



# Moonstone Goddess Top Tips

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## WHAT IS QI?

The Moonstone Goddess is closely related to the substance of Qi. Qi relates to one's energy in Chinese Medicine. There are different types of Qi working in the body to create balance. Often the Moonstone Goddess is deficient in Qi. So the tips support building & conserving qi.



## TIP 1

Try to eat each meal at the same time each day. From a Chinese Medicine view, the digestive system creates new energy (qi) through food. By eating meals at regular times you build energy avoiding blood sugar & hormone swings. Eating at random times causes sugar cravings.



## TIP 2

To maintain great energy levels Qi needs to be moved. Regular exercise moves Qi. Work at 70% of your available energy level. Combine a mix of activities such as yoga, speed walking, jogging, qi gong and light weights. You'll be amazed at how much energy consistent exercise will provide.



## TIP 3

Eat your way to nourishment. Throw in a few healthy snacks in the day and get heaps of energy in return. Avoid bad snacking in the afternoon. Try: apple with nut butter, dates, warm cup of bone broth, rice cake with tuna or nut butter, hard boiled egg dipped in paprika or a hand full of nuts.

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