

# Post Christmas Body Blues



For many people the Christmas season sees a bit of overindulgence in all those things that can leave us feeling sluggish, bloated, and a little on the heavy side. Not only is this a result of perhaps eating a little too much food, but it can also be from the types of food we find ourselves eating at this time.

So how do we turn around this dreaded Christmas pattern that sees a fad of detox programs and healthy new years resolutions going through the roof come January? Resolutions that are often quickly forgotten by February and back we fall into the same cycles. Is it possible we can make a change in our approach to the Christmas holiday festive season that doesn't leave us feeling flat or down and needing a pick me up?

When we consider the true meaning of the season, a time to get together with friends and family, to celebrate relationships, enjoy the beautiful summer in the southern hemisphere or cosy winters in the northern hemisphere.... wouldn't it be far more enjoyable to nourish ourselves (in every way) during this time, rather than load our bodies with overly sweet and rich foods?

It's a pretty simple equation when we think about it. To get the most out of the season, we need to put back into our bodies that which will support them to feel super light, nourished and vital. So here are some of our tips for the ongoing festive season (and for a healthy recovery for those who may have overindulged).

- Be consistent – don't see festive get togethers as being different from any other meal you would eat at home with yourself or your family throughout the year. Sure you can prepare special dishes for the occasion, but that doesn't mean you have to eat more than what you normally would. Keep it light and eat only what your body needs.
- Keep to preparing wholesome dishes made out of healthy and nourishing wholefoods.
- Maintain your exercise rhythm over the holiday period by getting together and exercising outdoors with friends and family. Take long walks in nature together, swim at the beach, toboggan down the snow slopes....keep active in your social get togethers and your body will love you for it.
- Drink plenty of water – an absolute must for vitality and good health.

Of course these are things we need to be working on year round when it comes to our health and well-being, but the more solid they become in our daily lives, the more steady we

will find ourselves throughout the festive season present and future.