

3 *Switch to green*

Feeling tired all the time? 'Fatigue can often be connected to toxic overload or a weak digestion,' says food specialist Charlotte Palmer. 'Green

foods, such as spirulina and seagreens, are chlorophyll-rich, so they oxygenate the blood, build blood cells, and help keep blood sugar balanced.' Taking them first thing each day helps spark your batteries and kick fatigue into touch.

'Use both in a smoothie with goats' milk, hemp seed milk or coconut water, which contain healthy fats that improve your gut health and keeps you fuller for longer,' says Charlotte. *Try Creative Nature Spirulina Powder, £17.36 for 150g, creativenaturesuperfoods.com. Seagreens Organic Food Granules, £34.95 for 100g, revital.co.uk. Pukka Vitalise Powder, £28.45 for 125g, pukkaherbs.com*

