



MONTHLY WELLNESS BULLETIN

HEALTHY HOLIDAYS: Nutrition Advice For the Holiday Season (...and anytime, really)



Statistically speaking, most heart attacks happen after Thanksgiving and Christmas feasts (followed closely by Super Bowl Sunday). The obvious reason is that we “pig out,” don’t pace ourselves, and the choices we make are overwhelmingly bad for our bodies. On top of that, we are generally more stressed at the holidays, which often results in depression. The added demands of the season can stress our bodies even more than usual, so **we must do everything we can to be proactive and help ourselves stay healthy.** Eat right, drink plenty of water, stretch before and after shopping and cooking, and take a few moments to slow down. Because of the added stress of the holidays, **we actually need to eat better than usual!!!!**

The national trend towards obesity is alarming! Current statistics indicate that: **A.** 75% of Americans are considered overweight and about 30% are actually obese. **B.** One in three of us will have diabetes by the year 2050. **C.** Currently one in ten of us has type 2 diabetes, and our children are no exception. **C.** Of those born after the year 2000, one in three will have type 2 diabetes. These children are currently being prescribed statin drugs to lower their cholesterol by age 8! These drugs harm our livers, deplete valuable antioxidants, and cause a host of side effects.

Health strategies should start before the holidays and even before shopping season. **Eat more sparingly and have many small meals.** This will give you a constant source of energy all day long and not stress out your digestive/enzymatic systems. **Brown bag your lunch to control the sugar and fat intake, and bring more fruits and veggies as snacks.**

Eat more raw foods. Cooking and canning destroys much of the nutrition in fruits and vegetables. Select organically grown foods when possible because most commercially produced foods are full of toxins that clog our liver, colons and arteries.

Consume 25-30 grams of fiber per day, which is only found in fruits, vegetables and whole grains and nuts. High fiber diets clean the arteries and the colon and help to reduce the risk of all diseases. Definitely do not rely on fruits and vegetables at the expense of grains and legumes, as they are good sources of protein and are filled with minerals and antioxidants as well.

Drink half your body weight in ounces of filtered water. Coffee, tea, soda and alcohol are dehydrators that can cause us to age more quickly.

You don’t have to eliminate animal products altogether, but **try to eat grass fed and free range meats, hormone-free dairy and poultry, and wild caught fish.** The pesticides, herbicides and antibiotics in most commercial meats stay in our tissue after we eat them and can cause great damage. Free-range, etc., may cost a bit more, but in this case, it is well worth it.



Finally, entirely too much sugar is available to our bodies during the holidays, so take control and manage how much you eat. **Eat cookies and sweets without a meal;** this is less toxic to your pancreas. Plan for the day of a big meal by eating less before the meal and remember to pace yourself. **Rest after you eat.** Do not engage in work or exercise as our arteries constrict after eating, and too much constriction could be a precursor to the dreaded cardiac insult that we statistically are prone to on holidays!

To more easily survive the holiday season, follow these general guidelines, **P-A-C-E Y-O-U-R-S-E-L-F,** and enjoy!!!!