

# GIVE A GIFT TO YOURSELF

## HOLIDAY HANGOVER

### How to Bounce Back from Overindulging

It's almost inevitable. We all overdo it over the holidays. Almost every get-together takes place around a table of rich foods and holiday-themed cocktails. By the end of the festive season, you're feeling more like a sloth than a social butterfly! Your energy is zapped and you're living in the fog of the dreaded food coma!

**Here's how to get out of that post-holiday slump and bring a new year sparkle back to your body, mind, and spirit!**

#### Are you feeling bloated, gassy, and having digestive upset?



The holidays tend to be a time when we overeat and stray from our regular diet. Give your digestion the opportunity to rest and reset.

**Drink lemon water.** Lemon water has a similar structure

to the acids and juices in your stomach. Sip it throughout the day.

**Try intermittent fasting.** Give your body time to take care of digestion from the day before. Stop eating at 7pm and have your first meal at noon the next day to ease gas and bloating.

**Drink tea.** A cup of tea is a soothing answer to most ailments and digestion is not an exception. Sip on teas like peppermint to help with digestive upset, fennel to move gas and release bloating, or marshmallow to ease inflammation.

**Replenish with probiotic.** No matter what you ate, it likely did a number on the good bacteria responsible for healthy digestion. These good bacteria protect you from pathogens like candida, parasites and bacteria. Replenish and rebuild a healthy gut environment with a quality probiotic supplement.

#### Are you unable to get past the sugar and salt cravings?



Festive desserts and sugary drinks... indulging in sugary and sweet foods is a common occurrence during the food-filled holiday season. Sugar is a delicious comfort, but it's also addictive, making it

difficult to regain control and be successful with new year resolutions.

**Eat fibre.** Fibre slows the digestion of food, which helps to prevent spikes in blood sugar making you crave sugary treats. Reduce hunger-based sugar cravings by choosing soluble fibre like chia or whole oats that swell in the stomach, making you feel satiated.

**Distract yourself.** Sometimes, it can be hard to come down from the hustle and bustle of the holidays and life can seem boring. Snacks can relieve boredom and sugar can bring comfort. When the craving hits, get up and go for a walk, play a game, or exercise and wait for it to pass.

**Sprinkle cinnamon.** Studies show the polyphenols in cinnamon help to control glucose levels, relieving insulin spikes that cause cravings. Its sweet, spicy taste can also satisfy the taste buds.

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### Are you feeling like you're on an emotional roller coaster?



Your emotions may feel out of sorts as your body processes the extra sugar, excess fat, alcohol, stress, and lack of sleep and exercise. It might feel like you are on an emotional roller coaster! Adding in

some structure, routine, and support can help you feel like yourself again.

**Process your emotions.** So many opportunities for blame and shame pop up over the holidays. Overeating, bursts of anger, and isolation can be emotional coping strategies, so offer yourself compassion and forgiveness. Walk, cry, write and process what you are feeling and allow yourself room to grow!

**Daily routine.** Return to balanced meals to keep blood sugar stable, get back to 7-8 hours of good, quality sleep, drink 8 glasses of water for proper hydration, and return to - or start - a good exercise regime. A healthy lifestyle will help you feel grounded and balanced after a chaotic and exhausting holiday season.

**Practice self-care.** After a couple of months of making others a priority, it's time to retreat from the chaos and reflect on your needs. Taking a hot Epsom salt bath, diffusing some essential oils like lavender or frankincense, or taking time for a massage or spa treatment are all ways that we can make our health and wellness a priority. Do whatever makes you feel good about being you and living life!

### Is the comfort of the couch becoming a little too familiar?



A sedentary lifestyle is the disease of our time and is responsible for more annual deaths than smoking! If the holidays are spent at home, you are likely spending an unreasonable amount of

time sitting and feeling bogged down by the extra eating and drinking. You know what you need to do - it's just so darned comfy on the couch! Get up, work up a sweat, flush out those toxins, and start your new year off right!

**Get plenty of exercise.** Exercising will help you shed those extra pounds you may have gained. It also helps to stimulate your lymphatic system to flush out toxins, activates your digestive system to promote better digestion and bowel health, and increases circulation to help re-energize! Take it slow, but aim for 30-45 minutes a day and try to incorporate both cardio and strength-based movements.

**Eat foods high in water and fibre.** Fibre and water, in combination, help your digestive system move out toxins and waste. Plant foods are great at supporting the body's natural detoxification system. They are easy on the digestive system, giving it the rest it deserves after the holidays. They also help promote weight loss and are a great source of vitamins and minerals to support the liver and elimination organs.

Sources: <https://www.livestrong.com/article/342990-teas-to-drink-for-irritable-bowel-syndrome/>  
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