

GLOBAL ENERGY

How people around the world get up and get going.

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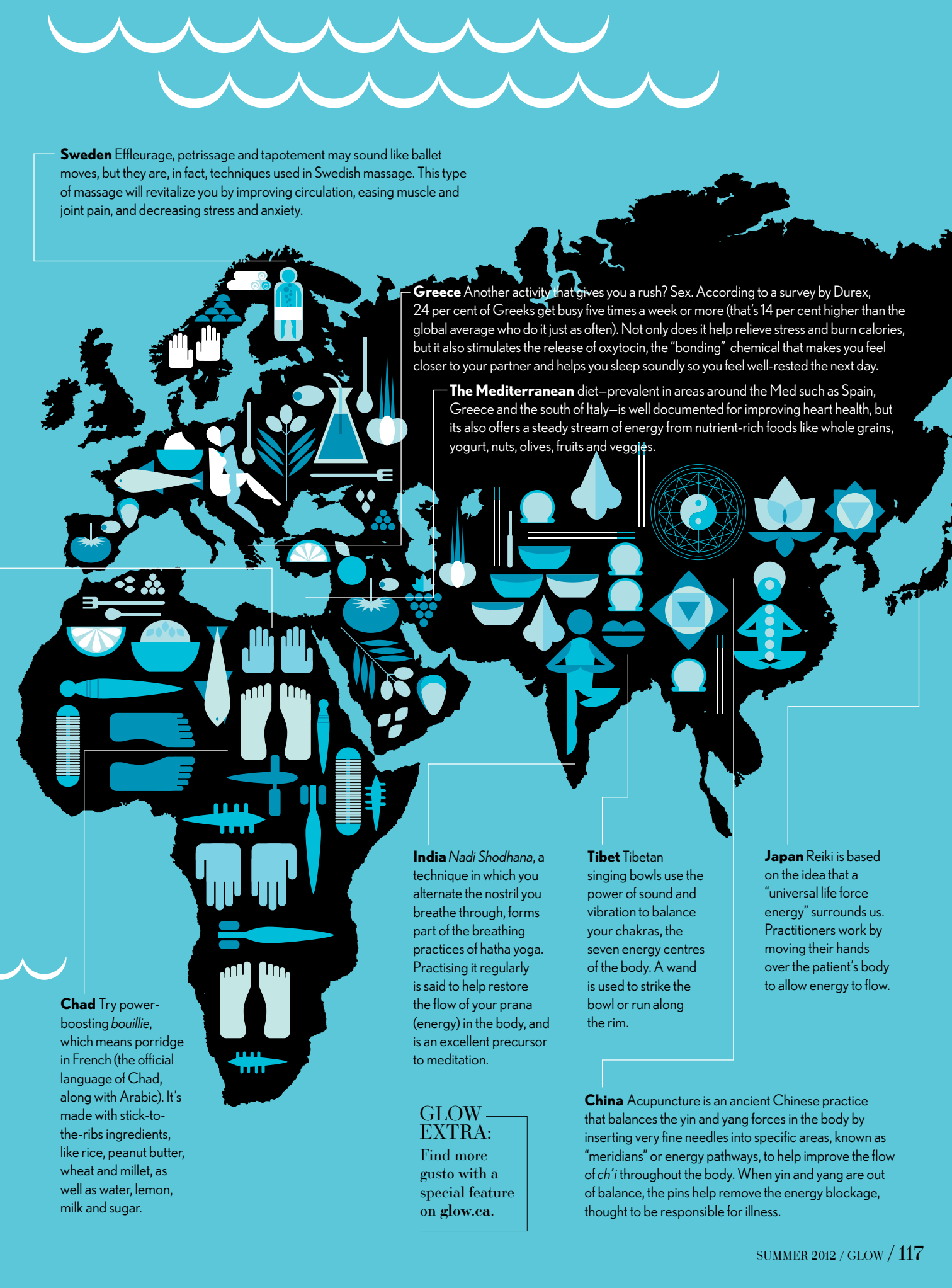


North America Liquid energy is on the tip of everyone's tongues (and we're not just talking about the caffeine and ginseng in energy drinks). Juice bars are popping up everywhere, most notably Starbucks' first Evolution Fresh opening in Washington, D.C., this past March. But don't start chugging just yet. Studies advise consuming these often sugar-laden beverages in moderation to avoid weight gain.

Brazil is the largest exporter of coffee beans (it produced more than a third of the world's coffee in 2011), but according to folklore, its stimulating effect was first discovered in Ethiopia. A goat herder noticed his goats acting hyper after they ate coffee cherries, so he had a few himself and discovered their energy-yielding power.



Egypt Reflexology targets pressure points on the hands and feet that are said to balance the body's energy. Hieroglyphics found in ancient Egyptian tombs—illustrating figures exchanging foot rubs—hint at the origin of this sophisticated system of unblocking energy channels.



Sweden Effleurage, petrissage and tapotement may sound like ballet moves, but they are, in fact, techniques used in Swedish massage. This type of massage will revitalize you by improving circulation, easing muscle and joint pain, and decreasing stress and anxiety.

Greece Another activity that gives you a rush? Sex. According to a survey by Durex, 24 per cent of Greeks get busy five times a week or more (that's 14 per cent higher than the global average who do it just as often). Not only does it help relieve stress and burn calories, but it also stimulates the release of oxytocin, the "bonding" chemical that makes you feel closer to your partner and helps you sleep soundly so you feel well-rested the next day.

The Mediterranean diet—prevalent in areas around the Med such as Spain, Greece and the south of Italy—is well documented for improving heart health, but it also offers a steady stream of energy from nutrient-rich foods like whole grains, yogurt, nuts, olives, fruits and veggies.

India *Nadi Shodhana*, a technique in which you alternate the nostril you breathe through, forms part of the breathing practices of hatha yoga. Practising it regularly is said to help restore the flow of your prana (energy) in the body, and is an excellent precursor to meditation.

Tibet Tibetan singing bowls use the power of sound and vibration to balance your chakras, the seven energy centres of the body. A wand is used to strike the bowl or run along the rim.

Japan Reiki is based on the idea that a "universal life force energy" surrounds us. Practitioners work by moving their hands over the patient's body to allow energy to flow.

Chad Try power-boosting *bouillie*, which means porridge in French (the official language of Chad, along with Arabic). It's made with stick-to-the-ribs ingredients, like rice, peanut butter, wheat and millet, as well as water, lemon, milk and sugar.

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China Acupuncture is an ancient Chinese practice that balances the yin and yang forces in the body by inserting very fine needles into specific areas, known as "meridians" or energy pathways, to help improve the flow of *chi* throughout the body. When yin and yang are out of balance, the pins help remove the energy blockage, thought to be responsible for illness.