



# Everything Zen Nutritional Consulting Newsletter

www.EverythingZenNC.com

## Have a HEALTHY, STRESS-FREE Holiday Season

Ahhh the holidays are here...time for family fun, parties and presents! For some, this is a joyful time, while for others, the season can bring on LOTS of unhealthy habits and STRESS ~ from lack of time and from wrestling with the hords of other holiday shoppers... here are a few hints to help you stay happy and healthy during this festive time of year...

Stick to a healthy diet during the holidays by...

In General...

- Stay **HYDRATED** ~ lack of water will make you tired, tense and hungry!
- **NEVER** skip meals! It will only increase your appetite and lower your inhibitions, making it harder to resist the naughty goodies that abound
- Be sure to carry healthy snacks with you: fruit, nuts, trail mix ~ or grab a smoothie or protein shake when shopping ~ rather than fast food!

At A Party

- **NEVER** drink alcohol on an empty stomach ~ not only will this **INCREASE** your appetite, but will affect you the same as skipping meals will
- Alternate alcohol with water ~ this will pace you, keep you hydrated and allow you to enjoy the festivities longer
- **Never** go to a party hungry/famished ~ but rather have a snack at home first, even a light meal
- Think of parties as times to catch up with family and friends, really try to be social, rather than focus on the food

- Fill up on veggies & grilled proteins, and go light on the heavy, creamy foods
- Allow yourself 3 bites of the goodies that you are **MOST** craving ~ consume them slowly and really **INDULGE** in every bite ~ this will reduce the amount you will actually need to eat, but still allow you to enjoy your favorites!
- If seated at a table, put your utensils **DOWN** between bites and enjoy the conversations around you ~ this will help pace and you reduce how much food you'll want to eat

Around the Home or Office

- Do not keep tempting goodies around ~ you will more likely crave them when you know they are there, than you would otherwise
- Stock up on healthy treats ~ lots of fresh fruits and veggies, nuts, nut butters etc
- Snack mindfully and do **NOT** sample while preparing foods ~ you'll end up eating **A LOT** more than you normally would!
- Distract yourself ~ with sooo many things to do around the holidays, try to keep yourself busy (with friends, family or indulging in yourself) so that **FOOD** is not always the centre of your attention!

Eat Yourself Healthy  
Home Delivery  
**COMING SOON** ~ no  
time to cook? Let us pre-  
pare healthy dishes for  
you... **416-458-ZENN**

### Reducing Holiday Stress

**GET ORGANIZED** ~ take time to **PLAN** ~ i.e. who to get gifts for, and what to get them, where you will be going & foods to prepare when having people over ~ the more you pre-plan, the less stress you will experience ~ and the **LESS** time you will spend in malls and grocery stores!

**EXERCISE** ~ even though time is tight, try to squeeze in short 10-20 minute exercises in a few times a week ~ exercise is the **BEST** way to reduce stress and increase production of endorphins, feel good hormones!

**Get enough REST** ~ a tired body is more susceptible to stress! Some nights may be late nights, but go to bed early when you can ~ and even try to grab a cat-nap when you know the night will be long!

**Indulge in YOURSELF** ~ take time for yourself ~ schedule time to: read, take a bath, go for a massage or other activity **YOU** enjoy ~ you will feel **RECHARGED** after doing so!

**DELIGATE** ~ ask others for help when needed, and if all else fails, use services offered: i.e. caterers, mall gift wrapping etc ~ the holidays are supposed to be **JOYOUS**, so don't put too much pressure on yourself to do EVERY-

**If the holidays get  
really stressful, con-  
sider supplementing  
with...**

- B50 Complex
- Extra B5 Pantothenic Acid ~ 250-500mg
- L-Theanine ~ 100mg will calm you down for 4-6 hours

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