



# Garnet Goddess Top Tips

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WHAT IS BLOOD?

Chinese Medicine views blood as a vital part of the available energy one has. Quality blood can be assessed by supple skin, great muscle tone and healthy hair. But most importantly it provides a calm happy mind.



TIP 1

## **Patience**

Often the Garnet Goddess encounters deeper exhaustion of mind & body. Be gentle with yourself to regain energy. It will take time. Be patient, eventually set backs will become less & less.



TIP 2

## **Take a nap!**

No it's not lazy. In fact there's a lot of research illustrating the benefits of a kip each day for around 20 to 30 minutes. Why do you think many cutting edge corporations have sleep pods in the office? Don't forget to set a timer.



TIP 3

## **Eat your way to energy**

Consider a daily iron tonic such as Spa Tone (with apple) or Blueiron. Add a portion of red meat to meals each week. Drink bone broth each day. If your vegetarian make broth from veggies!

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