

# MY 5 TOP TIPS TO BEAT EXHAUSTION

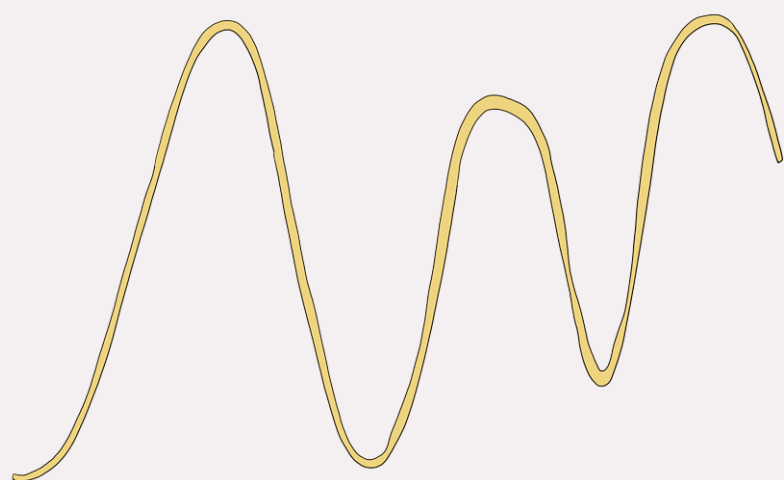
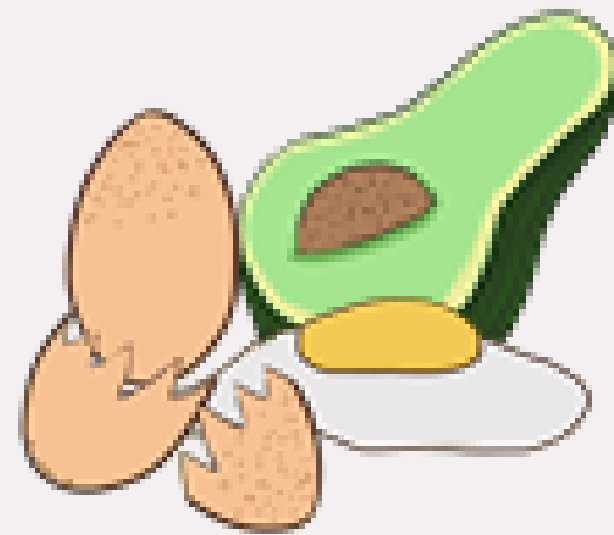


## ON WAKING

Drink 1 pint of filtered water with a slice of fresh lemon and some apple cider vinegar to help support your liver and kick-start your digestion.

## CHOOSE AN ENERGY-BOOSTING BREAKFAST

Choose breakfast options loaded with protein and healthy fats



## SUPPORT YOUR BLOOD SUGAR BALANCE

Aim for three balanced meals a day and avoid snacking on convenience foods which are high in sugars.

## KEEP UP YOUR FLUIDS

Aim to drink regular filtered water every day (inbetween meals to avoid diluting digestive juices). Aim for at least 1.5 litres daily.



## FIND YOUR POWER SOURCE

Do more of the things that make you happy and leave you feeling refreshed.

