

Natural Healing Express Weekly

Column 351 Avoiding Holiday Pitfalls

This time of year, it is quite easy to throw all caution to the wind as it pertains to diet. A few years back in our Weight Awareness class, we developed an amazing help sheet to avoid over eating and feeling poorly. I always loved our classes and the folks who attended them! Hope you are all out there doing fantastic! So, here goes – CUT AND PASTE ALERT

10 Tips to avoid Holiday Pitfalls

1. Begin your day as any other day, but do not skip meals to save calories or carbohydrates.
2. Eat a protein packed snack an hour before your holiday meal.
3. Don't think of the Holidays as an excuse to eat unhealthy and stuff yourself.
4. Check out all the great dishes available and pick only the ones you love the most.
5. Set an Intention for how you would like AFTER the meal. Hold yourself accountable.
6. Start the meal with soup, fresh vegetables or a salad to prevent the cycle of craving.
7. Drink two glasses of water with lemon before meals
8. Plan an activity to look forward to after eating. Game playing, a walk, flag football.
9. Eat Mindfully –Take five deep breaths before your meal, sit next to someone you genuinely like, appreciate the colors and smells of your food, chew thoroughly and slowly, put your fork down in between bites, breathe in through your nose with you eat, express gratitude with others before the meal, begin and end the day with some time alone with your thoughts.
10. Take time to enjoy healthy and wholesome meals with your friends and family.

Lots of wonderful things happening at Natural Healing Express! And the Silver Fox café is the place to be!

Come try some healthy gourmet food – delicious and fast! Dr. Susan is available on Wednesdays and Saturdays and by appointment!

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732 or 317 409 1500 email: [skscham@aol.com](mailto:skscham@aol.com) Address -204 W Main St, Lena, IL 61048. Website: [www.naturalhealingexpress.com](http://www.naturalhealingexpress.com) Facebook: Natural Healing Express