

Holiday Health Tips:



Although the circumstances may change, there are three common patterns of stress most people experience on a daily basis that can be heightened during the holiday season:

Time pressures.

Social obligations.

Relationship complexities.

For a lot of people, holiday time can be more physically, mentally, emotionally and spiritually demanding than regular life, especially when the basics of lifestyle routines also get out of balance.

For example:

- **Sleep patterns change**– late nights, guests in your home or being a guest elsewhere.
- **Dietary patterns change**– what, when and how food is consumed changes dramatically.
- **Exercise routines** are minimized or discontinued altogether.

Despite these stressors, holiday season is supposed to be filled with peace, joy, love and laughter. So how do you keep your health and sanity during the holiday season, while bringing these celebratory qualities to heart?

Follow these four basic, but key guidelines to help you feel good and experience the pleasures that the holiday season has to offer.

1. BREATHE!

- Take deep “belly” breaths often throughout your day.
- Whether you are shopping, cooking, driving or socializing - take deep breaths.
- One deep belly breath (in through your nose and out through your mouth) goes a long way in calming the nervous system, reducing muscle tension and bringing clarity to your mind and heart.

Keys to making the holiday season feel good without oversteering your physical, mental and emotional wellbeing.



2. INDULGE WITHOUT GUILT AND LISTEN TO YOUR BODY.

1. Give yourself permission to indulge and get rid of the guilt! It will harm you more than the treats you consume.
2. However, do balance your indulging with mindful listening to your body. When enough is enough – stop! *Remember there will be some left for tomorrow.*

3. STAY HYDRATED.

- Lack of proper fluid intake will leave you drained of energy, constipated, irritable and more prone to painful headaches - *Not a joyful thing!*
- Start your day with lots of water and non-caffeinated herbal teas.
- Bring a water bottle with you in the car and while shopping.
- Have a non-caffeinated herbal tea instead of that second cup of coffee.
- Have one large glass of water for every alcoholic or caffeinated beverage you consume.
- *Remember that caffeine and alcohol are dehydrating.*

4. CONTINUE WITH YOUR NATURAL SUPPLEMENTS.

- They still help!
- At the very least, your regular supplement routine will help you maintain the level of health you currently have and prevent you from making too many steps backwards.

Some helpful natural products to take during the holiday season are:

- **Probiotics** (healthy bacteria for the digestive system).
- **Digestive Enzyme Capsules** (plant based enzymes for easier digestion).
- Both of these natural supplements go a long way in maintaining overall health, while

promoting healthy digestive function and ease -
A very joyful thing!

Follow these four guidelines and you'll be sure to experience the feeling of wellness you've worked hard to maintain this year, giving yourself a better chance to fully enjoy the true blessings of this holiday season, while setting yourself up for a healthy new year.

My sincerest wishes to you for a healthy, peaceful and joy filled holiday.



Heidi McGill is a registered doctor of naturopathic medicine. She has owned and operated Healing Foundations since November 2006. 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. Dr. Heidi regularly appears as “Guelph’s Naturopathic Expert” on Inside Guelph, a local Roger’s T.V. program. She also writes articles on topics that matter to you. Dr. Heidi is focused on educating you about how your body functions in combination with the natural and cultural environment. She is genuinely passionate about guiding you towards optimal health, vitality and more joy in your life.

Healing Foundations Naturopathic Clinic

Phone: 519-821-1999

Email: clinic@healingfoundations.ca

Website: www.healingfoundations.ca

