

HEALTHY HAPPY HOLIDAYS

Be well. Stay well.

As the holidays approach there can be much excitement but many people also experience a sense of fear about overindulging. My wish for you is to relish time with loved ones, enjoy holiday treats and cheer in moderation and start the New Year with health and happiness.



Healthy Recipe: Maca Balls

This is a quick and easy treat that you can make before your next holiday event. Maca root has many benefits and has been used by the ancient Incans as a natural remedy for numerous ailments. It's an adaptogenic herb, which means that it helps the body to adapt to various stressors. It also boosts endurance, stamina and libido, as well as balances hormone levels.

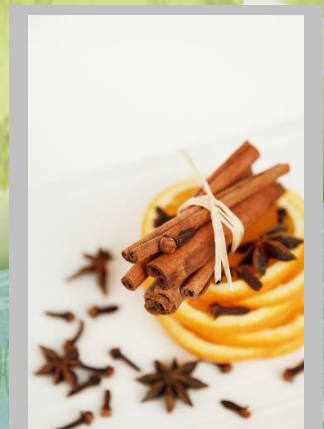
Maca Balls:

- ¼ cup organic raw Maca powder
- ¼ cup organic almond butter
- ¼ teaspoon unrefined sea salt
- ½ cup chopped raw almonds
- 1 cup pitted Medjool dates
- 1 teaspoon organic vanilla extract

Soak dates in water for 10 minutes to soften. Drain liquid and blend dates into a sticky puree in food processor. Add the remaining ingredients and blend until dough is formed. Roll into one inch balls and refrigerate. If dough is too dry, add water, 1 teaspoon at a time. If dough is too moist, add more chopped almonds.

REDUCE STRESS DURING THE HOLIDAYS

- 1. Think about what you WANT to do, not what you SHOULD do.**
- 2. Be more realistic with expectations.**
Sometimes, even the craziest holidays bring families together (think Christmas Vacation 😊).
- 3. Ask for help or make it a potluck. People love to contribute.**
- 4. Say no when something doesn't serve you.**
- 5. Get outside and move your body. The sun and increased blood flow will naturally elevate your mood.**
- 6. Spend less and choose one meaningful gift.**
- 7. Create new traditions, such as a gift exchange instead of buying gifts for all family members.**





Bring your favorite healthy dish to a party or family event. You will inspire others and have at least one healthy option to enjoy.



Think of what you want to feel during this holiday season. Place a list of your most important feelings in a prominent location as a reminder of your intentions.



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HEALTHY HOLIDAY EATING TIPS

1. Exercise before a holiday event. Your body will use the food you eat to replenish what you burned, instead of storing as fat.
2. If you are unsure if healthy options will be served, eat a healthy snack with fat and fiber before you go, such as raw vegetables, avocado or a hard boiled egg. Once you arrive, avoid the food table and focus on the conversation.
3. Drink water with lemon to help improve digestion.
4. If you do have GI distress after a holiday event, take activated charcoal to help bind toxins and relieve gas and bloating.
5. Start meals with soup or salad. The warming effect of the soup and fiber in the salad will help fill you up.
6. Drink two glasses of water with every alcoholic beverage.
7. Bring healthy snacks when shopping, such as raw nuts, fruit or sliced vegetables. You'll be less tempted by the sights and smells from the food vendors. That Cinnabon scent seems to fill the entire mall!
8. If you are trying to maintain or lose weight, get on the scale often. Studies show that frequent weighers are more able to maintain weight.
9. Choose one treat to enjoy per day.
10. Look for ways to change your favorite recipe. You can swap sugar for raw honey, coconut nectar or maple syrup. You will need less and it's a natural source of sugar.

Most importantly, be present and enjoy each moment of this special time. Listen to your body, give it what it needs and wants. If there are times that it wants something more indulgent, have a small amount, enjoy each bite and feel no guilt. This is not a time to beat yourself up about holiday indulgences. Enjoy them and move on.