

ENERGISE YOUR LIFE: HOMEMADE ENERGY DRINKS FOR LASTING VITALITY!

Introduction:

In the pursuit of sustained energy throughout the day, the appeal of store-bought energy drinks can be tempting. However, after uncovering their less-than-healthy ingredients, I embarked on a mission to create homemade alternatives that provide a natural boost without the drawbacks. This guide shares three energy drink recipes along with energy-boosting tips to help you power through the day with vitality.

What is Vital Energy, and Why Does it Matter?

Vital energy, the life force coursing through us, is integral to our well-being. This handout addresses the significance of understanding and harnessing this energy, offering practical solutions for those navigating a range of sectors, from professionals seeking peak performance to individuals prioritising holistic health.



DRINK YOUR ENERGY TO LEVEL IT UP!

The Hydrant Boost

Ingredients: *Filtered water, 1 slice lemon, 1 pinch cayenne pepper*

Revitalise your hydration routine with a unique twist. This beverage, reminiscent of a restful night's sleep, blends water with the alkaline-forming properties of lemon and the natural energy boost of cayenne pepper. Not only does it satisfy your thirst, but it also helps in meeting your daily recommended water intake.



The Quick Fix

Ingredients: *Hot water, 1 1/2 – 2 tsp honey, 1-inch fresh ginger root, 1/4 tsp ground cardamom, 1/4 tsp turmeric*

A caffeine-free pick-me-up, this concoction combines ginger's metabolism-boosting properties, turmeric's energy-boosting effects, and cardamom's circulation improvement. A delightful alternative to refined sugar, honey adds a natural sweetness.



The Heavy Lifter:

Ingredients: *1 ripe banana, 1/4 cup raw almonds, 1 scoop high-quality whey protein powder, 2 washed kale leaves, 1/2 cup plain yogurt, 1 Tbsp ground flax seeds, 1 Tbs Hemp oil, 1 cup milk of choice (preferably plants milk)*

Kickstart your day with a protein-packed shake. This blend addresses protein deficiency, a common cause of fatigue. Packed with nutrients, it forms a solid foundation for sustained energy.



ENERGY BOOSTING TIPS:

1. Shake It, Shake It!:

"Shake off afternoon lethargy by incorporating movement into your routine.". A quick walk or stretch increases blood flow, combating fatigue and enhancing mental clarity. Regular breaks improve overall productivity.

2. Colour for joie-de-vivre:

Energise your workspace with vibrant colours, particularly energetic hues like orange. Incorporate colourful accents, from flowers to inspiring desktop wallpapers, to maintain a positive and uplifting environment.

3. Citrus zest:

Harness the invigorating power of citrus scents. Keep an orange nearby for a burst of natural energy, or opt for citrus aromatherapy oils like Lemon, lemon myrtle or Orange. Elevate your mood and stay refreshed throughout the day.

4. Green power plate:

Incorporate vibrant green hues into your meals. Load your plate with nutrient-rich leafy green vegetables and seasonal fruits. These greens provide essential vitamins, minerals, and antioxidants, fuelling your body with the natural energy it craves. The diversity of nutrients supports overall well-being and helps sustain vitality throughout the day.

Summary:

Crafting homemade energy drinks and embracing energy-boosting tips is a holistic approach to maintaining vitality. Small, intentional changes in your routine can lead to a significant improvement in overall well-being. As you implement these strategies, notice the positive impact they have on beating the afternoon slump and enhancing your sense of vitality.

TAKE ACTION!

Ready to take control of your energy levels naturally?

Explore our website for more resources on well-being and vitality:

www.bernadettebisseling.com

OR book a discovery-free session here:

<https://bernadettebisseling.com/booking/>

Your journey to a vibrant, energised life starts here!

