

Tips for a Healthy Happy Christmas

By Helen Mawson, Health Kinesiology Therapist ©

Surviving the festive season in vibrant health is something most people struggle with. Due to a combination of all those late nights, too much alcohol and lots of party food many of us end up feeling far from radiant as Christmas progresses. All the excess can lead to our bodies becoming deficient in vital vitamins and minerals. Not only do we generally eat less healthy food at this time of year the excess of unhealthy foods act as anti nutrient which further leech our bodies of nutrients.

Help is at hand however as I've listed below some of my best advice to help you get through this Christmas in good shape and enter the New Year healthier and happier.

Stay Balanced; allow yourself some treats over the festive season but try and balance these with healthy foods throughout each day, this way your less likely to binge and your body will tolerate the treats better. On balance make sure you eat more healthy foods than the unhealthy treats. Its ok to indulge a little at this time of year don't beat yourself up but don't go overboard either!

Hydrate yourself; after all those parties and alcoholic drinks it's essential that you put water back into your body in order to replace what's been lost. Water is necessary for just about every function within the human body and is essential to health. Dehydration can happen very easily and can lead to all sorts of problems; headaches, migraines, poor concentration, poor memory, impaired intellectual functioning, and the list goes on!

Start Supplementing; everyone could benefit from taking a good quality multivitamin and mineral supplement over the winter months. Other supplements that can help you over winter are vitamin C which will help boost your immune system especially after all those late nights! Zinc is another immune booster and Echinacea plant extract is a super immune booster.

Get Juicing & Make Soup both of these are excellent ways of eating your fruit and vegetable quota giving you "shot" of vitamins, minerals and vital energy to get through all those office parties!

Avoiding Allergies; try and avoid as far as possible foods that you know give you an allergic reaction. Most common causes of food related allergic reactions include; wheat, dairy, sugar & caffeinated foods and drinks. Taking Pro-biotic is a useful addition to your health regime over Christmas. This helps top up good bacteria in the intestines and helps if you suffer from intolerance or allergy symptoms such as bloating, IBS, and other digestive disturbances.

Exercise; don't forget to exercise over the Christmas period, exercise helps speed up the metabolism, hopefully eliminating those extra calories you've

consumed. Exercise also works with the lymph system which assists the body in getting rid of unwanted toxins - another bonus at this time of year.

Have a Health Kinesiology (HK) Session; HK is a unique therapy that is concerned with re-balancing the body and its many systems. The therapy can test for allergies / intolerance, identify specific nutritional needs, and balance emotional issues helping you achieve optimum health & vitality.

Have a great Christmas everyone and remember to recycle all those empties!

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