

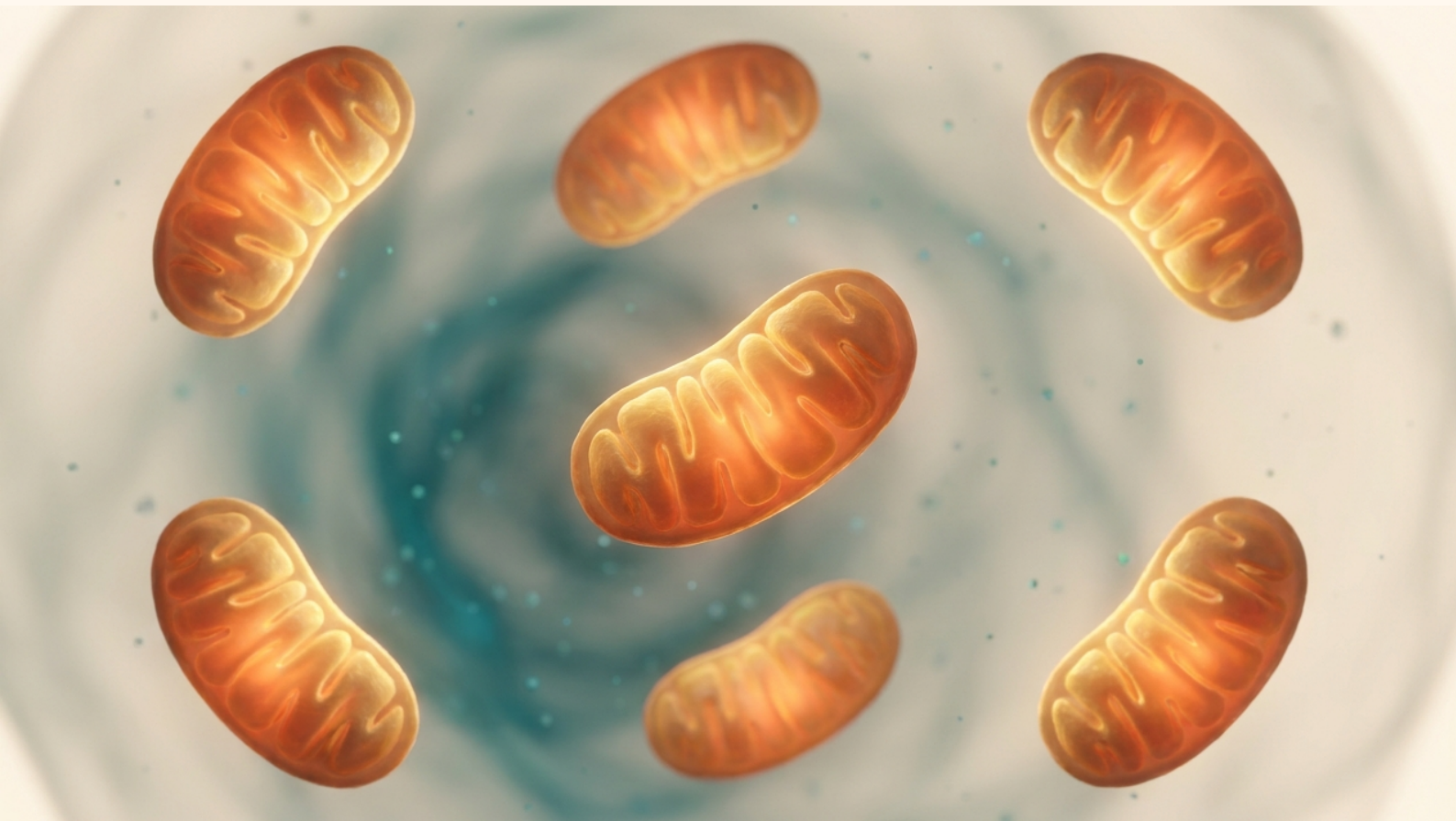


A GIFT WITH THE GOOD. 5 MINUTES

# More energy for your day

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Seven small habits that give your body's maintenance system a little room every day. No cleanse, no schedule: habits with a fixed anchor moment, so they stick.





WHY THIS WORKS

# Your body runs on a fixed budget

Only so much energy comes in per day, and your system distributes it along a strict hierarchy: survival first, safety next, and maintenance right at the back. Skin repair, hair pigment, the clean-up crew in every cell.

## Stress is the big spender

Under ongoing stress your body switches to a wartime budget: heart, lungs and brain take priority, maintenance is cut. Research from the lab of Dr. Martin Picard (Columbia University) made the cost measurable: cells exposed to cortisol used roughly 60% more energy. Worrying is not a free background process.

## And maintenance needs building materials

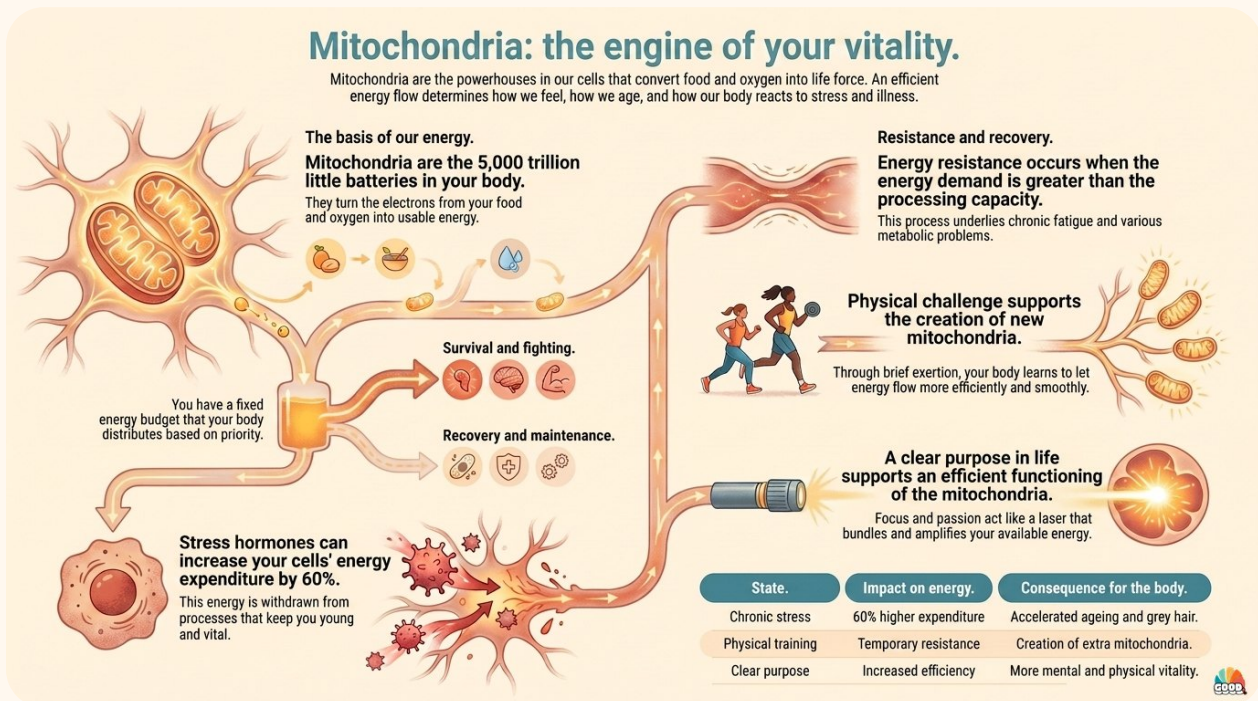
Besides energy, the maintenance crew needs materials: vitamins, minerals, protein. The seven habits that follow are built to sort both: less leakage from your budget, and the supply line in order.

The whole story, studies included, is in the blog: [Why you're tired even though you sleep enough.](#)



AT A GLANCE

# The engine of your vitality



Mitochondria: the engine of your vitality, at a glance.

## Did you know?

Mitochondria were once independent bacteria, at least that's the prevailing theory: around 1.5 billion years ago they moved in with a larger cell and never moved out again. They even kept their own DNA, a keepsake from that former life. And that DNA you inherit exclusively from your mother; the sperm's mitochondria are destroyed after fertilisation. So your starting point comes from your mother, but how well your power stations run is determined by your lifestyle.



THE HABITS

# Seven habits, seven anchors

Every habit gets an anchor: a fixed moment that already exists in your day. That way your head has nothing to remember, and that's exactly the point.

## 1 Start the day with a big glass of water

Your body has been cleaning up all night and wants to clear things out. One big glass when you get up sets it all in motion. Add a drop of RevitaZen if you like; one drop is plenty.

⚓ **Your anchor: the glass you reach for anyway when you get up.**

## 2 Eat your fibre before your carbohydrates

Fibre forms a layer in your stomach so the carbohydrates that follow flow into your blood more slowly. Flatter curve, less storage signal, fuller for longer.

⚓ **Your anchor: the moment you fill your plate; vegetables and salad go on first.**

## 3 Build muscle: strength training twice a week

Moving is a start, but the real result comes from building muscle: more muscle tissue means more mitochondria, so more capacity. Twice a week is enough to grow.

⚓ **Your anchor: two fixed days in your diary, as sacred as any appointment.**

## 4 A walk around the block after eating

Your muscles then take up glucose without insulin needing to get involved. Ten minutes already does it.

⚓ **Your anchor: the moment you put your cutlery down.**



THE HABITS

## The habits, continued

### 5 Stop the sabre-toothed tiger

Stress is a predator to your body, even when the predator is just your inbox. Three minutes of calm breathing (in for 4, out for 6) switches the alarm off and hands the budget back to maintenance.

⚓ **Your anchor: the first sigh. The moment you hear yourself sigh, this is your cue.**

### 6 Make dinner your supplement moment

One fixed moment for anything you take with food. Mine is dinner, with the RevitaZen+ capsule and my probiotics. Make it a habit to always place them next to your plate, and soon you'll never forget.

⚓ **Your anchor: setting the table.**

### 7 Give your sleep a fixed window

Maintenance runs at full power at night, and it runs best on rhythm. Same time out, same time in, weekends included. Much more on this soon.

⚓ **Your anchor: the alarm you set anyway; set one for going to bed as well.**

### Why anchors work

A habit without an anchor demands a decision every day, and decisions cost exactly the budget you're trying to protect. A habit with an anchor rides along on something that happens anyway. After a week or two you stop thinking about it, and that's when it starts to count.



DAILY SUPPORT

## RevitaZen: upkeep in two forms

This summer doTERRA launched the successor to its classic detox line: daily support for the filtering processes your body already uses. No cleanse; one drop and one capsule a day.



### The RevitaZen blend

Six essential oils, each with its own role in the clean-up work: tangerine (limonene), ginger for the gut lining, juniper berry as the classic kidney herb, plus rosemary, geranium and cilantro. One drop in your first glass of water per day is 100% enough.

[Read about the blend →](#)



### RevitaZen+ capsules

A capsule inside a capsule: botanical powder within (milk thistle for the liver, artichoke for bile flow), the liquid blend around it, with black cumin and vitamin E as antioxidant cover. One capsule a day with a meal; for me that's dinner.

[Read about the capsules →](#)

Everything supports what your body already does. The product pages tell you exactly what's inside and how to use it.



TO FINISH

## Starting small counts too

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Seven habits at once would put you straight back on a wartime budget, and that's exactly not the idea. Pick one, hang it on its anchor, and let the rest wait until the first one runs by itself. More energy isn't a sprint; it's a budget that gets a little healthier every week.

Questions? Just reply to the GOOD. 5 minutes. I read everything myself and I answer myself too.

**Let's go!**  
**Tanja**

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