

Check List to Stay on Track during the Holidays



Come fall and you know that the festive season is round the corner. Thanksgiving, Halloween, Holiday parties at work, home and with friends, New Year's bashes- the list becomes endless.

While this is the most wonderful time of the year for many, it also becomes a stressful time when it comes to eating healthy and staying on track with your health goals.

The most common symptoms people experience during this time are: overeating, gaining weight, feeling sluggish and tired, re-entry of aches and pains, constipation, bloating and gas.

So do people generally have a plan to tackle this? I'd say most people rely on will-power; which most often doesn't help. Some on the other hand choose to just let go, thinking why fight a losing battle?

Honestly speaking, it doesn't have to be a battle and struggle. With a little bit of pre-planning and fore-thought- you can cruise through the festivities with ease.

I'm here to help you with just that. So why wait another moment, let's get started.

Here are some tips you can try out this year, and save yourself of the stress and frustration.

1. Do not skip meals!

This is a common mistake. If you starve yourself during the day, you will be way hungrier by the time you actually sit down to eat and therefore, end up eating a lot more than you would otherwise have. Remember, the festive meals are generally calorie, fat and sugar rich. So you don't want to over-eat such meals. Eating your regular meals ensures this.

Eating breakfast and a protein packed lunch before the big meal is essential.

2. Slow down and chew your food:

It takes the brain about 20 mins to register to are eating. So when you slow down and chew well, it allows the brain to make the connection, and as a result you end up eating much less quantity of food.

3. Wait a few minutes before taking seconds:

For the same reason as above, the brain takes time to note you have been eating. So if you wait a few minutes before taking seconds, you'll most likely realize that you are already full and actually don't need the second round! Smart, right?

4. Choose calorie free beverages.

If you are going to indulge in alcoholic beverages then everything else you drink should be calorie free. Skip the pop, coffees and juices. Drink lots of water helps avoid the dehydration that comes along with drinking too much.

5. Drink Ginger Tea After Your Meal

Ginger is proven to be effective in calming the stomach and aiding in digestion. It's the perfect post- holiday meal drink.

6. Offer to bring a healthy side dish

Ask if you can make a side dish; make it a tasty guilt free dish so there will be at least one thing less to splurge on. Healthy dishes and veggie dishes don't have to be boring, jazz them up with seasonal spices and awe everyone with your cooking skills!

7. Fill up on salads, veggies and low calorie foods first

This would leave very little room to taste and savor rest of the heavy stuff.

8. Have your greens

It's very easy at this time of the year to overindulge in the heavy, unhealthy foods. Most of these foods are rich in fats, dairy and meat which are acidic to the body, causing inflammation and pain. So you want to pre-plan and make sure you are still having your share of green vegetables which are alkalizing in the body. Our bodies are naturally alkaline and you want to ensure that acid-base balance by including green whether in your morning green juice/ smoothie, salads, veggies or sides.

9. Papaya to the rescue!

This is a super digestive aid. Eating the fruit relieves bloating and queasiness after large meals. Supplements from papaya juice (papain) are used widely for people who have low digestive juices and an underactive digestion. It helps break down foods efficiently so it can be used as a fuel by the body.

10. Kick of the day with some exercise:

Try to do something active first thing in the morning to jump-start your metabolism. Go to the gym or enjoy a long walk or run. Better yet, do it with a family member or friend so you both can reap the benefits.

There you go, that's my list of the Top 10 things you should do to successfully navigate through the Holidays!

I'd love to hear how it went.

Remember though that sometimes, there are deeper internal issues like stressed and excessively weakened digestive system, hormonal imbalances, yeast overgrowth, liver overload, nutrient deficiencies or emotional issues which need to be addressed with the right dietary intervention and lifestyle changes.

You are not alone in trying to figure it out...I can help you with those.

So what's next?

1. Schedule your Complimentary Discovery Session with me.

I can help you Eat Right. Feel Better. Look Good.

Call 778.322.5670 or email info@saakori.com to schedule one today.

We'll discuss your immediate health concerns and long term wellness goals, so we can figure out the right dietary approach for your unique self.

What's more, walk away with a couple of practical and easy to implement actionable steps you can implement right away and feel better.

You have only to gain from our chat.

2. Check out my "[Diet-Free' Diet Plan](#)", if you wish to lose weight, feel energized, balance your hormones while eating healthy, nutritious, balanced meals!

P.S- don't miss out on any tips, recipes and other nutrition related resources.

Connect with us on:

Facebook: [FB/saakori.nutrition](https://www.facebook.com/saakori.nutrition)

Twitter: [@saakori](https://twitter.com/saakori)

[Pinterest](#)

[You Tube](#)

Happy Holidays!