



The 7-DAY ENERGISING DETOX PLAN

Want to shake off that winter sluggishness and feel motivated, revitalised and full of beans? Then this is the detox plan for you!

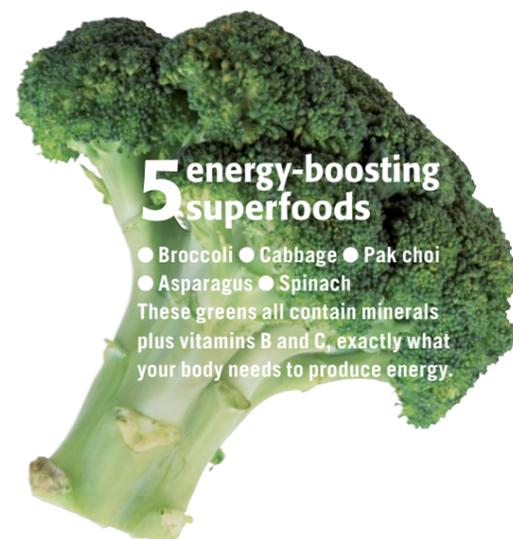
Ideally, your energy levels should be fairly constant, but stress and stimulants can result in 'highs and lows' that leave you feeling depleted, with symptoms such as low mood, fatigue, aching muscles, headaches and, in some cases, insomnia.

When you're feeling physically and mentally drained, you often find yourself turning to quick-fix energy boosters, such as sugar and caffeine, that, in the long run, leave you feeling even worse.

A thorough cleanse can help restore your body's natural ability to produce energy, making you less likely to crave the things that add to the problem. This plan is also packed with bounce-boosting protein, vitamins and minerals – all designed to leave you feeling full of energy and vitality.

Your treat

Epsom-salt baths help detoxify and revitalise your body. Buy the salts from a chemist and just add a cupful to a hot bath. A 20-minute soak really helps promote a good night's sleep. Add a couple of sprigs of rosemary for the ultimate home-spa treat.



5 energy-boosting superfoods

- Broccoli ● Cabbage ● Pak choi
 - Asparagus ● Spinach
- These greens all contain minerals plus vitamins B and C, exactly what your body needs to produce energy.

How to get moving

- The savasana or corpse pose is the final relaxation step in yoga. It encourages the flow of energy and oxygen through the body, while also allowing you to recharge your batteries. Lie on your back with your head supported down to the top two vertebrae, so your neck remains free. Hold your arms about 2ft away from your body, palms facing upwards, allow your legs to relax and close your eyes. Stay there for up to 15 minutes, but make sure you don't drift off – full relaxation happens when you stay attentive to watching your breath move in and out of your body.
- Spinal twists are super-energising and balancing – they open up your spine and release tension. Start by simply sitting square on the seat of a chair. Breathe in and then breathe out as you turn slowly from the

base of your spine, reaching to hold the back of the chair. Allow the turn to move up through your spine for five long breaths as you suck in your belly and lift your chest. Repeat on the other side.

- Find an exercise you enjoy and do it regularly. You may think you're too rundown and tired to exercise, but studies have shown that physical activity actually boosts your energy levels.

What to buy

A good quality vitamin-B Complex such as Viridian High Five B Complex With Magnesium Ascorbate, £6.10 from www.nutricentre.com, will help energy production.

Top tip

While you're detoxing, your body is working hard to repair and rejuvenate itself, so it's important to go easy. Exercise at a low to moderate intensity over the seven-day plan and return to (or start!) full-on workouts once your body feels up to it.

BREAKFASTS	LUNCHES	DINNERS
<ul style="list-style-type: none"> ● 2 slices smoked salmon, spinach leaves and half an avocado on 1 large or 2 small pieces of rye toast. ● 2tbsp porridge topped with grated apple, cinnamon, a little yogurt and/or nuts and seeds. 	<ul style="list-style-type: none"> ● Smoked mackerel salad (1 whole piece), including at least 2 pieces of asparagus, ½ an avocado, beetroot, watercress, onion, fennel, celery or artichokes hearts. You can also serve with 1dsp of hummus. ● Chicken or tofu vegetable stir-fry (see recipe below). Serves 4 <p>1 packet of buckwheat noodles 1tbsp olive oil 4 chicken breasts, about 140g each, cut into small cubes or 1 pack tofu, dried in kitchen towel and cut into cubes 4tsp tamari sauce 350g broccoli florets 175g fine green beans, trimmed 3 spring onions ½ savoy cabbage or 4 pak choi, sliced 2 cloves garlic, chopped 2cm piece of fresh ginger, peeled and finely chopped ½tsp Chinese five spice fresh coriander leaves, to garnish</p> <ol style="list-style-type: none"> 1 Check the cooking instructions on the buckwheat noodles and co-ordinate the cooking time with the stir-fry. 2 Heat a frying pan or wok and add the olive oil, not allowing it to steam. Add the chicken (if using) and cook until browned. 3 Add the tamari sauce and cook for a further 5 minutes. Add the broccoli, green beans and cabbage (if using), then stir fry, tossing continuously for 5 minutes. 4 Add the tofu (if using), spring onions, pak choi (if using), garlic and ginger and stir fry for another minute. Garnish with coriander before serving. 	<ul style="list-style-type: none"> ● Buy a good-quality organic vegetable-and-lentil soup from the chilled section at the supermarket, such as Waitrose Vegetable And Lentil Soup, £1.99. Serve with a pumpkin-seed garnish, 1 large or 2 small slices of rye bread and a little goat's cheese. ● 1 medium fillet of white fish, carrots, green beans, broccoli and other veg baked in a foil parcel with seasonings and some stock.

Energy drinks

- Add fresh ginger to your hot water with lemon to boost energy and circulation.
- Energising herbal tea such as Yogi Liquorice Tea, £1.85 – liquorice helps you to produce energy by supporting your adrenal glands.
- An energising juice mix. Put a ¼ pint of freshly squeezed apple juice in a blender with ½ punnet of blueberries and/or raspberries and 1tsp of spirulina powder. Drink every day and the fruit will provide sustained sugar release while the spirulina will add energising B vitamins. Both the fruit and spirulina support liver cleansing. →

Top tip

Your body has to work harder to purify the chemicals used to produce and store fruit, veg and meat – leaving you feeling toxic and fatigued. Try to eat organic and/or locally grown produce as much as possible. Your body will thank you for it!