

SURVIVING THE HOLIDAYS

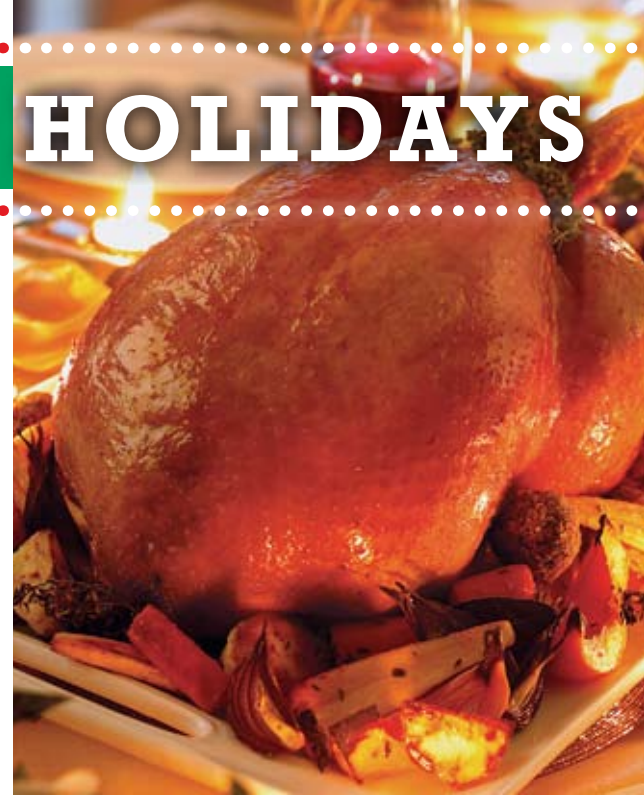
'Tis the season for tying one on — most typically, the food bag

Don't let holiday cheer turn into a New Year's resolution this year because yes, Virginia (and everyone else), there *is* a way to eat, drink, and be healthy.

1. If you eat sugary or processed food, eat or drink something green afterward to reduce the acidity. For example, if you indulge in a slice of Yule log cake, eat some broccoli or drink a glass of veggie juice afterward. You can also drink a glass of water mixed with bio-alkaline powder, which can be ordered online. Too much acid in the body (acidosis) is the main cause of all illness. This acid imbalance seriously compromises our ability to stay healthy.
2. Take digestive enzymes when eating hard-to-digest products, such as meat and over-processed, low-nutrition foods. Digestive enzymes come in tablet or capsule form and can be found at Whole Foods, The Vitamin Shoppe, and online. There are two basic types of digestive enzymes: a vegetarian blend of herbs (such as CompleteGest from Enzymatic Therapy) and an animal-product blend (such as Megazyme, also from Enzymatic Therapy). Keep a bottle at work, in your briefcase or purse, and in a pocket or snack bag when you go to parties.
3. Detox naturally with foods such as garlic and onions.
4. Add a daily detox tea during the holidays — perhaps right before bed, as an afternoon pick-me-up, or as a healthful way to kick-start your day. Examples of good detox teas include the Yogi teas (the ones labeled detox), Traditional Blends, and Arbonne's daily detox tea. These and other detox teas are available at Whole Foods, The Vitamin Shoppe, and online.
5. Give your liver some extra help by taking a milk thistle supplement. Milk thistle seeds have been used for 2,000 years to treat chronic liver disease and protect the liver against toxins. Milk thistle also comes in tea bags by

Alvita. You can find milk thistle at Whole Foods, The Vitamin Shoppe, and online.

6. Try following the Blood Type Diet to avoid certain types of foods that "act like a poison" to your particular body. A copy www.4yourtype.com.
7. Sneak raw or stir-fry veggies into everything you can.
8. Take a daily fiber supplement — either in capsule or liquid form — with plenty of water. This keeps you full and regular. If that doesn't work, make a "smooth move" with Traditional Blends' Smooth Move tea, drinking it for several days in a row.
9. If you must eat fast food, order a junior burger, which is usually 250 calories or less with nine grams of fat. Hold the cheese and mayo to reduce calories and fat even more. The Hawaiian Chicken Sandwich from Back Yard Burgers is only 280 calories and 8 grams of fat. (It's 100 less calories and fat than their low-carb burger — crazy, yes!) Only water to drink.
10. Keep your snack stash stocked in your office, briefcase, car, and purse. Kashi products are an excellent choice, as well as unsalted nuts. Fruit and nuts make a healthy, satisfying snack.
11. Commit to at least 8 minutes — maximum 28 minutes, including rest — of cardio intervals at least 2 or 3 — preferably 4 — times per week. Visit www.energymemphis.com/cardio-intervals-workouts for 5 cardio-interval workouts.
12. Set your phone alarm to ring every 3 to 4 hours during the day, alerting you to grab something to eat. Meal timing is crucial for weight loss success and hormonal balance.
13. Meditate 5 to 10 minutes every day, if you can, even if you only have time for a few minutes. This is excellent



for reducing the fat-storage effects of cortisol, a substance the body produces when it is stressed. Cortisol reacts to your stress by signaling the body to hang onto its fat in order to store enough energy to deal with the stressor.

14. Portion your snacks for each day in individual snack bags to help you keep from overeating.
15. If you eat pasta, breads, or other high-carbohydrate, high-glycemic food, drink some lemon water or squeeze some vinegar onto your veggies to reduce your body's response (a sugar spike into your system) from the glycemic.
16. Do some digestive stretches after you have eaten too much. Stretches that involve twisting the spine help "massage" the intestines. Visit www.energymemphis.com/digestive-stretches for 2 pictures of great digestive stretches.

Now! Go get in the holiday spirit — without getting into trouble!

Holiday cheer courtesy of Tonya Tittle, ACSM-certified personal trainer and owner of Energy Fitness, a private personal training studio at 552 S. Main, 523-2348, energymemphis.com.

DOWNTOWNER
December 2010
Reproduced with permission.