

5 Hacks to Beat the Afternoon Energy Crash

Learn what you can do to control your afternoon energy.

Dr. Rich Farina

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1. Time Your Lunch Smartly

What happens metabolically: A carb-heavy meal (pizza, pasta, sugary drinks) spikes blood sugar, followed by a rapid insulin surge. This causes a quick crash in glucose levels, leaving you tired and sluggish.

Better choice: Include lean protein (chicken, fish, beans), fiber (veggies, whole grains), and healthy fats (avocado, olive oil, nuts).

Metabolic benefit: Balanced meals keep blood sugar steady, reduce insulin spikes, and support more efficient energy conversion in your cells.





2. Hydrate Before You Caffeinate

What happens metabolically: Even mild dehydration slows down cellular metabolism because water is required for energy production (ATP synthesis).

Better choice: Drink 1–2 glasses of water before your coffee. This rehydrates cells, helps flush out metabolic waste, and primes your system for energy use.

Metabolic benefit: Proper hydration boosts mitochondrial efficiency — where energy is actually made — so your caffeine can enhance, not just mask, alertness.

3. Take a 5-Minute Movement Break

What happens metabolically: Long sitting reduces insulin sensitivity and slows circulation. Muscles become less efficient at absorbing glucose from the blood, leading to sluggish energy.

Better choice: Stand, stretch, or walk briskly for 3–5 minutes. Even small bursts of activity trigger glucose uptake in muscles without requiring insulin.

Metabolic benefit: Short movement spikes metabolic activity (NEAT: non-exercise activity thermogenesis), helping stabilize blood sugar and oxygen delivery to the brain.





4. Snack Smart

What happens metabolically: Sugary snacks cause a sharp glucose spike followed by a crash. Your body quickly burns through the sugar and signals for more (cravings).

Better choice: Pair protein + fiber (Greek yogurt & berries, almonds & apple, hummus & veggies).

Metabolic benefit: Protein slows digestion and supports muscle repair (which raises metabolic rate), while fiber slows glucose absorption. Together, they provide a steady energy release instead of a roller coaster.

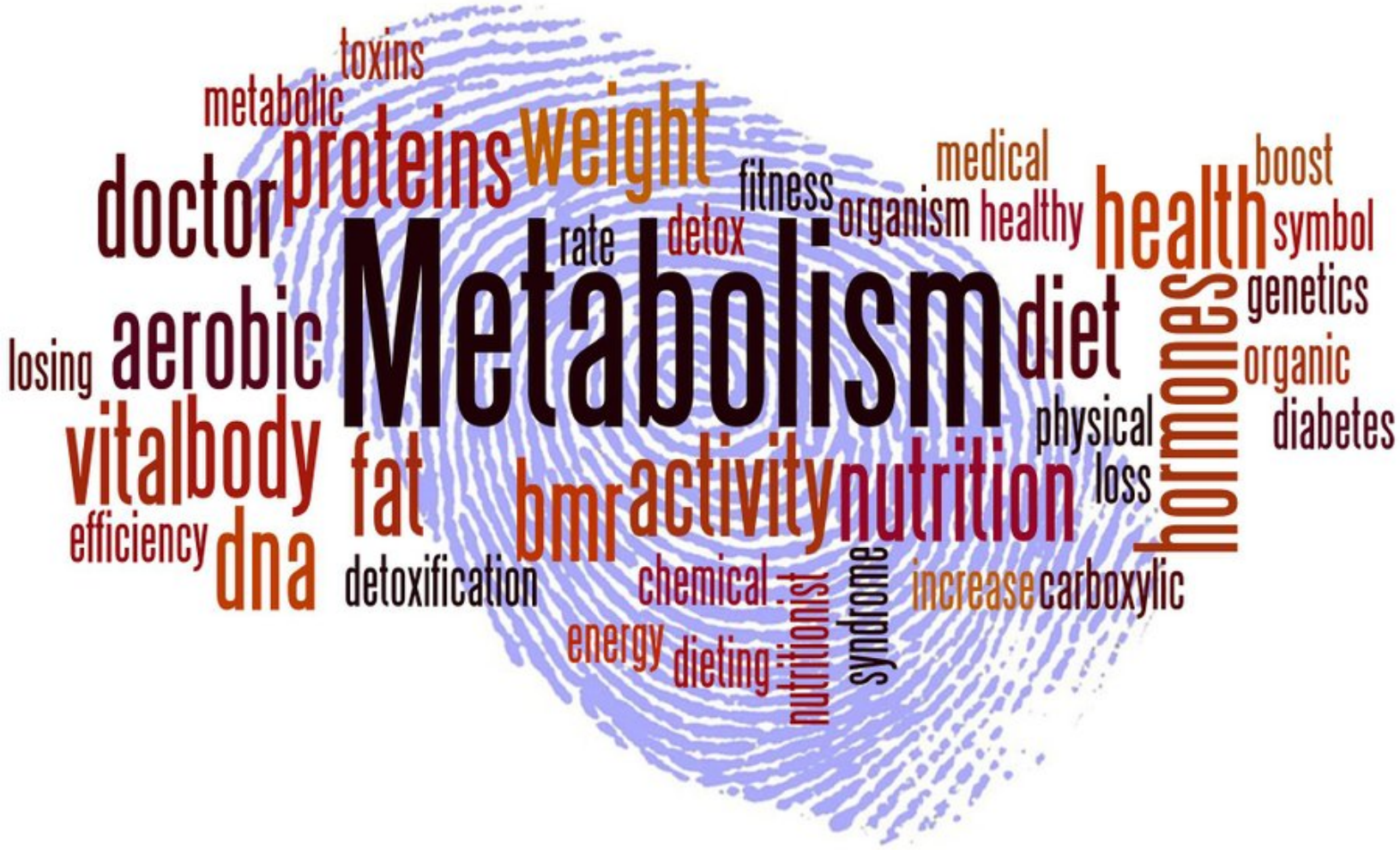
5. Get a Dose of Natural Light

What happens metabolically: Natural light exposure regulates the body clock rhythms of your day-night cycle through melatonin and cortisol balance. Cortisol, when properly aligned, boosts alertness and metabolic function in the afternoon.

Better choice: Step outside or near a window for 5–10 minutes of sunlight.

Metabolic benefit: Light exposure helps your body's internal clock coordinate metabolism — syncing digestion, energy production, and even hormone release so you avoid mid-day drowsiness.





By trying these hacks based on how your metabolism actually works — *blood sugar control, hydration, muscle activation, nutrient timing, and body clock rhythms* — you're not just preventing an afternoon energy crash; you're optimizing your body's internal energy engine… *your Metabolism!*

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ENERGY

METABOLISM

EVERYDAY HEALTH

Support Your Energy... The Right Way

Small habits create the foundation — targeted support helps your body respond.

You've seen how simple daily habits can improve how your body creates and uses energy. From hydration and movement to sleep and nutrition — each step helps your metabolism work more efficiently. But there's **one piece many people overlook...**

Targeted Nutritional Support

- More stable, all-day energy
- Fewer post-meal crashes
- Better day-to-day consistency
- Supports healthy glucose metabolism
- Works alongside your daily habits
- Helps reinforce metabolic efficiency



Truthentics GlucoPlus

Designed to complement the exact habits outlined in this guide — helping support how your body processes carbohydrates and maintains steady energy throughout the day.

It's not a replacement for your habits... it helps your body respond better to them.

Where to Find It

Amazon
Fast delivery and verified reviews.

Truthentics.com
Official source for product details and guidance.

Available online for convenience, fast delivery, and easy access.

A Simple Way to Get Started

Start with one or two habits. Stay consistent. Add support where it makes sense.

That's how real, lasting energy is built.

Your metabolism doesn't need perfection — it needs consistency, support, and the right inputs.

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GET THE MOST FROM YOUR GLUCO PLUS

Simple daily habits to help support steady energy, balanced blood sugar, and better metabolic health.



HOW TO TAKE

2 CAPSULES DAILY
FOR BEST RESULTS

15–30 MINUTES
BEFORE YOUR LARGEST MEAL

OPTIONAL: SPLIT DOSE
1 BEFORE LUNCH, 1 BEFORE DINNER

5 PRO TIPS FOR BEST RESULTS

1. BE CONSISTENT
Take at the same time each day for best results.

2. PAIR WITH MEALS
Works best before meals that contain carbohydrates.

3. START SMART
Begin with 1 capsule for a few days, then increase to 2.

4. SUPPORT WITH FOOD
Combine with protein, fiber, and balanced meals.

5. TRACK SMALL SIGNALS
Pay attention to energy, cravings, and how your clothes fit—you'll notice the difference.

WHAT MAKES THE DIFFERENCE?

It's not about quick bursts of energy—
it's about creating **steady, all-day energy** without crashes.

STAY CONSISTENT. TRACK SMALL CHANGES.

That's where real results begin.

WHAT TO EXPECT (AND WHEN)

WEEK 1

7 DAYS

- More stable energy after meals
- Fewer sugar cravings
- Less afternoon fatigue

> *"I don't feel that heavy, tired feeling after eating anymore."*

WEEK 2

14 DAYS

- Steadier energy throughout the day
- Better appetite control
- Reduced snacking

> *"I'm naturally eating less without trying."*

WEEK 4

28 DAYS

- More consistent daily energy
- Less bloating, improved waistline
- Better focus and clarity

> *"My clothes fit better even before the scale changed."*

BEYOND 4 WEEKS

- Long-term metabolic support
- Easier weight management
- More predictable energy & appetite

> *"This is the first time something actually felt sustainable."*

WHAT TO WATCH FOR

Most results are subtle at first—look for:

- **FEWER ENERGY CRASHES**
- **LESS THINKING ABOUT SUGAR**
- **MORE CONSISTENT DAILY ENERGY**

TRUTHENTICS HEALTH

Supporting your metabolism—
so your body can work the way it's supposed to.

INSPIRED BY NATURE • BACKED BY SCIENCE

FOLLOW YOUR PROGRESS: ENERGY | CRAVINGS | WAIST | FOCUS