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**100% Effective Natural Hormone Treatment**  
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**How to Eat Right During the Holidays**

**By Renee Kennedy**

**How to Eat Right During the Holidays by Renee Kennedy**

They're coming -- the Holidays --  
How are you going to handle the gorgeous, fattening foods that inevitably accompany every party, gathering or event?

Food is a big and wonderful part of the holiday tradition.... From Thanksgiving to New Years, we stuff our faces with Aunt Linda's famous pumpkin pie to Grandma's N.Y. style cheese cake. (Actually, it all starts with Junior's Halloween candy.)

Learning to deal with the mass quantities of fattening food doesn't have to be painful. Instead, get to the root of the Holiday munchies:

1. Take the stress away.  
Stress causes many of us to overeat. This year, cut out a few of the more stressful holiday events. It is OK to say, "No."

For instance, traveling during the holidays can cause extra stress that you don't need. Put your foot down this year and tell your relatives that you're not going to travel.

Or maybe your stress is caused by having a gazillion people over to your house for dinner. This year consider having a quiet dinner or suggest that it's someone else's turn to play host.

Spending too much on gifts can also be an unneeded stress. Try telling relatives you'd like to cut down on gift

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giving this year... just tell the plain truth – money is tight and you can't afford it. Instead, suggest a lower cost alternative... like trading homemade gifts or putting a limit on the gift cost.

Whatever the source of your stress, nail it down and remove it. And throw the guilt out the window. You will feel relieved and happy with the control that you exert over the situation. It's your choice to take the control... don't leave room for excuses.

### 2. Focus on holiday activities, not holiday food.

Go ice skating, caroling, or read a favorite holiday book. Don't be afraid to start your own traditions. Instead of focusing on the baking and cooking traditions make a new tradition surrounding an activity like decorating your own door wreath.

### 3. Replace some of your high calorie holiday foods with low calorie or healthier options. Replace cookies with fruit, replace rich candies with nuts, replace an apple pie with ambrosia.

Every year, my mom used to include a carton of malted milk balls in our stockings. I've created a healthy alternative: I put tropical fruits like coconut, large naval oranges, mangos, and star fruit in the stockings. In our house, one of the highlights of Christmas morning is when my son finds a coconut in the bottom of his stocking. (It's easy to make your own traditions, just focus on the things that you and your significant others enjoy!)

### 4. What do you do when you just have to make the cookies or when Aunt Sue brings you a delicious fruit cake? Put limits on what you allow yourself to eat.

For instance, for each different kind of cookie you make, combat cookie munchies with a rule before you start baking: allow yourself 1–2 cookies of each different batch and then give the rest away to family, friends, and teachers.

Another idea you might like to try... don't give up the lovely smell of baking, just make non-edible foods:  
– cookies you hang on the tree or

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– non edible gingerbread houses. (Making one giant gingerbread house and trying to keep it glued together will fix your desire to bake for the next year!)

If you receive lots of baked goods as gifts – freeze them or bring them to work or serve them only when guests come over.

### 5. Going to a party?

- Don't starve yourself all day so you can eat more at the party. You'll end up eating the high fat foods to compensate.
  - Need a dish to pass? Bring a healthy dish – like a fruit tray, a vegetable dish, couscous, or a low fat vegetable lasagna.
  - Sometimes, the problem with parties is that the desserts are laid out with the main meal. Be sure to eat the healthy foods before diving into the desserts.
  - Eat a variety of foods in smaller quantities.
  - Need to munch? Hang out at the fruit and vegetable trays.
- 
- Your choice of beverage can make or break your entire day. Eggnog is the traditional diet killer.
  - Before you eat it, input the food into your NutriCounter

If you're exceeding your nutritional goals for the day, you'll think twice before eating.

Adopt a new holiday philosophy that will change your life and your holiday eating habits: Take control and give up or replace a few of the holiday traditions. Whether it's stress inducing events or great grandma's meat pie... ask yourself, "Do I really need it this year?"

Come and visit the NutriCounter web site for more information on how nutrition influences weight loss, diabetes, pregnancy, heart disease and more!<http://www.nutricounter.com>

## **How to Handle Christmas Before it Handles You :)**

**By Randy Mclean**

### **How to Handle Christmas Before it Handles You :) by Randy Mclean**

Ahh, the Holidays gotta love it. Family, fun, presents, and food! I guess you probably knew where that was going... :) Yes, we can't escape it but we can handle it...this months tip will show you just how to do that.

## How to Eat Right During the Holidays

Many dread the holidays because of this fact...turkey, stuffing, chocolates you name it we'll eat it! No matter how strong a person's will power is they'll usually succumb to temptation. I will share with you some different ideas and perspectives on how to survive the onslaught of 'fearless feeding' most of us will partake in.

The first approach most will try is to lose the weight before the holidays. Sure, this approach is great but you have to be careful 1. That you avoid crash diets to get there and 2. You do not overcompensate during the holidays.

Let's start with number one. If you lose the weight too fast just so you can 'look good' for the holidays or maybe to possibly eat more you will no doubt put the weight back on. Your body is used to a 'set weight' and will be starving for nutrients. You'll usually blow up like a balloon and will be in the same situation (or worse) than when you started.

Number two, if you have dieted long and hard do not use this as a license to take in massive amounts of calories over too long a time...you'll just undo what you set out to do. Set in your mind from the start how long you plan to eat 'freely.' Maybe a week? You should know yourself over time what you can and can't get away with...above all it's only natural that 'treating' less days than you don't will be measured with success, it's just in the odds...use common sense.

Thirdly, the next group is those who are already dieting... If you are going to try and keep losing during the holidays...don't. You'll only be torturing yourself watching everyone else enjoy themselves. If you are doing particularly well just take a break and maintain during the holidays. Don't go over your body maintenance level everyday and you should be fine. You'll be able to eat more but at the same time you won't be eating too much in order to gain back what you've worked so hard to take off.

These same general principles also apply to those who haven't started a program yet. It might be a good idea to wait, especially at the beginning of a diet because you'll need greater will power. But do not make your situation worse. You can then get your revenge after the holidays!

In summary, just keep a clear head and you will see everything in perspective. Write your goals down, make a plan, draw charts in order to 'see' that it won't be that bad...whatever it takes. Then you will be able to enjoy the holidays...guilt free!

Randy Mclean has a diploma in Fitness and Nutrition from Education Direct, a YMCA individual

conditioning certificate and is the author of *Instinct – Master Your Mind And Your Body!* For free tips and tricks visit [www.weightlossguidance.com](http://www.weightlossguidance.com)



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