

Surviving the Holidays



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Top 6 Secrets To Preventing Holiday Waist Gain

1. Meal Balancing

DO NOT skip breakfast. It sets the metabolic rate for your whole day. Eat your regular meals, if you skip meals in an attempt to save calories you may shut down your metabolism and put your body into starvation mode. This is the time of year that you want your metabolism performing at its peak! If you arrive at a party or family gathering feeling famished, you may be more likely to eat anything and everything you see. Eat normally and sensibly throughout the day (balanced meals) and your body will nutritionally be satisfied with no physical need to binge. Try having soup, stew salad, almonds or brown rice before going to party. Bring some to work and have before you go home or on your way to a party. Have some healthy snacks on hand while you are shopping. Also, make sure you eat protein to balance out all the carbohydrate foods. Allow yourself some special treats that are your all time favorites around the Holidays, give yourself permission! When eating away from home, watch out for excess alcohol, sugar, caffeine, and creamy rich foods. To slow the effects of alcohol, have a tablespoon of olive oil, flax oil or a few almonds or walnuts before drinking to coat your stomach and slow alcohol absorption. Get the leftovers out!!

2. Your Body's Cry For Water

Keep your body hydrated. Drink 16 oz. of water

(in addition to the normal 8 glasses a day) for every alcoholic beverage you consume. Doing so will keep you hydrated, fill you up, and help reduce that not so nice morning-after feeling. Try some warm water with lemon the morning after a party of overindulging to assist in flushing out toxins and alkalizing your body. Water also helps control you sugar cravings!

3. Get That Body Moving

Try to make exercise a priority during the Holidays. Get your body moving wherever you are. Take a walk with a friend or family member before or after dinner. Its a great way to bond with family members you may not have seen for a while. Even 15-20 minutes 3-4 times a week can make a difference in preventing Holiday weight gain and will even help reduce Holiday stress.

4. Make Time For ZZZs

Your inner body's conflict for seasonal imbalance is the diminishing daylight, cold weather and your need for being home and inner time (hibernation) combined with the outgoing social demands and many parties that occur during the holiday weeks. Do your best to get to bed earlier or at least on time on the nights you dont have a party or family gathering. Your body needs to recharge its batteries. Inadequate sleep stressful emotions or no relaxation time weakens immunity and makes us more prone to infection when the Holidays are over. Sleep is vital and comforting, and one of the primary keys to preventing disease and keeping your immune system strong through the Holidays.

5. Learn How To Say NO

Why do we say YES when our inner being is saying NO? Why is it so hard for us to just say

NO ? Practice saying NO to the food pushers!
You know who they are, I made YOUR
favorite cookies, you have to try MY
cheesecake, and ... just one piece won't hurt.
No one can force you to eat something that
you don't want to. Actually start thinking about
how you can say it nicely before you get to your
family or Holiday party so you are prepared.
Look in the mirror and say NO thank you!
Also, say NO to the parties that you just dread
going to, in the end it doesn't really matter. You
did what was best for you and YOU matter!

6. Quality Time With Loved Ones

Include more reflective and meditative time. Just
take 5 minutes to thank your body for keeping
up during the Holidays. Make quality time in
your schedule for those you love closer
space to share soulful emotions with family and
friends. Care for yourself by creating a loving
vibration for your life and your loved ones.
When spending time with others, get to know
them for the nourishment of the heart that it
brings rather than focusing on food and drink.

This can protect you from overindulgence and
allow you to treat yourself with more respect.
This is very important to your long-term health,
weight management, and a more balanced life.

Final Thoughts: Non-food Nourishment (what
feeds your soul) Get a massage, find 5 minutes
of quiet time or get a facial. Donate time or
money to a local charity, community or soup
kitchen. Bring gifts to your local childrens
hospital.

I hope these 6 Secrets will, help you reduce the
Holiday stress around food and increases your
personal fulfillment during the Holidays!

Nutritional Healing

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