

DECEMBER CAN BE A busy time of year when it comes to socialising, with office parties, family get-togethers and social gatherings to enjoy. At times, all that fun, food and drink can leave you feeling tired and drained.

Our one-day energy booster is designed to be used whenever you feel you need a lift throughout the month. Using a combination of nutritious food, energising exercise and beauty boosters, it will leave you glowing from head to toe. To get started, choose a day, preferably at a weekend, when you can devote as much uninterrupted time as possible to yourself. Avoid scheduling in lots of tasks, especially any outside of the home, and try turning your mobile phone off for most of the day to free your mind and give your thumbs a rest!

Do your prep

Get ready in advance for your energy-boosting day by buying the following:

- A bunch of orange and/or yellow flowers. Put these in a vase in your bedroom so you'll see them when you first wake.
- Bach Natural Fatigue Remedy (£12.89, nutricentral.co.uk).
- Two lemons, three apples, a large piece of fresh ginger root, two cloves of garlic, two onions, three sweet potatoes, five carrots, two courgettes, three celery stalks, two beetroots, kombu seaweed, a bunch of fresh parsley, a bay leaf, a red chilli, watercress, a selection of green vegetables, long grain brown rice, 100g turkey mince.
- Spirulina powder.
- Epsom salts.
- Plain/cheap ground coffee.
- Lavender oil.



Awaken your senses

Orange and yellow are both uplifting, invigorating shades. Colour experts say painting your bedroom walls yellow helps you wake feeling bright and chirpy. However, a bunch of flowers is a much easier way to achieve that, even on the dullest of winter mornings.

As soon as you get out of bed, use more flower power to invigorate yourself. Spray some Bach Natural Fatigue Remedy onto your tongue. It contains essences of clematis, which is said to help you focus, as well as olive, which helps to restore vitality.

Give yourself a squeeze

To help you feel energised faster, use a massage technique to get your blood pumping. Self-administered acupressure can help boost your mood and mental alertness in the morning, according to a 2014 study published in the *Global Journal of Health Science*. 'Try massaging the pressure point between your index finger and thumb,' says acupuncturist Tamzin Freeman. This spot is known as Large Intestine 4, and helps to move energy around your body. 'Using your left thumb, feel down the bone of your right index finger into your hand where it meets the thumb bone. Use your thumb to massage the fleshy area just below it.' Massage one hand for five seconds, then do five seconds on the other one.





MIDDAY MOTIVATION 12-1PM

Gather your thoughts

'Your body clock tends to run in 90-minute cycles,' says hypnotherapist Sharon Stiles. This is known as the ultradian rhythm, or basic rest-activity cycle. 'Every hour and a half you need a short break from what you're doing so your mind can process the information you've been taking in. Giving yourself short breaks during the day is the equivalent of having mini sleeps.' Try going for a short walk, sitting quietly looking out of a window, or even switching tasks to something less mentally taxing, such as ironing instead of paperwork.

Make some mineral-boosting soup

Eating rich, heavy meals creates a lot of work for your digestive system, which, in turn, can lead to you feeling sluggish and tired. Instead, opt for this revitalising, easily digested soup. It's rich in magnesium and potassium, both of which are important for replenishing nerves and muscles. The capsaicin in chilli helps your body burn fat, while the seaweed boosts iodine levels, which is essential for healthy thyroid hormone synthesis. If the soup alone isn't filling enough, have a slice of wholegrain bread with it, which contains around 30g of low-glycaemic carbohydrates to keep your energy levels steady. Chop the vegetables and parsley, and put all the ingredients into a large pan of water. Bring to the boil, then simmer, covered, for about 30 minutes. You can eat it as it is, or allow the mixture to cool before blending it into a thick soup.

- Onion 1
- Garlic cloves 2
- Fresh ginger 2in
- Medium sweet potatoes 3, unpeeled
- Carrots 3, unpeeled
- Courgettes 2
- Celery stalks 2, halved
- Small beetroot 1, unpeeled
- Kombu seaweed 3 pieces
- Fresh parsley handful
- Bay leaf 1
- Red chilli, 1 deseeded
- Water 2l

