



'A GOAL SHOULD SCARE YOU A LITTLE AND EXCITE YOU A LOT'

Take a moment each morning to check in with yourself and see where you are energetically, emotionally and physically. Then according to where you are at, set goals that are in line with how you feel – so if you're feeling totally flat, planning a 10k run is most likely not going to happen. Instead, adjust your goals, plan a brisk walk instead and feel good about achieving it. Even just taking five minutes to meditate or breathe mindfully is a win.

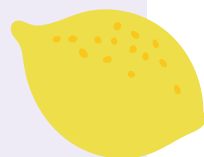
Alternatively, if you wake up full of energy and feeling motivated, then honour that feeling and set a goal that is aligned with that inner fire. Go for a run, start that new project, write that blog... there is no better feeling than doing what you say you will do. Being able to honour your own word is one of the greatest forms of self-love.

Goals should be there to help give us guidance, motivation and structure but they should not feel overwhelming or put an added amount of pressure onto us. Take control of your personal goal setting, ensuring they are aligned with where you are energetically, emotionally and physically. Remember: you are always in the driving seat.



The task ahead of you
is no greater than the
strength within you'

QUARANTINI / RECIPE



To celebrate the end of dry January, which I failed to even attempt but many of you did (hats off to you!), I thought we'd bring back quarantine time! To kick off February in style we have a delicious cocktail, with some added health benefits; an easy Lemon Honey Martini with emergency vitamin C! It's the most delicious way to boost your immunity: the alcohol kills the germs, using a local honey and lemon boosts your immune system and you have the optional added pack of emergency vitamin c that can also be used to rim the glass. You luckily only need a few ingredients all of which you're most likely to have: a shot of vodka (or gin), 1 lemon fresh or jif, 2 teaspoons of honey, a splash of water and optional vit C to rim the glass.

Method

Microwave honey and water and stir until you have a honey syrup. Add the vodka, lemon juice and honey syrup to a martini shaker. Whisk to combine. Then add ice and shake it. Strain into an iced martini glass that has been rimmed with powdered vitamin C, if desired. Enjoy in your house all by yourself!



Immune boosting tips from Elaine

I've previously discussed the benefits of drinking fresh lemon juice on an empty stomach first thing, and I've recently started drinking limes which are less tart have the benefit of helping prevent kidney stones, increase iron absorption and are great for your skin. They are also very high in **vitamin C** to help boost the immune system.

As you may be aware **vitamin D** is currently in the media due to its properties on lowering the effects of Covid-19 symptoms or can even help prevent catching the virus. Please try and introduce these foods which contain high levels of vitamin D: tuna, prawns, lean red meat, eggs, cheese, butter, liver and cottage cheese.

I have been taking **Colloidal silver spray** for around five years and was introduced to after going through a spate of picking up every bug going. Colloidal silver is used in bandages to help heal wounds and in recent years it has been shown to prevent all kinds of bugs. Silver spray is anti-viral and I use four sprays under the tongue once a day, preferably before I go out of the house. I can't recommend this enough; I have worked in offices in the past where colleagues have had stomach bugs, flu, nasty colds – I was one of the few that never caught anything and I really think this is down to the silver spray. I have sent a couple of bottles to my parents to keep themselves protected during the pandemic.

A GOOD NIGHT'S SLEEP IS JUST AS IMPORTANT AS EXERCISE...

A couple of colleagues have recently mentioned in passing that they don't sleep well, be that difficulty going to sleep or for some, difficulty staying asleep. We all know how much better we feel after a good night's sleep, but are you aware just how detrimental lack of sleep can be to your health and wellbeing? Research has found that poor sleep has immediate negative effects on your hormones, exercise performance and brain function and can also cause weight gain.

Increase bright light exposure during the day. Natural sunlight or bright light during the day helps keep your circadian rhythm (your natural time-keeping clock) healthy. This improves daytime energy, as well as night time sleep quality and duration. Bright light exposure has also been proven to reduce the time it takes to fall asleep by 83%. In winter months this isn't always easy, so it might be worth investing in an artificial bright light device or bulb.

Reduce blue light exposure in the evening. Blue light tricks your body into thinking it's daylight thus reducing the production of sleep hormones like melatonin, which help you relax and get deep sleep. Electronic devices such as iPads and smartphones all emit a large amount of blue light. Simple steps you can take include wearing glasses that block blue light, downloading an app such as f.lux to block blue light on your laptop, computer or smartphone or simply by stop watching TV and turning off any bright lights two hours before heading to bed.

Don't consume caffeine late in the day. An obvious one, but caffeine can stay elevated in your blood for 6 to 8 hours, so drinking even small amounts after 3 to 4 pm is not recommended, especially if you're sensitive to caffeine.

Try to sleep and wake at consistent times. Your body's circadian rhythm functions on a set loop, aligning itself with sunrise and sunset. Being consistent with your sleep and waking times can aid long-term sleep quality. If you struggle with sleep, try to get in the habit of waking up and going to bed at similar times, even at the weekends. After several weeks, you may not even need an alarm.

Try a melatonin supplement. Melatonin is a key sleep hormone that tells your brain when it's time to relax and head to bed. Studies show taking 2mg of melatonin before bed improved sleep quality and

energy the next day and helped people fall asleep faster. Melatonin is also useful when traveling and adjusting to a new time zone, as it helps your body's circadian rhythm return to normal. Take around 1–5mg 30–60 minutes before bed. Start with a low dose to assess your tolerance and then increase it slowly as needed – it's a natural product but you should still read up before taking it.

Other simple tips include:

- Reducing alcohol intake before bed as it can reduce night time melatonin production and lead to disrupted sleep patterns.
- Optimising your bedroom environment by eliminating external light and noise to get better sleep.
- Try not to eat a large meal directly before you go to bed, it can lead to poor sleep and hormone disruption.
- A warm bath, shower, or foot bath before bed can help you relax and improve your sleep quality.
- Reduce fluid intake in the late evening and try to use the bathroom right before bed.
- Relaxation techniques before bed, including hot baths and meditation, may help you fall asleep.
- Several supplements, including lavender and magnesium, can help with relaxation and sleep quality when combined with other strategies.

