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Tranzformations

Enjoy better health and a better life

Liz Copeland's newsletter December 2006

Comfort & Joy!

In the bleak mid-winter

Now the old year is winding down and it feels as if nature is shutting up shop for a while. Days are short and it is a time to huddle indoors with family and friends. A traditional mid-winter celebration is just the thing to cheer us all up. But of course, it might just wear us out.

I don't give Christmas tips concerned with turkeys and sprouts. You will have your own



traditions and it is generally not a good idea to innovate for Christmas dinner.

We all eat a bit too much and exercise a bit too little, but here are some tips to minimise the effects of seasonal excess:

Go easy on the snacks. Nuts, dates, biscuits, sugared almonds, mince pies – there are lots of extras we can eat at Christmas. Try to eat these foods as part of your main meal, e.g. a few almonds or brazils with your aperitif just before eating, or a few dates or a mince pie afterwards as a pudding. This way you get to enjoy the treats without overeating the snacks. And does anybody actually eat sugared almonds?

Stick to your usual tittle. You may be tempted to try unusual drinks at this time of year but your digestive system and your liver will not appreciate unique alcoholic combinations. The latest cocktail concoction alongside rich Christmas food is not going to make you feel better (trust me, I know).

If partying, mix water with the alcohol. Drink water before, during and after your partying so that you do not dehydrate. And don't use alcohol as a substitute for food – have your drinks with your meal, not instead of it.

And however you celebrate the winter solstice, enjoy!

Contact Liz on 020 8668 3502 for help in tranzforming your life for 2007 and beyond.