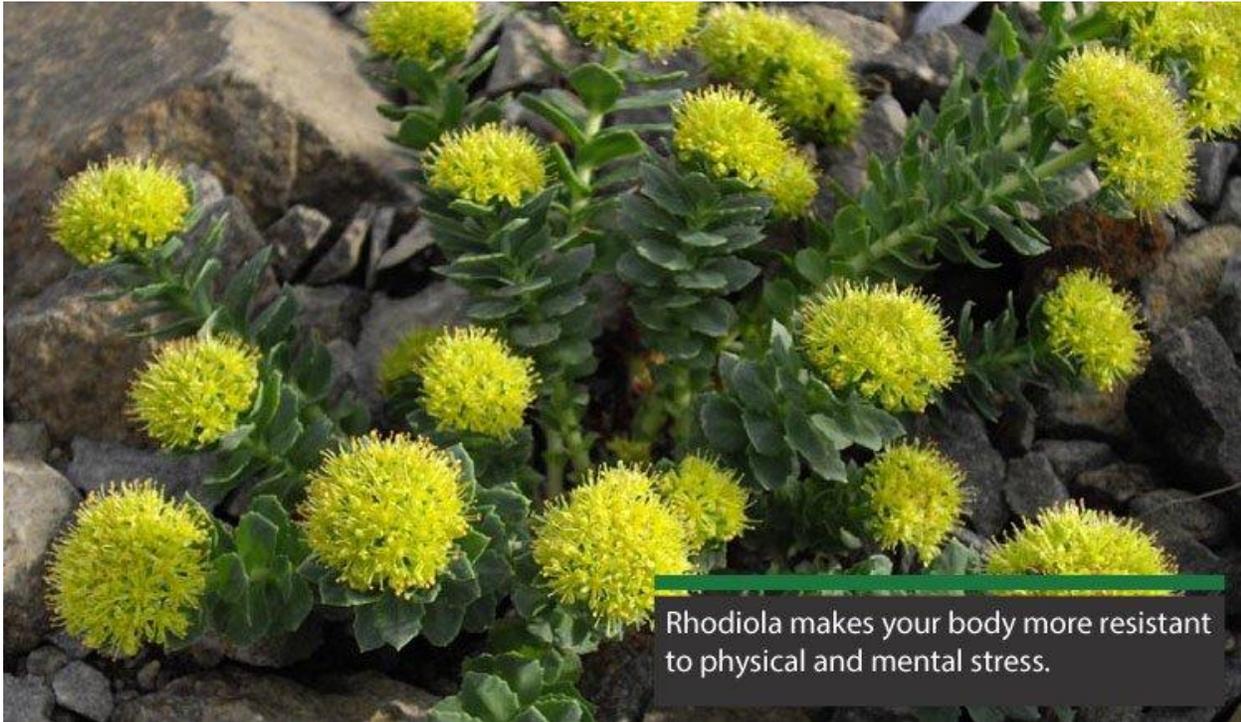
But I found that I kept having to drink more and more coffee to get the same effect. A part of me knew this wasn't healthy. So me being me, I experimented and did research to find natural herbs that would boost my energy. Soon after, I upgraded my herbal arsenal and added several herbs that help me fight fatigue and sustain energy throughout the day.

Don't get me wrong, I still love coffee (maybe a little too much), but now I am able to use other natural ways to boost my energy so I can drink coffee in moderation.

Because so many people have issues with fatigue and many have asked me how to naturally boost their energy, **I am going to reveal my herbal collection that I use to keep my energy levels up.** Unlike caffeine or sugar based products, these herbs will not spike your energy—instead they will help you sustain energy without burning out too quickly.

Without rambling on anymore, here is my list of energizing herbs that will help all of you ambitious, always on-the-run type people.

1. Rhodiola Rosea



Rhodiola is without a doubt among my top 10 most favorite herbs. Rhodiola, or sometimes known as rose root or golden root, can help the body deal with stress, [cure depression](#), and [regulate your hormones](#).

But it doesn't end there of course, rhodiola is best known for its ability to increase your energy and endurance. Rhodiola is what we call an adaptogen. This means it helps your body adapt to any stresses that throws it off balance.

According to [several studies](#), rhodiola has been found to make your body more resistant to mental and physical stress. By doing so, it helps you maintain energy throughout the day.

Think about it. When you have a stressful day at work, you are naturally going to be exhausted. Rhodiola helps you bounce back from these every-day stresses so you can fight off fatigue longer than normal. If this sounds interesting, feel free to pick up a [rhodiola supplement](#) and give it a try!

2. Wheatgrass Shot (Juice)



Wheatgrass juice gives your body a concentrated burst of vitamins, minerals, amino acids, and chlorophyll

Have that sluggish can't-get-out-of-bed feeling? A shot of [wheatgrass juice](#) can give you the kick of energy you need to get yourself going. I find that many people who try wheatgrass juice for the first time, feel a jolt of energy in their system.

This is because wheat grass juice is an effective way to [deliver oxygen](#) into your bloodstream. Wheatgrass also provides a [concentrated burst of nutrients](#) to your body including iron, calcium, magnesium, amino acids, chlorophyll, and vitamins A, C, and E.

3. Cordyceps



[Cordyceps](#) has been used for centuries in Traditional Chinese Medicine (TCM) despite being very difficult to harvest. After all, it's a parasitic fungus that grows on the surface of high-altitude caterpillars—pretty wild right? But now most cordyceps you will see in stores are thankfully produced in laboratories. This makes it much more affordable and environmentally friendly.

[Cordyceps](#) has traditionally been used in TCM to increase energy and endurance. Turns out, the Chinese were spot on. Scientific studies reveal that cordyceps can [significantly improve your energy](#) by increasing your body's ATP and testosterone (yes, women need this too) production. As an added bonus, it also improves your body's use of oxygen which can help you lose fat.

Just ask the [Chinese Olympic Athletes](#) who broke five world running records at the 1993 Olympic games. Authorities were suspicious of their remarkable speed and had

them tested for drugs—they were clean. The Chinese athletes said **their secret was an [extract of cordyceps](#)**.

4. Schisandra Berry



Schisandra berry improves mental & physical edurance & reduces fatigue

I stumbled across [Schisandra berry](#) after digging deep into my research—it is not well-known but it packs a promising energy punch. Schisandra berry is native to northeast China and some parts of Russia. The berries are typically dried in the sun and used in supplements. Schisandra is rarely used in foods due to its peculiar taste because it is said to contain all 5 flavor profiles: sweet, salty, bitter, and pungent.

Schisandra is among the most prized remedies in Traditional Chinese medicine because it has so many different [uses and benefits](#). Like many of the other herbs listed here, Schisandra is an adaptogen. Noticing a theme yet?

Over the span of 50 years, [Russian studies](#) have found that Schisandra berry increases mental performance, physical endurance, reduces fatigue, and makes the body more resistant to stress. No wonder why Schisandra is thought to be so valuable.

If you want to improve your energy and endurance, I would strongly recommend taking a look at a [schisandra berry supplement](#).

5. Ashwagandha

Ashwagandha (root), also known as Indian ginseng, is one of the most powerful herbs in [Ayurvedic medicine](#). It provides numerous vitality-boosting benefits to both your body and mind. In the past, Ashwagandha has been used to treat a range of conditions including immune issues, neurological disorders, and [even hair loss](#). But where Ashwagandha shines is in its ability to boost your energy. Ashwagandha supports our body's two most important regulators of our energy: [our adrenals and thyroid](#).

Our adrenal glands play a massive role in how much energy we have—they are like the work horses of the body. Too much stress can cause adrenal fatigue which leads to insomnia, weight gain, and extreme sluggishness. Ashwagandha keeps our adrenal glands (and its hormones) balanced and healthy. That way, our body can be at its fullest energetic potential.

When our thyroid hormones are out of balance, extreme fatigue can also become an issue.

Ashwagandha helps [regulate our thyroid hormones](#) so



Ashwagandha supports the two work-horses of our body: the adrenal glands and the thyroid gland.

our body can do a better job at maintaining a normal level of energy throughout the day.

[Ashwagandha supplements](#) can help ensure that your body stays healthy and energized.

6. Siberian Ginseng (Eleuthero root)



Also known as eleuthero, [Siberian ginseng](#) has been used for hundreds of years in Eastern countries such as China and Russia. Despite it being ginseng, Siberian ginseng is completely different than Asian or American ginseng. Siberian ginseng has traditionally been used to increase energy, longevity, and vitality. Once again, it turns out that the traditional medicine systems were quite accurate.

Siberian ginseng, like rhodiola, is an adaptogen that [contains natural compounds](#) help boost the health of your adrenal glands. [Scientific studies](#) have suggested that

Siberian ginseng can boost your energy, improve physical, mental, & sexual performance, and strengthen your immune system.

7. Yerba Mate Tea



I wasn't sure if I should include this one because it contains caffeine but I decided to anyways because Yerba Mate really gives you a kick in the butt. But it doesn't make you crash or have the jitters like coffee does.

[Yerba mate tea](#) originates from South American and is prepared by steeping dried leaves and twigs in hot, but not boiling water. It is traditionally drunk communally from a [hollow gourd with a metal straw](#). You can get a yerba mate gourd [here](#). But a coffee mug would work just as well.

Those who have tried yerba mate tea swear by its promise of a "clean" caffeine-like buzz. Some claim that this difference is because instead of caffeine, Yerba mate contains a stereoisomer of caffeine called mateine. Whether that is the reason behind the different is unknown.

One way or another, yerba mate tea is a great option to give you an energy boost during the day if you drink it in moderation.

8. Spirulina



And last, but certainly not least, we have spirulina. The use of spirulina as a source of food [dates all the way back](#) to the Aztecs in the 16th century Mexico.

But spirulina may not be what you consider to be normal food. It's actually a blue-green algae that is available in supplement form. It may sound a little weird, but you won't regret trying it out.

This blue-green algae is a high-protein superfood—and that's saying something because I don't throw around that word often. [Spirulina powder](#) can give you a considerable boost in energy, [bolster your immune system](#), and even promote the growth of healthy gut bacteria which can help keep candida overgrowths under

control. [Keeping your gut healthy](#) is always important because it can directly affect your energy levels.

Final Thoughts

These are the most helpful natural remedies for energy that I have found. Unlike many other lists out there, these remedies are backed by studies and actually work (in my experience). If you are particularly fond of any of these energy-boosting remedies listed here or have any suggestions, feel free to comment below!

I would like to note that if you have extreme fatigue, chances are there are some underlying health issues you are dealing with and you should consult your healthcare practitioner. Always consult your doctor before trying any of these supplements to be sure it is safe for you and does not interact with any of your medications that you are currently taking.

Thanks for subscribing & I hope you can spark your day with this list!

Your fellow thryver,

Cameron



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