



healthcare for the whole family

Healthy Holidays to All!

Q: Christmas is a tough time of year for me. I feel like my energy and self esteem are doing flipsflops. I find it especially hard to eat healthy with so many treats around. Any suggestions?

A: The key to handling the holidays lies in balancing your lifestyle during this particularly busy and potentially stressful month. Forget about losing weight. Be realistic: few of us are "nutrition saints" during the holidays. Concentrate on the following tips which will empower you to feel your best during the holidays....and make weight loss much easier to implement in January.

So many parties...so much delicious food. It can be very difficult to resist. To avoid overloading on holiday treats at work, at holiday parties, and seemingly everywhere you turn, eat a small protein-rich snack at home before you encounter the tempting goodies. This helps you feel less hungry, stabilizes your blood sugar, and makes you less likely to turn to the sweets. If you are asked to bring a food item to a party, make it a nutritious one. Chances are, the other guests will also be happy to have some healthy alternatives.

For those of you who may overindulge in holiday cocktails, liver support is always a good idea. This can include milk thistle, burdock root, glutathione and n-acetylcysteine. Your body will thank you for the extra boost.

Taking brisk walks during the holiday season is one of the single, most important things you can do for yourself. Getting out in the crisp air renews the spirit and calms the mind.

Enjoy your self, and have a safe healthy holidays season!