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A day

the life of...

Jill Swyers

Hippocrates Health Educator and *Get Fresh!* contributor Jill shares her day with us

I am a very early riser – even more so in the summer daylight hours! I love the mornings. I have never needed an alarm to wake in the mornings unless leaving exceedingly early for a flight or train to travel for an event.

When I first wake up, I lie there and do some breathing practices, yoga stretches and recite a mentor mantra – a wonderful way to wake up – while hoping the brain does not go into thinking mode and get diverted with unnecessary thoughts. Followed on by drinking two glasses of water, then hot and cold showers which are very refreshing. I am someone who opens windows early morning, wherever I am staying at the time. Opening windows to let in fresh air every morning is important.

Once in the kitchen, I have warm water with fresh lemon juice and cayenne, which helps wake up the enzymatic area and digestive tract. This is followed on by rinsing and cleaning any trays of sprouts; soaking trays of wheatgrass in trays of water to feed from the roots and then removing the trays of growing grass and sprouts and placing them on the shelving racks.

Without fail, I always prepare freshly-made wheatgrass juice when it's available. I also have green vegetable protein juices twice daily, usually made with cucumber, celery, lettuce, pea greens and sunflower greens. I also quite often add dark green leaves such

as kale – absolutely delicious!

Later in the day, I will blend a green protein energy smoothie – no fruit – with similar ingredients to the green protein juice, as well as possibly lemon juice, garlic and onion. Imagine a beautiful guacamole with so many more added vegetables and nutrients! If there are no complete protein green sprouts such as sunflower greens available, then green leaves are a wonderful substitute. I may also add sprouted legumes such as mung beans, lentils and aduki beans.

When in Portugal, winter or summer, I like to start the day as early as it is daylight, before making the green juice, with a walk along the beach for about an hour – the earlier the better. There are often many other walkers of all ages. It's a wonderful way to wake up the body and breathe in fresh sea air and appreciate what is around.

After juicing, emails and Facebook are checked, and replies done as soon as possible and often before yoga classes. Emails do take up a lot of my time these days, even though I have a wonderful assistant who does much of my email seminar work and so very much more. When in London, I may go for a walk in the park or I attend Dahn yoga classes, which are not far from where I live.

My days can consist of receiving telephone calls, giving personal consultations and one-to-one private classes very occasionally. I prefer people to attend my small two-day Living Food Nutritional workshops. I find that people absorb the exciting interesting information much better

when they are sharing a class with a small group. Or I may have to go out and give talks to groups around the country, whether I am in the UK or Portugal. When I am holding a retreat, I spend most of my time in the morning and late afternoon with the guests staying on the retreat – advising, chatting, listening and encouraging everyone. We have a whirlwind of fun!

Regardless of what I am doing, though, I check in on a daily basis with my personal assistant Maria, who is based in the Euro Business Center in Portugal, to see what needs to be done for a new flier, preparing for presentations, sending out information to clients, etc. What with telephones and the internet, it is a virtual office that I can use around the world.

As the day goes on, having had a living foods lunch at home, or occasionally at a vegan restaurant, back I go to checking emails on and off throughout the day and also returning calls; planning new ideas for recipes or what to add to a retreat; also writing articles for magazines. When in London, I try to attend lectures whenever possible, whether to listen or to participate, quite often in the evenings or a day lecture occasionally. Otherwise, evenings are spent relaxing with a good book or watching an interesting movie and/or meeting friends. Life is good, busy and fun!

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