

MERRY CHRISTMAS!

There is, this month, a more relaxed approach to nutritional advice. At a time of celebration it is not appropriate to go on about a "good diet", "healthy foods" or "brussel sprouts". Well, alright, you can have the brussel sprouts if you insist. On December 25th.

The rest of the time you will eat too many servings of turkey at various Christmas meals. You'll overindulge on mince pies and try various alcoholic combinations you would avoid the rest of the year. You'll generally inflict strange combinations of foods on your digestive system.

No wonder in January everyone wants to detox!

So, as you are all too busy finishing off this year's work to take in sound nutritional advice you can have the month off. I promise not to look over your shoulder when you are eating all those festive sweetmeats. I may myself be occupied with scoffing a mince pie!

However you celebrate the winter solstice, enjoy yourself and keep safe.

And a very merry Christmas to one and all!

Best wishes till next year,

Liz

