

BOXING DAY HANGOVER



UNDERSTANDING THE FACTORS THAT CONTRIBUTE TO THE “BOXING DAY HANGOVER” AND STRATEGIES YOU CAN ADOPT TO AVOID IT, *while truly enjoying the holiday season and maintaining your health at the same time!*

Any Boxing Day recollections of:

- Sluggishness, irritability, headache, stomachache, bloating, bowel irregularity, muscle and joint ache, thirst, cravings, *regret, regret, regret?*
- Maybe you felt like you had the flu or maybe you really did have the flu!

Do these symptoms mean that you had a good time over Christmas?

Did you really enjoy yourself or were you just caught up in the vortex of traditional ways of celebrating – overindulging and forgetting about your real needs?

Was it worth it?

- If your answer is: YES – it was worth it, then this article is NOT for you.
- If your answer is: **NO - it wasn't worth it**, and you want to find new ways to celebrate Christmas, while maintaining your affiliation with the rest of society but still avoid the Boxing Day hangover blues – **then this article IS for you!**

FACTORS THAT CONTRIBUTE TO THE BOXING DAY HANGOVER ...

and interfere with your ability to genuinely celebrate a joyful Christmas.

CUMULATIVE STRESS:

Boxing Day is often a come down from a month (plus) worth of cumulative stress built up from: time pressures, line-ups, traffic, money worries, relationship complexities and a ton of “have to’s” - despite your truest desires.

IMPROPER NUTRITION:

Too many sugary treats and not enough nutrients from real foods like fruits and vegetables.



The Problem with Sugar:

- It is a tenaciously addictive substance. *The more you eat the more you want.*
- Refined sugar (white, bleached sugar) has been stripped of its natural minerals – when eaten the brain does not get what it is looking for (i.e. minerals) and the body feels like it is “starving” so it craves more food.
- Meanwhile your blood sugar has dropped as a reaction to the consumption of a high sugary treat and as a survival mechanism the body and brain in fact crave another sugary substance in that state.
- Sugar suppresses the immune system – making you prone to viral infections like colds and flus.
- Consuming sugar supports the growth of unhealthy yeast in the digestive tract and body.

Symptoms of yeast overgrowth include:

headaches, muscle aches, joint pain, itchy skin, irritability, bloating, constipation, diarrhea, foggy brain AND.... intense sugar or alcohol cravings! Aaaaaah!

- **Sugar begets sugar, begets sugar!**

DEHYDRATION:

- Not enough water intake and too much alcohol and coffee.
- Symptoms of dehydration include: headaches, stomachaches, irritability, sluggishness, heavy muscles, sore joints, constipation, dry itchy skin and THIRST! *By the time you are thirsty you are already dehydrated.*

STRATEGIES YOU CAN ADOPT TO AVOID THE BOXING DAY HANGOVER... *and find some true joy during Christmas.*

KEYS TO REDUCING HOLIDAY TIME CUMULATIVE STRESS:

BREATHE!

- In through your nose and out through your mouth.
- Take deep belly breaths while: driving, waiting in line-ups, swiping the credit card, at a party....wherever and whenever *just breathe!*

SMILE!

- Your facial expressions literally change the direction of your brain and can shift it from impatient, irritable-mode to a more happy feeling.

LET GO OF PERFECTION & EXPECTATIONS!

Accept your own and others imperfections.

KEYS TO AVOIDING THE VORTEX OF SUGAR CRAVINGS & ITS NEGATIVE HEALTH EFFECTS:

Celebrating is great but not if it wrecks your digestive system and makes you prone to infections.

MAKE & CHOOSE THE TYPE OF TREATS THAT ARE MADE WITH:

- Whole-wheat flour vs. white flour.
- Un-refined honey, molasses, maple syrup or natural fruit substances as the main sweetener vs. those with refined white sugar or high fructose corn syrup.

EAT VEGETABLES:

- Holiday Rule of Thumb: whether it is a small snack plate or a regular size dinner plate – make 60% of it vegetables and allow the other 40% to be whatever else you desire.

GET RID OF THE GUILT, LISTEN TO YOUR BODY & SLOW DOWN:

- Enjoy some traditional foods without the guilt!
- Slow down, listen to your body and stop when you are full. *It takes 20 minutes for the brain to register satisfactory fullness.*

KEYS TO AVOIDING DEHYDRATION & ITS “NOT SO JOYFUL” HEALTH EFFECTS:

- Drink 1 full 8oz. glass of water for every alcoholic or caffeinated beverage consumed.
- Take a water bottle with you - taking sips while: driving, standing in line and shopping.
- Fluid intake rule of thumb: Drink half your body weight (lbs) in fluid ounces per day. E.G. 100 pounds = 50 fluid ounces per day.

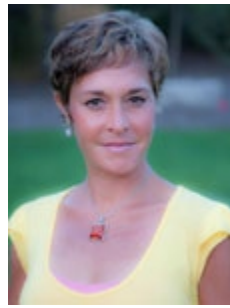
PROBIOTICS! A KEY NATURAL SUPPLEMENT FOR THE HOLIDAY SEASON!

- Providing > 10 billion CFU of mixed flora including: acidophilus and bifidus species.
- Probiotics prevent yeast overgrowth and maintains: strong immunity, proper digestion, absorption, detoxification and bowel function.
-ALL VERY JOYFUL THINGS!

Follow these keys and you will have a better chance of maintaining some feel-good vibes for the entire month of December, even up until Boxing Day, just in time for the line-ups, traffic and credit swiping all over again!

Last Tip: *Stay home and rest - the New Year celebrations are just around the bend!*

Sincerely wishing you a “decent, okay, pretty nice, really great, wonderful” Holiday Time!



Heidi McGill is a registered doctor of naturopathic medicine. She has helped dozens of families discover their best balance for overall wellness in body and mind, using the principles and practices of naturopathic medicine. She offers seminars and writes articles on

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