

Natural Healing Express Weekly

Column Volume 16 Happy New Year Helpers

This week we'll talk about a few things to help get your health off to a great start for the New Year or recover from the start.

During the holidays everyone seems to over-eat, over-celebrate, over-drink and then eat some more. Maybe it's that holiday fudge, Grandma's special pie or even a few extra eggnog indulgences. You know what I have to say to that? So what!...Ya, so what! Maybe that seems a little hypocritical coming from a nutrition angle, but looking at the overall Whole Life Approach, a little something extra with family and friends during the holiday season may be good for the soul.

Life can change in an instant. Just ask me, we lost two precious family members this year. I have tried several times to make Mom's pecan pie during the past three weeks and you know what I have to show for it? Two things. Burnt dough and fluency in therapeutic swearing. (Yes, I have learned to use one specific word (not printable here) as a noun, verb, adjective and most recently, and adverb.

Whatever the key ingredient might be for her highly acclaimed dessert isn't listed on the very worn recipe card. Furthermore she isn't here to ask. Now, I regret not spending time in the kitchen with her and learning how to make that pie. In hindsight, it would have been worth the ten pounds gained. Do yourself a favor, don't miss the opportunity to SHARE time, food and drinks with your family. Look at the bigger picture and be grateful for the chance, it might not always be there.

So, as promised, my tips for the holidays. Obviously, moderation is the key for most of the year, but looking at all the stress we seem to be under (and let's face it, sometimes the holidays ADD to that stress) one or two extra desserts or cocktails are not going to make that big of difference over a year. But, be safe, be smart and set some ground rules. Know your Bio-Individuality, Monitor your stress and moderate it in positive ways. Take a walk, chat with a friend or indulge in a nice sea salt bath. And yes, we still have Nutri-Calm which feeds the body instead of depressing or suppressing it. Come get some.

If you are diabetic, you don't have to eat the entire fudge tray. If you were that one drink drunk in college, don't suck down the entire bowl of spiked punch at the office holiday party and then demand an impromptu "Come To Jesus" meeting with your boss. That hardly ever works out for the positive. If you demonstrate addictive behavior or tendencies, it is not a good decision to drink at all. A word spoken is a word you can never take back. And for goodness sake- don't drink and drive. Be Smart. For many people, it is OK to be a little indulgent during the holidays, but it is NOT ok to be stupid.

If you eat a bit too much, don't sweat it. We'll do more columns in the New Year about Weight Loss, but for starters, use digestive enzymes to aid your system prior to eating those heavy proteins or tons of carbs. Breaking food down from the second it hits the mouth is quite favorable for digestion. And CHEW. Chew, Chew, Chew. This is one of the best things you can do for proper digestion. We have plenty of digestive enzyme samples at each location, so drop by and pick one up. If you need help learning to slow

down and chew, we can help, but will cost extra. Here's a simple trick. Set the fork down in between bites or count to twenty while chewing.

If you are experiencing acid reflux one of the fastest and easiest ways to help is to simply drink a glass of lemon water. When someone is experiencing this issue, it is a signal that your body is desperately trying to stabilize the alkalinity in the stomach. Adding lemon water to the stomach is not furthering the acid content as you might expect; it is helping to alkalize it.

If you have put on a few pounds during this holiday season, please check in with us for we will be offering classes after the new year, many of which will be about cooking , the eat clean diet, balancing herbs for the body and weight loss.

Now, the holiday issue about which I get the most questions: HANGOVERS. There are many, many theories about this and since this column is already too long, I will just share mine.

Step ONE – Balance your Liver BEFORE consuming using Milk Thistle. Your liver will thank you for not having to work triple time battling those rum and cokes (NOT rum and DIET sodas, you know that by now, right?) Do not consume products containing ASPARTAME. When you have an hour to hear my rant on that subject, come to the store. For purposes of this article it is sufficient to say that aspartame is not healthy. One can actually take Milk Thistle before, during and after alcohol consumption to help your liver. It's never too late.

Step TWO – Drink lots of water before, during and after drinking alcohol. This helps to cut down on the blood alcohol content as it digests.

Step THREE – EAT SOMETHING.

Uh – Oh are you ALREADY way past steps 1-3 and can barely read this?

MORNING AFTER-- HURTS LIKE HECK RECIPE – (all ingredients are available at NHE)

Milk Thistle, Men/ Women's Multi-Vitamin (doubled), Spirulina. Take with at least 12 ounces of ANY electrolyte replacement drink. You will feel better in twenty minutes.

Come see us. As always, we welcome your questions and comments. And Happy New Year!

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