

Energy-boosting tips from the experts



'When I found my energy flagging, I started eating meat, having been vegetarian for most of my life. I also started eating breakfast and taking the fish-oil supplement Bioglan Super Fish Oil (£11.33 for 60 capsules, www.bioglan.co.uk). Lastly, I joined a gym. I've never had more energy!

Dr Mary Selby, GP, mother of six and medical writer

'I sip a mug of green tea, which contains some caffeine but not as much as regular tea or coffee. And for a daily dose of vitality, I place a drop of Biotics BioMulsion D (£11.20 for 15ml, available at www.biocare.co.uk) under my tongue.'

Dr Marilyn Glenville, nutritionist and women's health expert (www.marilynglenville.com)

'I use what I call the "Well Scale" to keep track of my energy level. I ask myself, "How much water is in my well?". One means I'm drained, while ten means I feel vital, healthy, and creative. Below seven is an alert, prompting me to go for a walk and take in my surroundings – the people, the beauty of the sky, the very fact that I'm alive. Remembering that life's a gift is the biggest energy boost of all.'

Dr Joan Borysenko, author of Fried: Why You Burn Out and How to Revive (Hay House, £9.99)

'I aim to be in bed before midnight, as one hour before 12pm is the equivalent of two hours afterwards. I also only drink alcohol two or three nights a week at the most, as it interferes with my sleep, leaving me tired.'

Vicki Edgson, nutritionist and naturopath (www.vickiedgson.com)

'I follow these four rules: a regular sleep pattern, a varied, healthy diet, regular exercise and time off work. The final one is important because taking time away from stressful situations helps boost my energy levels.'

Dr Julius Parker, GP

'I always start my day with a short series of deep breathing exercises or ten minutes of yoga, which energises and synchronises my body and mind for the day ahead.'

James Duigan, personal trainer

The instant energy boosters that really work

■ **Re-energise Boost Tablets (£9.19 for 20 from Boots, www.boots.com)**

These tablets provide a fizzy energy hit that will last for hours, thanks to the main ingredient, guarana, a natural form of caffeine from Brazil that's three times stronger than coffee. It also contains B vitamins and magnesium.

■ **EnergyMel (£20 for 120g from Victoria Health, www.victoriahealth.com)** Made by bees fed with the pollen of energising plants and herbs. Helps set you up for a busy day ahead.

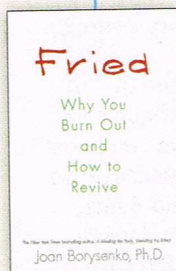
■ **Scheckter's Organic Energy drink (£1.99 for 300ml from Holland & Barrett, (www.hollandandbarrett.com))** Elderflower and pomegranate flavour drink with guarana, coffee seed, ginkgo biloba and sugar.

■ **Tisserand Energise Roller Ball (£5.25 for 10ml from Escentual, www.escentual.com)** Stash in your handbag, apply to wrists, temples and neck and let the energising and uplifting oils work their magic.

■ **Dr Stuart's Triple Ginseng Plus Tea (£4.20 for 30 bags from Victoria Health, www.victoriahealth.com)** The ideal at-work energiser, this tangy tea contains three types of ginseng to boost physical and mental energy.

■ **Beet It Stamina Shot (£1.85 for 70ml from Holland & Barrett)** This pure beetroot juice shot is for those who prefer their energy boosted without sugar, caffeine or herbs. Scientists have found that the juice could increase stamina by up to 16 per cent.

■ **Nature's Plus Shot-O-B12 (£58.15 for seven-days' supply from The Nutri Centre, www.nutricentre.com)** Give yourself an energy makeover with this vitamin B12 boost. It's ideal for weeks when you're stressed, not eating properly, drinking more alcohol than usual or taking antibiotics.




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To order I Wish I Hadn't Eaten That by Maria Cross for the special price of £8.99 and **Fried: Why You Burn**

Out and How to Revive by Dr Joan Borysenko for the special price of £7.99, both with free postage, visit the All About You Bookshop at www.allaboutyoubookshop.co.uk, or call 0871 803 6764.

