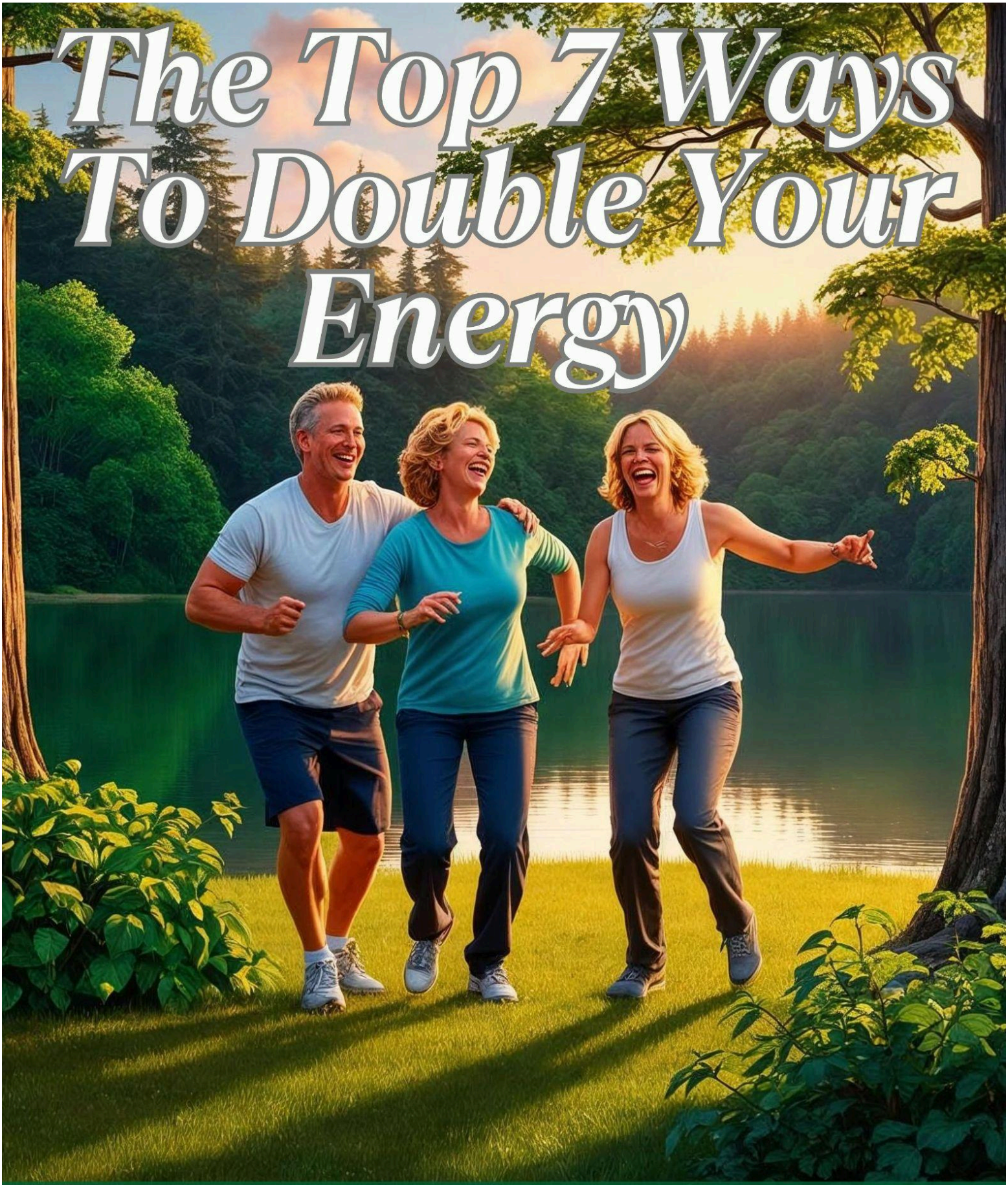
The Top 7 Ways To Double Your Energy



By Matt Farr

Introduction

Here's the truth most people miss: you don't have an energy problem, you have a *biology-meets-modern-life* conflict.

We're living in a world that expects us to be "on" 24/7. Hustle, grind, push through the fatigue… collapse… repeat. And then we wonder why we're still tired after doing "all the right things."

But here's the thing, energy isn't something you chase like the ice cream van on a hot day. It's something you cultivate. Something you build from the inside out.

Your body is not a machine, it's a finely tuned living ecosystem. A walking, talking bundle of light-sensitive clocks, energy-hungry cells, emotion-steered hormones, and electrically charged tissue. Every choice you make; from when you eat, to how you move, to the thoughts you think is either nudging your vitality dial up… or quietly turning it down.

This guide isn't about gimmicky quick hacks. It's about real, science-backed strategies that retrain your biology to create energy and resilience. Not for an hour. Not for a weekend. But for life.

The 7 practices you're about to explore are deceptively simple but don't be fooled. They're profoundly powerful. This isn't about temporary stimulation. It's about restoration. It's about waking up with energy that doesn't run out before your first Zoom call.

Because energy isn't just about getting through the day. It's about feeling fully alive in it.

1. Sync with Light & Darkness (Circadian Intelligence)

Energy Driver: *Circadian Rhythms, Cortisol, Melatonin, Light-Dark Signaling*

Here's a truth bomb: energy doesn't just magically appear. It's orchestrated by a biological symphony and light is the conductor in charge.

At the centre of this orchestra is your circadian clock specifically, a tiny part of your brain called the **suprachiasmatic nucleus** (SCN), a name that sounds complicated but basically runs your entire biological schedule. It tells your body when to wake, when to sleep, when to repair, when to think, and even when to go "Nope, not today."

And guess what this master clock listens to most? Light hitting your eyes. Not coffee. Not willpower. Light.

In the morning, especially in the first hour after waking:

- Your body releases a pulse of cortisol, not to stress you out, but to wake you up.
- **Dopamine** and **serotonin** levels rise, giving you that feel-good, let's-do-this boost.
- You set a timer for **melatonin** (your sleep hormone) to kick in about 14-16 hours later.

This light exposure doesn't just tell your brain what time it is, it resets the clocks in every cell of your body.

And no, indoor lighting won't cut it. It's 50-100 times too weak. Sitting near a window isn't enough either as glass blocks key wavelengths.

At night, it's the opposite story. Artificial light (especially blue light from screens and bulbs) tells your brain "Hey, it's still daytime!" which delays melatonin, disrupts sleep, and knocks your energy off-kilter.

The Science:

- The intensity of morning sunlight measures at 10,000-100,000 lux, at its brightest you're doing well if your indoor lighting hits 1000 lux. The intensity of sunlight is needed to entrain circadian genes in over 80% of your cells.
- Blue light, measured at around 460nm wavelength, is energising in the morning but absolutely wrecks your rhythm at night.

Daily Light Ritual:

- Within 60–90 minutes of waking, get outside for 10–20 minutes. No sunglasses. No windows. Just real sky.
- Bonus points if you pair it with a walk, stretch, or a little movement.
- After sunset, dim your lights, switch to amber bulbs, and cut screen time, your body wants cave time, not a late-night Netflix marathon.

You don’t need a full life overhaul, just remember: your body listens to the sun more than your schedule.

When you get back in sync with the rhythm of light and dark, your body returns to doing what it’s brilliantly designed to do: wake up refreshed, fall asleep easily, and generate real, sustainable energy.

2. Optimise Deep Sleep

Energy Driver: *Mitochondrial Repair, Glymphatic Flow, Hormonal Recalibration, Autophagy*

Sleep isn't just about rest, it's your nightly tune-up.

And not all sleep is created equal. It's deep sleep, especially in the early part of the night, where the real magic happens.

Here's what your body does in deep sleep:

- Repairs muscle and organ tissue
- Activates **autophagy** (your body's cellular recycling programme)
- Stimulates **mitochondrial biogenesis** creating new energy-producing units inside your cells
- Flushes toxins from your brain via the **glymphatic system**, including beta-amyloid (linked to cognitive decline)

Miss out on deep sleep and you don't just feel groggy, your cells don't get repaired, your hormones go haywire, and your emotional resilience drops like a stone.

People in their 40s and 50s are typically getting 10–20% deep sleep per night. Optimal range? 20–25%. Think about what years (or decades) of deep sleep deficiency might be doing to your vitality and long-term health.

But here's what most people miss: deep sleep doesn't just happen. You have to set the stage.

Key player? **Melatonin**, not just a sleep hormone, but a mitochondrial protector and DNA repair agent. But here's the catch:

- It only flows in darkness
- A bedside lamp or a quick scroll through your phone can shut it right down
- Late meals, screens, and warm rooms also sabotage your sleep quality

The Science:

- Melatonin is suppressed by just 30 lux of **blue light** (your phone can exceed 500 lux!!!)
- Core body temperature must drop for deep sleep to kick in
- Deep sleep peaks between 10pm and 2am, so your timing matters. It's not just about "getting your 8 hours"

Deep Sleep Ritual:

- Dim or switch off overhead lights 1–2 hours before bed
- Stop eating at least 2–3 hours before sleep (elevated insulin = disrupted melatonin)
- Cool your room to 16–19°C (60–67°F) and make it as dark as a cave. Use blackout curtains, no glowing LEDs

You don’t generate energy by doing more. You generate it by diving into deeper stillness.

Protect your sleep like it’s sacred, because it’s where your body does its most intelligent, energy-generating work. Your next-level vitality literally begins in your dreams.

3. Hydrate with Minerals, Not Just Water

Energy Driver: *Electrolyte Balance, Cellular Voltage, Structured Water*

We've all heard it a thousand times: "**Drink more water!**"

And yes, water is important…

But if you're chugging litres of plain water without minerals, that's not hydration, that's just fancy internal irrigation.

It's like plugging in your phone without switching on the mains: the intention is there, but the charge? Not so much.

Here's the truth: your body isn't just a water balloon. It's an **electrical system**. Every single cell runs on charge, and to hold water and conduct energy properly, those cells need electrolytes, minerals like sodium, potassium, magnesium, and calcium.

These minerals are the unsung heroes behind:

- Enzyme activation
- Muscle contraction
- Nerve firing
- ATP (cellular energy) production

Without them?

- Water just flows right through you (hello, 27 bathroom trips a day)
- Cells can't hold structure or conduct energy
- Mitochondria get sluggish and stop producing energy efficiently

And then there are **aquaporins**, tiny water channels in your cells. They're like bouncers at the hydration club, and guess what they rely on to do their job? Yep, mineral gradients. Without the right minerals, those bouncers just shrug and let the water drift on by.

Oh, and **structured water**? That magical, gel-like, energy-enhancing form of water that lives inside your cells?

Not familiar with it? Well I recommend checking out the work of people like Gerald Pollock. Structured water (also called **exclusion zone** (EZ) water) is critical to the optimal function of your cells, and is especially important for your energy. And guess what? Minerals are essential to its form and function.

What drains your minerals faster than a toddler drains your patience?

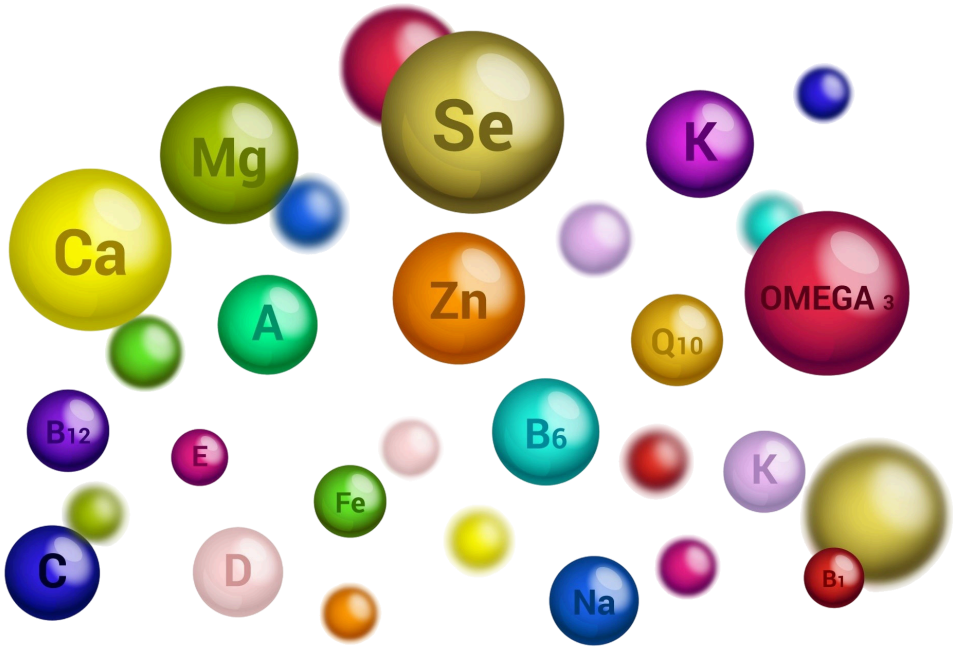
- Coffee and alcohol (diuretics = mineral vampires)
- Stress (burns through magnesium and potassium like a bonfire)
- Sweating (without replenishing = mineral debt)
- Processed foods (hello sodium, goodbye everything else)
- Overhydrating with plain water (yes, too much can actually dehydrate you)

Recharging Ritual:

- Start your day with a glass of filtered water + a pinch of sea salt or **trace minerals**
- Use a clean **electrolyte powder** (zero artificial nonsense) when sweating, stressed, or just dragging
- Eat **mineral-rich whole foods**: leafy greens, root veg, seaweed, nuts, seeds, wild seafood, shellfish, bone broth, and organ meats (must be organic) (or at the very least grass-fed or wild meat if organs make you squeamish)

Bottom line: a tired body isn't always underfed, it's often under-mineralised.

If water is the river, minerals are the riverbanks. Without them, your energy doesn't just flow, it leaks.



4. Stabilise Blood Sugar (Balance = Sustainable Energy)

Energy Driver: *Insulin Sensitivity, Mitochondrial Fueling, Hormonal Regulation*

You know that **mid-afternoon crash**? The one where your soul tries to escape your body around 3pm? That's not bad luck, that's your blood sugar playing rollercoaster tycoon.

Here's what's really going on:

- You eat something sugary or high-carb (hello muffin, goodbye focus)
- Your blood sugar spikes
- Your pancreas sends in the **insulin** cavalry to bring it down
- The crash hits… and so does the fogginess, the hanger, and the desperate craving for coffee or something crunchy

Repeat this loop often enough and you don't just feel tired, you start to develop **insulin resistance**. That's when your cells start ignoring insulin, glucose builds up in your blood, and you're left with fatigue, inflammation, mood swings, and a snack drawer that sees more action than your gym shoes.

And here's the kicker:

When your blood sugar crashes, your adrenal system tries to rescue you by pumping out cortisol. Great in an emergency. Not so great when it becomes your daily fuel.

Why this matters for your brain:

Your brain is a diva - it consumes up to 20% of your total energy and hates fuel fluctuations.

- Stable blood sugar = calm, focused, emotionally regulated you
- Unstable blood sugar = irritable, foggy, overly dramatic you

Blood Sugar Stability Ritual:

- Build every meal around protein (20–30g) and healthy fats
- Add fibre-rich foods (greens, cooked veg, salad) to slow digestion
- Consume fibre, protein and fat rich foods first - this slows down the absorption of carbs

- Avoid “naked carbs”, carbs with no protein/fat/fibre for backup
- Walk for 10–20 minutes after meals, just this can reduce glucose spikes by up to 30%
- Eat your bigger meals earlier in the day, insulin sensitivity drops at night, so late-night snacking = bigger glucose spikes

Balanced blood sugar is one of the fastest ways to unlock calm, steady energy, no stimulants, no drama, no 3pm desk naps required.

5. Activate Daily Gratitude And Appreciation

Energy Driver: *Neurochemical Balance, Immune Strength, Mitochondrial Protection, Parasympathetic Healing*

Gratitude. It's the darling of self-help books, Instagram quotes, and spiritual retreats. But here's the plot twist: it's not just a feel-good buzzword, it's a biological upgrade signal.

When you experience real gratitude, not forced positivity or "I guess I'm grateful I didn't burn my toast this morning", but genuine appreciation, something incredible happens:

Your body shifts out of **stress mode** and into **repair mode**. Like flipping a switch from "**survive**" to "**thrive**".

Here's what's actually going on behind the scenes:

- Your brain lights up in all the right places: the **prefrontal cortex** (for calm and clarity), the **anterior cingulate** (for empathy), and the **reward centres** (hello **dopamine** and **endorphins**).
- The **amygdala**, your inner drama queen and alarm bell, quiets down.
- The **default mode network**, the part of your brain responsible for overthinking, self-doubt, and awkward flashbacks from 2008, chills out.

In other words: gratitude helps your brain shift from "What if everything goes wrong?" to "Hey, we're actually okay."

But wait, it gets better.

Your nervous system strengthens its **vagus nerve**, the main switch for your **parasympathetic** ("rest and digest") system.

- **HRV** (heart rate variability) improves
- Blood pressure lowers
- Digestion and immunity get a boost

Translation: your body finally gets the memo that it's safe to heal, repair and regenerate.

Your immune system kicks it up a notch too:

- Decreases inflammatory markers like **C-Reactive Protein** and **IL-6** (the stuff linked to aging and disease)

- Increases **IgA** antibodies and **natural killer cells** (basically your inner ninja squad)

At the cellular level, gratitude:

- Supports mitochondrial function (more energy, less oxidative stress)
- Enhances **telomere** integrity (protects your DNA from premature aging)
- Encourages **longevity-linked genes** like sirtuins and FOXO to switch on

In simple terms: Gratitude makes your body go, “Aahhhh.”

It’s like giving your entire system permission to exhale, recharge, and operate from abundance instead of anxiety.

Gratitude Practice Made Simple:

- Journal 3 things each day you truly appreciate. Get specific, and ask yourself why you’re grateful for each of those things. That’s where the magic lies. It’s the difference between going through the motions and your heart lighting up.
- Micro-moments of appreciation: Tie short moments of reflecting upon things you're grateful for to daily habits, brushing teeth, washing dishes, putting on socks, yelling at your inbox, etc.

This isn’t some fluffy mindset game. It’s biological reprogramming. A legit way to tell your body:

“You’re safe. You can heal now.”

In a world wired for worry, choosing gratitude is rebellious, radical, and ridiculously powerful. It’s like the nervous systems feng shui and it doesn’t cost a thing.

6. Surrender (Letting Go) to Restore

Energy Driver: *Neurocircuit Reset, Hormonal Balance, Vagal Coherence, Cellular Repair*

Ah surrender, that word that either makes you feel zen or gives you flashbacks to losing an argument with a toddler.

But here's the twist: **surrender isn't weakness**. It's not giving up. It's letting go, with strength, grace, and a bit of "I'm done trying to control the universe" energy.

We're not talking about surrendering your values, principles or boundaries. Nor becoming a doormat for others. We're talking about psychological and emotional letting go, the kind that frees your system from the exhausting loop of gripping, bracing, forcing, overthinking, and micro-controlling life.

Contrary to misguided perceptions, surrender takes tremendous strength and courage.

Because here's the truth: holding on takes energy. A lot of it.

When you hold on (to anger, fear, control, disappointment):

- Your nervous system stays stuck in fight-or-flight
- Your breath tightens
- Stress hormones flood your system
- Digestion, immunity, and repair get shut down
- Mitochondria start quietly sobbing

But when you let go, even just a little, your body exits **defense mode** and enters healing mode (aka energy revitalisation).

Here's how surrender actually rewires your biology:

1. It rewires your brain for clarity and calm

- Activates the **prefrontal cortex** (your CEO brain)
- Calms the **amygdala** (your panic button)
- Boosts **emotional intelligence** and decision-making

MRI studies show these changes in just 8 weeks of surrender-based practices (think mindfulness,

breathwork, emotional processing).

2. It breaks the loop of overthinking

- Reduces activity in the **Default Mode Network** (aka the mental chatterbox)
- Quieting this network = less rumination, more presence, less drama

3. It resets your stress chemistry

- Chronic control triggers the **HPA** (hypothalamus-pituitary-adrenal) axis (your stress hormone command centre that fires up your adrenal glands and floods your body with adrenaline and cortisol so you're primed to go wrestle that tiger)
- That disrupted sleep, compromised digestion, weak immunity, and fried mitochondria

  Surrender helps shut it all down, reducing **cortisol** and increasing **DHEA**, the hormone of repair and youth

4. It activates your parasympathetic system

- Especially the ventral vagus nerve, the one responsible for calm, digestion, immunity, detoxification and rest
- This leads to better sleep, improved HRV, slower aging, and actual regeneration

5. It balances your emotional neurochemistry

Letting go boosts:

- **GABA:** your internal chill pill
- **Serotonin:** the mood stabiliser
- **Oxytocin:** the cuddle hormone that boosts trust and reduces inflammation

Over time, this cocktail of calm helps you feel less reactive, more grounded, and most importantly, more energised.

Develop Your Surrender Muscle:

Let’s be real: letting go doesn’t come easy. Especially when emotions, dreams, and relationships are involved.

But just like you wouldn’t try to bench press a fridge on day one, you don’t start your surrender journey with the big stuff.

Start small:

- Someone cuts you off in traffic? Let it go.
- Partner forgot to pick up milk? Let it go.
- Made a mistake at work? You guessed it… let it go.

Remember: letting go isn't giving up. It's telling your body:

"You're safe now. You can stop gripping and start regenerating."

Because the energy you're craving? The clarity, calm, and vitality?

It's waiting just beneath the tension.

All you need to do is soften.

7. Train for Mitochondria, Not Just Muscle

Energy Driver: *Mitochondrial Biogenesis, Hormonal Resilience, Myokine Release*

Let's clear something up: **resistance training** isn't just for bodybuilders, gym rats, or people who own way too many shaker bottles.

Building strength isn't about aesthetics (though hey, side perks). It's about building your internal power plants, the mitochondria and turning your body into a lean, mean energy-making machine.

Here's what most people don't realise:

Your muscles (alongside your heart and brain) are the primary home of your mitochondria, the teeny-tiny engines inside your cells that produce ATP, the currency of cellular energy.

So more lean muscle = more mitochondria = more energy. Even while you're lounging on the sofa.

When you engage in resistance training (weights, bodyweight, bands, lifting random furniture - you do you), your body responds by:

- Creating new mitochondria (a.k.a. **mitochondrial biogenesis**)
- Releasing **myokines,** molecules that:
    - Reduce systemic inflammation
    - Improve fat metabolism
    - Support cognitive health
- Improving insulin sensitivity, helping stabilise blood sugar and energy
- Stimulating youth-promoting hormones like **DHEA**, **testosterone**, and **growth hormone**, all of which naturally decline with age, but are vital for energy, mood, and recovery

Oh, and it gets brainy too:

Resistance training increases **BDNF (Brain-Derived Neurotrophic Factor)**, aka Miracle-Gro for your brain cells. **More BDNF = better focus, memory, and emotional bounce-back.**

Training for Energy Protocol:

- Start small: 2-4 sessions a week. Don’t overthink it. Use what you’ve got, dumbbells, kettlebells, resistance bands, bodyweight, cans of beans, small children… it’s all fair game.
- Prioritise compound movements (those that mimic real life): squats, deadlifts, presses, pulls, carries
- Aim for progressive overload, slowly increasing challenge over time
- Don’t forget recovery - sleep, protein, and rest days are part of the energy-building formula too

More muscle = more mitochondria

More mitochondria = more ATP

More ATP = more energy, resilience, and clarity

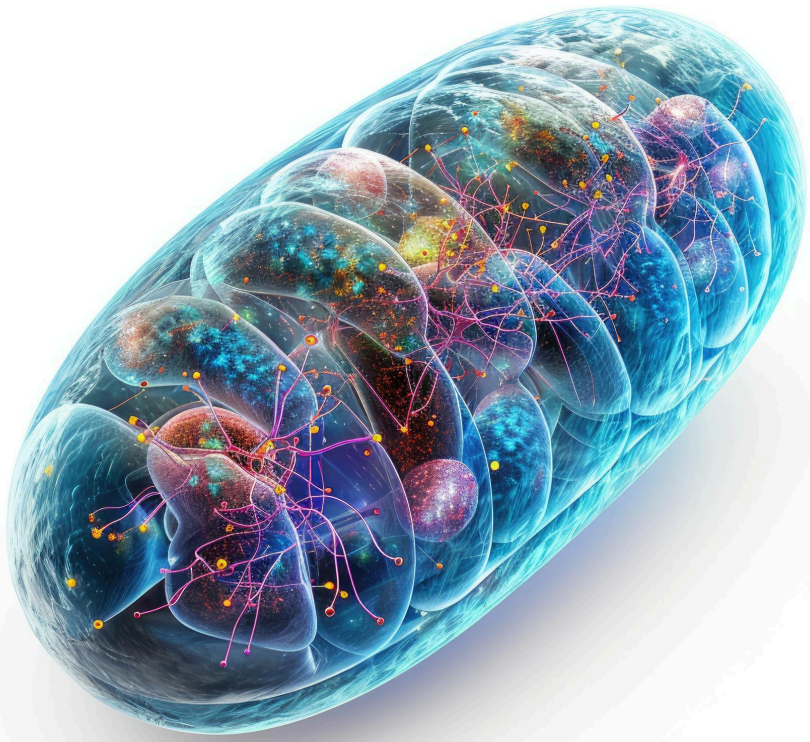
And here’s the soul truth:

Building strength isn’t just about lifting heavier weights, it’s about becoming the kind of human who can carry more.

Emotionally, physically, mentally.

It’s a declaration to your biology:

“I’m not here to survive. I’m here to thrive.”



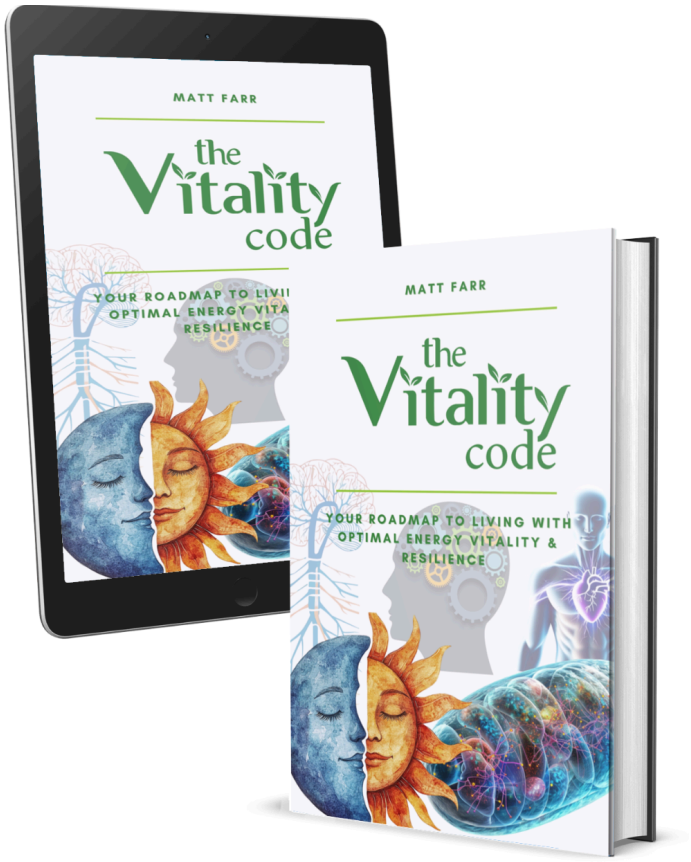
Concluding Thoughts…

If you've made it this far, congratulations! You're now holding 7 of the most practical, proven, physiology-altering tools to double your energy. **We've covered:** *Light, Sleep, Hydration, Blood sugar, Gratitude, Surrender, and Muscle (and mitochondria)*

But here's the thing… these are just seven of many.

There are at least 10–15 other tools that could've made the cut, but I kept them out because… well, attention spans.

The deeper dive? It's all in The Vitality Code, my book where we go beyond the basics and straight into the core operating system of your energy, mood, and vitality.



In it, you'll learn:

- How to align with your body's innate rhythms (instead of fighting them)
- Why energy isn't a fixed resource, but a trainable, renewable capacity
- How to unlock performance and resilience not through willpower, but biological rhythm
- How to build a self-care system that's smart, sustainable, and doable in real life

Because true vitality isn't about doing more.

It's about doing the right things at the right time, so your body can give you its best.

If something in this guide sparked a lightbulb moment or just made you think, "I want more of that" then The Vitality Code was written for you.

Ready to go deeper?

Your energy is waiting.

Let's flip the switch on your biology and turn it into your greatest source of power.

Visit www.thevitalitycodebook.com to grab your copy.