



## 5 ways to avoid the afternoon slump

Are you struggling with the afternoon slump? Do you find that it is the time you reach for sugar or diet drinks to try to give yourself a lift? Try any one of these 5 tips to help you avoid the afternoon crash.

01

**Drink more water. Break your day down into 4 quarters and aim to drink at least 500mls of water in each segment.**

Good hydration is key for mental clarity, focus and energy. By drinking 2 litres of water a day the afternoon slump will become a thing of the past.

02

**Make sure your breakfast is protein packed. When your stomach is full of hydrochloric acid first thing in the morning it will break down carbohydrate such as toast or cereal very fast. This causes a blood sugar spike and crash within 2 hours.**

The afternoon slump always starts with the first thing you eat.

03

**Move after you have eaten. This will drive glucose into your cells for energy production reducing the need for insulin to remove it quickly. This fast removal of glucose is what causes the slump.**

Movement such as a short walk, some stretching or yoga, or a quick dance like no one is watching can help to keep insulin balanced.

04

**Get your lunch right. Beige carbohydrate such as bread and pasta release glucose into your blood stream very fast.**

A fast spike in blood sugar levels followed by a rapid crash leads to the afternoon slump.



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If the afternoon slump is really getting to you then try my 'How to Quit Sugar in just 7 Days' programme, available as a convenient download that you can start at any time. It is packed full of information that can help curb the cravings, increase your energy and help you sleep better each night!

05

**Try not to snack between meals. Each meal you consume should last for at least 4 hours without the need to snack. Snacking between meals? Then you are on a blood sugar roller coaster and will struggle with the afternoon slump.**

**Get breakfast right (see above) and add more protein to your lunch**

Bonus

**Become a food detective. After you have eaten, listen to how food makes you feel. If you have an afternoon slump then that food does not work for your body.**

Take a look back at that previous meal to see what could have caused your blood sugars to crash and lead to a slump. Or keep a food diary to see if you notice any patterns with food eaten and the afternoon slump kicking in.

**Need more help? Try the 'How to Quit Sugar in just 7 days' plan.**

**It will teach you how to eat to get rid of the afternoon slump. But you might also get clearer skin, more energy throughout the day, reduced bloating and IBS, better sleep and improved hormones balance. Plus less joint pain, less headaches, more mental clarity and focus.....**

Now available as a convenient downloadable ebook so you can start at a time that works for you.

[7 Days to Quit Sugar](#) >