



Why Am I So Tired?

Functional Nutrition Approaches to Low Energy

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6 Simple Tips

1. Limit **sugar** and quick fixes (sweets / caffeinated drinks).
2. Ensure **protein / fibre / healthy fats** with all meals.
3. **Eat a rainbow.** 5 veg and 2 fruit daily.
4. **Love your gut:** Pre- & pro-biotic foods. Address issues with constipation / diarrhoea.
5. **Lifestyle balance:** sleep, the right exercise and stress management.
6. Keep well **hydrated.**

EASY SWAPS

Sugary cereals



- Oats with seeds and berries
- Rye toast with nut butter or avocado

Coffee / Pepsi



- Green tea
- Water and lemon
- Herbal teas (esp. cinnamon and liquorice)

Sandwich and crisps



- Burrito
- Bean salad with mackerel

Biscuits / chocolates / sweets



- Oatcakes with hummus
- Banana with almond butter
- Energy balls

Your Shopping List Essentials

- Seeds
- Brazil Nuts
- Oats

- Spinach
- Kale
- Broccoli

- Lemons
- Berries
- Tomatoes

- Eggs
- Oily fish (SMASH)
- Good quality beef/poultry

- Chickpeas
- Lentils
- Beans

- Leeks
- Garlic
- Kefir yoghurt

- Beetroot
- Peppers
- Mushrooms

- Dark chocolate
- Nuts butters
- Green tea





Be Your Own Detective!

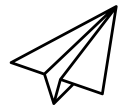
- When do you feel most / least energised?
- Do you wake refreshed?
- Do you get slumps? E.g. 3pm?
- What are the evenings like? Tired, but wired?
- Hormonal cycle?
- After eating?
- Never felt right since..... (viral infection, childbirth, bereavement etc).
- Family history? (e.g. thyroid, anaemia)
- What's in your trolley?



Get in touch

Thank-you for signing up to my webinar!

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