



Jade Goddess Top Tips

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WHAT IS YIN?

Yin is the opposite of yang. It's our coolant and our fountain of youth. The Jade Goddess may experience hot flushes & night sweats. This is caused by a depletion of your coolant (yin) and hormonal shifts.



TIP 1

Sadly for Jade Goddesses **stimulants** aren't great. They create heat and dry up valuable fluids. Take a look at how much coffee/ tea you drink. If you really struggle with sleeplessness you may want to look at decaf. P.S. choose Swiss water process decaf, (less chemicals used to remove caffeine.)



TIP 2

Slow Down Jade Goddess! You are a busy person with a lot of commitments. Reflect on the self care time you plan each week. This represents many practices, but the most important thing is committing to time to nourish yourself. Try: meditation, mindfulness, walking in nature & yoga.



TIP 3

Eat your way to nourishment. Add foods which have more moisture. Cook with water, steam and make soups which are water & stock based. Veggies: asparagus, avocado, choy sum, bok choy, cucumber, courgette, squash, sweet potato.

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