

your health

Send your energy levels **SOARING**

Try these natural 'uppers'

RAMP UP THE RADISH

Maca root, a Peruvian vegetable that's a relative of the radish, has been used for centuries for tiredness and is said to increase stamina and sex drive.

We've tried it and it helped with our energy levels. Try Creative Nature Organic Peruvian Macaroot Powder, £6.50 (www.creativenaturefoods.co.uk).



POWER FOODS

In *Lift Your Mood*

With *Power Foods* (Watkins Publishing), nutritional consultant Christine Bailey explains what you can eat for sustained energy – mainly foods containing B vitamins, vitamin C, chromium, coenzyme Q10, zinc and magnesium. She also suggests you eat a protein-based breakfast such as a vegetable omelette.



MAGIC MAGNESIUM

Magnesium (found in seeds such as pumpkin and sesame, dark chocolate and Brazil nuts) helps stabilise our blood sugar levels and boosts energy, yet seven out of 10 women are said not to get enough.

Eat magnesium rich foods or take a supplement such as Nature's Best MagAsorb, £11.50 (www.naturesbest.co.uk).



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baseline

witnessing players

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quenching the thirst of

want to



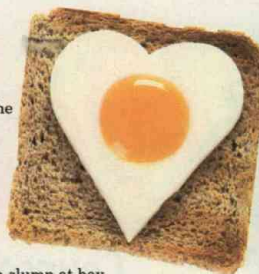


EAT MORE EGGS

Research shows that protein rich foods switch on cells in the brain called orexins, sending out signals that you're alert.

Eating eggs or other lean protein for lunch will help you stay clear-headed and energetic

and keep that afternoon slump at bay.



PRESS ON...

Gillian Berry, a qualified member of the British Acupuncture Council, suggests: 'Place the tips of your fingers between your ankle bone and Achilles tendon and massage the area for a few minutes on each foot. This helps your energy to flow freely.'

'The area relates to a point on the kidney meridian, which helps energise your body.'

B AWARE

B vitamins play an essential part in breaking down the food we eat into energy that our bodies can use.

There are many types of B vitamins but aim to eat eggs, dried fruit, wholegrain bread and cereals, vegetables, chicken and beef to ensure you're getting a selection of them in your diet.

OLIVE DROPS

Alex Bacon, a Bach registered practitioner, says: 'Bach Flower Remedies Olive [£6.99 at Boots] may help with mental weariness and can help restore vitality.'

'Take two drops of the remedy in a glass of water up to four times a day.'



SIT UP!

'We spend so long slumped at our desk or on the sofa that our muscles are left without enough oxygen and nutrients to function efficiently,' says physiotherapist Sammy Margo.

'Just by sitting up straighter you'll feel more energised.'

Words: Jane Collins. Photos: Alamy, Shutterstock



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