



Kati Siemens
Nutrition

**ENERGY
BOOSTER**

UNCOVER THE ENERGY WITHIN YOU:

1. Establish a **new** habit
 2. Life changing **benefits**
 3. The **energy** booster
 4. Why these **ingredients**?
-

Who doesn't want to have **more energy** and start the day with a **clear mind** and ready to take on everything that a new morning brings?

If this sounds like a dream to you, the **energy booster** will be life changing! Before we get to the recipe, I will give you some helpful information to make it **easier** to start.

How do you feel when the alarm goes off and the day starts?

.....

Does your energy level change throughout the day? How?

.....



ESTABLISHING A NEW HABIT

It's easy: just drink more and make it a habit to **drink water each morning** as soon as you get up. Not only any water, but the **energy booster**, which I'll explain below. Before we talk about this drink, however, I would like to address how to bring something new and lasting into your everyday life. After all, I want this new habit to become an easy and achievable lifestyle change for you!



The easiest way to establish a new habit is to link it with a habit that already exists.

For instance: If you are used to making a **tea or coffee** as soon as you get up, drink your **new energy booster** (recipe below) before you allow yourself to start with the coffee.

Making this a **personal rule** before preparing your coffee will **redirect your habit** pattern towards the new energy-drink-habit.

What is the first thing you do every morning?

Where are you doing it? (kitchen, bathroom, bedroom...)

- ENERGY BOOSTER -

The **trouble** is, that it is extra hard to follow through with something new if your energy level is low and you don't feel great anyway.

Here is my trick:

Prepare your Energy Booster **the night before** and leave it where you are going to be at **first** in the day (e. g. kitchen bench next to the coffee machine where you make that coffee, bathroom at the basin where you will brush your teeth or in the bedroom so that you can drink it while you are getting dressed). This leaves **no excuses** and makes it **convenient** which makes it more likely that you will follow through with it. **Be proactive, not reactive!**

1. Prepare



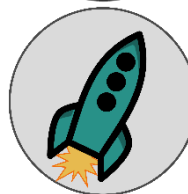
2. Sleep



3. Drink up

















4. Rock your day



LIFE CHANGING BENEFITS

No one wants to put time and energy into something that doesn't bring any benefits. Let's look at some of the benefits that you might experience after implementing this new habit of drinking the energy booster every morning upon rising.

more energy		less brain fog	
better concentration		healthier gums	
regular bowel movements		less inflammation	
clear skin		stronger immunity	
better joint health		regulation of hormones	
weight loss		less mood swings	
less bloating		better sleep	

THE ENERGY BOOSTER

Recipe:

Upon rising clean your body internally with the following drink:

½-1 Litre fresh, clean Water (read what that means below)

½ tsp Rock salt

Juice of ½ fresh lemon, or 2 Tbsp. organic apple cider vinegar

1 Tbsp MSM (optional)

Mix in a glass bottle until dissolved and drink within the first half an hour the next morning.

With this daily practice you will be able to maintain your **mineral and fluid storage**, thus boosting your **energy levels** and improving your focus and concentration.



Here is **why** it works:

During sleep the body is busy eliminating **toxins and waste products**. This process **rejuvenates** the body by building new cells and flushing out old ones. This **flushing** process can only happen if there is enough **fluid available** – to transport the waste products, but also to replace the used-up fluid.



IT'S LIKE A SPRING CLEAN:

When we clean the house **deeply**, we go into every corner, sort out clothes or tools which haven't been used for a long time and sort through all our rooms one by one. While we do that, we keep **boxes and bags** on hand to put waste and unwanted items in. We go on and clean room by room, always putting full boxes and bags in **front of each cleaned room**.

The **smartest thing** to do at the end of the cleaning process is to **collect** all the bin bags and boxes. All the items that we sorted out can go into the bin or to be donated or gifted to someone who can use it. This makes all the hard work **worthwhile** and we are left with a clean and organised house.

However, if we decide that all this hard work was enough and we really need a break now, we might **leave the boxes and bags** in front of the doors. For a while family members will trip over the bags and suddenly remember items from the boxes which they might want to use one day.

Guess what happens? Over time all the hard work is wasted because slowly but steadily everything is **back where it was**.



- ENERGY BOOSTER -

The **same thing** happens every morning with your body.

It did all the hard work of cleaning and eliminating, but there is simply **not enough fluid** to flush all the “bin bags” out of the system.

Even worse, a new day means new **demands of water** for cell repair, cell creation and bodily processes – the body needs fresh water to replace the old, dirty water from the day before. However, if there is an insufficient supply of fresh, clean water, the body has to **make do with the leftover water** from the previous day.

You can see how this is a major factor for **low energy, brain fog and sluggishness**...especially because most people have a dehydrating drink like coffee or tea first thing in the morning!



What is the first beverage that you drink?

How does it make you feel?

WHY THESE INGREDIENTS?

Let's look more closely at the different components that you need for your energy booster:

1. Glass bottle

Please try to **avoid** any kind of plastic bottle for your water! **BPA's** are leaking out into the water and you drink basically plastic tea which might change your hormone function due to **xenoestrogens**. It also leaves plastic particles in your cells and blood and is difficult for the body to eliminate. And that's the **reason** why I would like you to get a glass bottle. It is **safe, reusable** and has **no negative impact** on your health.

2. Water

Spring water is the **best option** for drinking water because the springs usually come from water pools that are deep below the surface. They are still **protected** from pollutants and are enriched by wonderful minerals that the water picks up on the way up to the surface.

You can buy spring water in glass bottles at the store or **harvest** your own (findaspring.com), just make sure to use good quality water rich in minerals.

How about we **filter** our tap and bore water?

This is a great way to ensure that we cook and drink chemical-free water and don't have to put up with everything that the treatment process includes.

However water filtering systems come in different forms. Some of them (like Britta) **only remove the smell** and some of the calcium without actually removing toxins and chemicals. I don't recommend those because they are just a **waste of money and time**. Then there are counter top filters like southerncrosspottery which **remove** (depending on the filter that you choose) varying amounts of **chemicals** from the water with a natural charcoal and ceramic filtering system.

Please always remember:

---If you don't filter your water, **you** are the filter because your body will always try to get the cleanest choice possible. ---

Want to learn **more** about water? Visit my [water masterclass!](#)



3. Rock salt

You would think that salt is the easiest thing to find and use, but there are big differences in salt quality and the **effect** that salt has in your body. The reason why salt is critical in the proper functioning of your cells is, that water **follows salt** in the body. The right kind of salt will allow your tissues to **hold moisture** and **regulate hydration** in the cells of the body.

For this reason, you will **not feel thirsty** after eating anything seasoned with sea salt compared to processed foods that are high in sodium chloride table salt which is a toxic, bleached by-product of industrial production. Thirst is a very good **indicator** of salt quality. Balanced hydration and minerals in the body prevent thirst.

Full spectrum sea salt like Celtic Salt or Himalayan Salt contains **more** than 80 different minerals and trace minerals which are crucial for the rejuvenation of your cells.

4. Fresh lemon juice or apple cider vinegar (ACV)

Lemon and/or ACV are one of the most important aspects of this drink having **detoxifying** qualities.

Following are a few of the reasons why lemon is so **powerful**:

- It naturally strengthens **liver enzymes** which help boost energy and remove toxins more efficiently.
- Both are well known for its **anti-bacterial properties**. Fresh lemon juice wipes unfriendly bacteria out of your system before it can do any damage. ACV contains friendly bacteria which **strengthens the gut** and improve immune health.
- As a powerful alkalising agent, it **reduces body fat** effectively. Even though both are acidic in taste, they provide the body with alkaline minerals and removes excess acids which are stored in your fat tissues.
- Lastly, lemon and ACV are a wonderful **sources of vitamin C** which is highly involved in the rebuilding process of your body. This improves your **skin and tissue quality** and strengthens your immune system.

Pro-tip: Buy five lemons, juice **all of them**, freeze juice in ice cube moulds and use every day for up to ten days in your energy booster.

5. MSM

MSM stands for Methylsulfonylmethane and is an organic sulphur compound which is extracted from **plant walls**. In the past, we were able to have an efficient supply of sulphur through vegetables which in turn got it from fertile and rich soil. Since this change (due to industrial farming), most people are **deficient in sulphur** which is used in nearly every bodily process and is sapped out of the system very quickly.

Sulphur is considered to be a “**beauty mineral**” because it helps to build new tissues and is essential to create healthy skin, hair and nails. Because it increases permeability of cells, sulphur enables nutrients to **enter cells** more quickly while helping to remove toxins.

People see improved **flexibility** (especially noticeable for clients with rheumatic arthritis), enhanced metabolism and **overall energy**.

Since MSM powder tastes a little bitter, it helps to **slowly increase** the amount taken from 1 teaspoon to **1 tablespoon** per litre of detox drink. For most noticeable results take 3 tablespoons per day.

Now you have all the tools to start your health journey with this **one simple step!** I am really **proud** of you for reading through and being **serious** about improving and supporting your health – **well done!**

→ To **reward** your efforts, I would like to extend a **special offer** to you which you can find when you follow this link: [**ENERGY SPECIAL**](#)

Are you someone who likes to **tick boxes**? Here you go, this is your list:

- Get a glass water bottle that holds one litre
- Buy Himalayan Salt or Celtic Sea Salt
- Plan your success: get lemons, lemon squeezer and ice cube moulds
- Juice your lemons and freeze enough for a week or longer
- Too lazy for lemon juicing? Use organic apple cider vinegar instead!
- Prepare your energy booster today and start as soon as possible!
- Order or buy MSM powder ([see my website](#)) and add it when it arrives

Awesome! I will see you over at the [**ENERGY SPECIAL!**](#)

xxx Kati