

# life etc.

9 PAGES OF  
ADVICE AND  
INSPIRATION  
- all for you

Money, work, relationships, rights – and everything else that matters to you

## 6 ways to... put a spring in your step

**1 MAKE LOVE** Have more sex and have it in the morning, says Eva Cwynar, author of *The Fatigue Solution* (Hay House, £10.99). 'In essence, everything in the body begins to slow down once we get up. Sex stimulates neurotransmitters that stimulate adrenal hormones, one of which is cortisol. Cortisol works best for creating energy when released in its highest doses in the early morning. Aside from all the other attributes that sex has, its best benefit may be high energy that lasts all day.'

**2 GO WITH THE FLOW** Frank Lipman, author of *Revive! How to End Exhaustion & Feel Great Again* (Hay House, £9.99) says making a few small adjustments to the rhythm of your day can give you more energy. 'Eat in accordance to your body's rhythms,' he advises. 'Eat good fats and protein for breakfast.' Proper relaxation is key to keep energy levels high too, says Frank. 'Music is one of the best ways to retrain your body to chill out. So put on some Bob Marley in the evening... it's perfect for slowing you down.'

**3 CHANGE YOUR PERSPECTIVE** A tidy space makes for a tidy mind but

Put the  
bounce  
back in  
your life  
with these  
simple  
tips

it could increase your energy flow, too. Practitioners of feng shui believe that applying the principles of the ancient Chinese system can improve your outlook and quality of living. 'Pick one area of your home that needs love, attention and sparkle,' advises Jon Sandifer, founder of Feng Shui UK. 'Give it a good clean and get rid of things you no longer use or love and anything broken – enjoy the feeling.'

**4 ADD SOME COLOUR** Injecting colour into your wardrobe is great for lifting your spirits. Fiona Wellins from Colour Me Beautiful image consultants, says the best shades to wear this spring are red, green and tangerine. 'Red is great to wear at any time. Green is associated with nature and new life, so is uplifting, while orange is a fun and energetic colour adding sunshine and warmth to your outfit.' Try the Colour Me Beautiful iPhone app (69p, iTunes store, [www.apple.com/uk/itunes](http://www.apple.com/uk/itunes)).

**5 TRY A SUPERFOOD** The nutrients in spirulina are perfect for a health boost. 'It's 60-70 per cent protein and includes all the essential amino acids,' says nutritionist Amanda Hamilton. 'It's also rich in vitamins, minerals and essential fatty acids.' Try whipping up a spirulina smoothie: blend 1tbsp of the supplement with one cup of juice and your favourite fruits and nuts for a breakfast boost. Try Synergy Natural Organic Spirulina Powder (£16.30 for 200g, [www.xynergy.co.uk](http://www.xynergy.co.uk)).

**6 DO SOMETHING GOOD** Something as simple as holding the door open for someone can give you a happiness boost and improve your mental health, too. A study by the University of Massachusetts in the US showed that those who offer love, caring and support to others have better mental health than those who only receive help from their peers. Visit [www.do-it.org.uk](http://www.do-it.org.uk) to see what volunteering opportunities are available in your area.