



February 2, 2016 – Grand Rapids, MI

The Two O'Clock Fade

For the [6th Annual Super Bowl Webinar](#) coming up this Sunday, the focus is on performing better, whether getting your body fit or at work. I would love for every reader to join me this Sunday at noon Eastern Time, but in case you can't, I'm giving you three tips this week to help you perform a little better every week.

See if this sounds familiar. If you work a typical 9-to-5 job, and somewhere around two o'clock in the afternoon, your body is there but nobody's home. If you work a second shift, adjust the time to a couple hours after lunch. You can stare at the computer screen or the telephone, know what you have to do, but have no mental focus to get it done.

My philosophy is that the simplest solution is often the correct one. Odds are this fade is caused by dehydration. Make sure you drink two to three cups or more of fluid during and after lunch, because after you eat, blood is pulled from the rest of the body to help digest and absorb what you ate. If you don't get enough fluids at lunch and after, you won't get enough oxygen or nutrients to the brain. You just fade.



I'll have another tip on Thursday. There's still plenty of room for this Sunday's 6th Super Bowl Webinar. The tips I'm giving you in this week's messages can help you perform better. The information in the webinar can change your life.

What are you prepared to do today?

Dr. Chet

WGUV FM 88.5/95.3 **npr** ***Straight Talk on Health***

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