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## Oz Garcias Tips on Surviving Four More Days!



*It's Day 4 and we're looking for all the tips we can get to keep our immune systems in order. We asked Oz Garcia, PhD to give us a few tips.*

It takes a lot to keep up with the fast pace, glamor and high demand of the fashion world, especially when all that high energy is condensed in one week. Here are my top 10 tips to pull it all together.

**1)** In the morning, drink a bio-active yogurt first thing, such as DanActive, Activia or BioK. Having active pro-biotic yogurt will boost your immune system. It also packed with protein, calcium, riboflavin, and vitamin B12, which is great for stress.

**2)** Don't skip breakfast. Eating breakfast stabilizes blood sugar. Oatmeal is a great and simple choice because it's loaded with soluble fiber, which is key in steadying blood sugar levels and slowing down carbohydrate absorption. It's really great for long-lasting energy. By skipping meals in general your metabolism slows down—your brain tells your body to store fat because it thinks you're starving and wants to conserve it.

**3)** Since fashion shows often run overtime, bring snacks that are great pick-me-ups and will help stabilize blood sugar. Power bars, bio-active yogurt and nuts such as almonds are great ways to keep your energy levels up. Almonds contain riboflavin, a component in the production of energy and power bars are made to pack it all in a simple snack so you can keep going.

**4)** I know it's easy to reach for a cup of coffee for a quick boost of energy but caffeine and sugar create energy highs and lows that can exacerbate stress. Instead, get a rise from a cup of green tea which contains a different kind of caffeine that won't produce a crash as coffee does.

**5)** The best beauty secret is rest. Getting between seven to nine hours of sleep per night will help you look refreshed and remain vital and energetic throughout the day. Studies have shown that lack of sleep increases the production of stress hormones and causes weight gain. ([more...](#))