

HEALTHY HAPPY HOLIDAYS

Be well. Stay well.

Blessings to you all for a joyous holiday season! You likely receive many tips and tricks to navigate the holiday season, but my wish is for you to all live in the moment and enjoy times with loved ones. Indulge if you desire a treat and do not feel guilty about it. Relish it and learn from the experience if you find that it doesn't agree with your body.



This is the time of giving but the most important gift you can give to others is a healthy you! Here are some ways to keep yourself healthy during this time of celebration.

Healthy Recipe: Fresh Apple Tart

This is a great tart to share at a holiday party. It's easy to make and looks pretty!

Crust:

2 ½ cups walnuts

1 ½ cups Medjool dates, pits removed

Sea salt to taste

Filling:

3 green apples, sliced

1 tablespoon lemon juice in 2 cups water

¼ teaspoon cinnamon

½ teaspoon allspice

1/8 teaspoon ground cloves

2 tablespoons raw organic honey

¼ cup apple juice

¼ cup dried cranberries

Grind walnuts and dates in food processor (stop before a paste is formed). Press into 9 inch tart pan and refrigerate.

Core and slice apples, then place in lemon water. Drain apples from water. Place apples in skillet with remaining ingredients and cook over medium heat for 10 minutes, stirring often. Remove apples only and allow to cool in separate dish. Cook remaining liquid until reduced by half. Spread apples over crust and top with liquid. Can be stored in refrigerator until ready to serve.

- 1. Shop healthy for yourself and your loved ones. Stock the kitchen and party table with healthy foods. Bring a colorful tray of vegetables to your next holiday party. You can roast ahead and toss in some cranberries for some festive flair.**
- 2. Schedule a fun run with your family. There are ugly sweater 5Ks, jingle bell runs or plan your own run around a neighborhood to see all the homes lit up with holiday displays. Have some hot drinks after and don't forget the cinnamon stick to help balance your blood sugar.**
- 3. Make some holiday gifts, such as a healthy lotion made of coconut oil and lavender essential oil.**





If your family does not embrace healthy habits as you do, become a role model and share some of your favorite foods. They will see your glow as you eat something that provides enjoyment and nourishes your body.



Nothing helps us to appreciate what we have more than spending time with those less fortunate. Providing service to others fills the soul.



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Tips to Stay Healthy During Holiday Travel

Many of us travel by car or plane to spend time with loved ones. If you are traveling this year, here are some ways you can keep yourself healthy and fit while traveling.

1. Air travel is dehydrating so bring extra water on the plane with you. You can purchase a bottle with a built-in filter and quickly refill at any water fountain in the airport.
2. Check your vitamin D levels. Sickness increases during the winter, which also happens to be the time with less sunlight. Our body needs sunlight to make vitamin D and vitamin D is important for immune function. You may need to supplement during the winter season but the best way to know is through a serum lab test.
3. Eat foods rich in vitamin C. Another reason people tend to get sick around the holidays: more sugar intake, which disrupts vitamin c levels within the cells. Eating red peppers, strawberries, citrus (skip the OJ), kiwi, Brussels sprouts, broccoli or kale will boost levels naturally.
4. Skip the alcohol on the plane or at least drink two glasses of water for every alcoholic drink.
5. Bring healthy snacks when traveling. Some of my favorites are sliced veggies with single serving guacamole, raw nuts, hard-boiled eggs, apples with nut butter, jerky and coconut butter/manna (so yummy straight from the jar).
6. If you find you can't sleep or tend to get constipated when you are away from home try taking magnesium before bed. I also love drinking a calming tea, such as chamomile or Bedtime by Yogi.
7. If you overindulge a bit and find yourself gassy, bloated or just not feeling right, activated charcoal will help your body break down and expel toxins. Take it with lots of water to help flush things out.

Enjoy your holiday moments whether you are traveling near or far. Life is about the journey and not the destination. Many holiday memories entail a funny moment that may not have seemed so funny at time. Embrace and enjoy!