

FEATURE ARTICLE

The Spring Energy Reset: A Doctor's Guide to Renewing Energy

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As the seasons shift, it's the perfect time to adjust your wellness practices to align with nature's rhythms. Spring isn't just about longer days and warmer weather—it's a time to reset your body's internal systems and embrace vitality from the inside out.

A great place to start is by focusing on your mitochondria, the powerhouses of your cells. These tiny structures are responsible for producing the energy necessary for nearly every bodily function, and supporting mitochondrial health can revitalize your metabolism and energy levels.

Here's how you can optimize your metabolism and energy levels this season:

1. START Your Day with Movement

Incorporating movement into your morning routine has profound effects on your circadian rhythm, metabolism, and overall energy levels. Research shows that engaging in a brisk walk or light strength training within 90 minutes of waking not only helps reset your body's internal clock but also enhances mitochondrial function and insulin sensitivity. Morning exercise is essential for syncing your biological processes and making the most of your metabolic potential throughout the day.

Why it works: Morning exercise boosts mitochondrial efficiency and sets the tone for an energized day. ([Read more about how your circadian rhythm impacts metabolism here.](#))

2. UPGRADE Your Nutrition

What you eat has a direct impact on mitochondrial function. Polyphenol-rich foods, such as berries, dark chocolate, and green tea, have been shown to reduce oxidative stress and promote mitochondrial efficiency. Polyphenols are antioxidants that fight cellular damage, and studies suggest they can enhance

mitochondrial biogenesis (the process of creating new mitochondria), reduce cellular aging, and combat inflammation.

Why it works: These nutrient-dense foods support long-term health by helping maintain mitochondrial vitality, which is key to feeling energetic and youthful.

3. PRIORITIZE Restorative Sleep

With longer days, the natural increase in sunlight can disrupt melatonin production and affect sleep quality. But don't worry—there are strategies you can use to improve your sleep and ensure it's as restorative as possible. Reducing blue light exposure at night, especially from screens, helps regulate melatonin levels, while magnesium and glycine are two supplements that support deep, restorative sleep. Proper sleep is essential for mitochondrial recovery and overall wellness.

Why it works: Sleep is when your body recovers, repairs, and regenerates. For your mitochondria to function at their best, quality sleep is non-negotiable. ([Learn more about the connection between sleep and mitochondrial health here.](#))

The Bottom Line

Spring is the perfect opportunity to reset and align your body with its natural rhythms. By starting your day with movement, optimizing your nutrition, and prioritizing restorative sleep, you'll not only enhance mitochondrial function but also boost your overall vitality. These simple but effective practices will help you feel more energetic, rejuvenated, and ready to embrace the season of renewal.

By aligning with the body's natural rhythms this spring, you'll be able to tap into new reserves of energy and longevity—setting the stage for the next chapter of your wellness journey.