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Enjoy better health and a better life



Liz Copeland's newsletter January 2007

GO NUTS IN JANUARY!

New year, new you!

So that's Christmas over with, and the winter festivals are all done. It's now the turn of the year and time for a fresh start.

But have you kept your New Year's Resolutions so far? Did you even make any?

In the dark days of January we often find that our waistlines have expanded, while our wallets are thin (with all those credit card bills catching up with us).

It's often difficult to be optimistic about the year ahead. So here are my top 5 tips on surviving the rest of winter.

TIP 1: Eat well

Cold, dark days mean we all tend to eat more carbohydrate. It's understandable, but don't let it get out of hand. Make sure you balance your carbohydrate intake with protein. Eat a few almonds or brazil nuts as snacks, instead of reaching for those high-carb munchies.

TIP 2: Drink plenty of water

As well as your 6-8 glasses of water per day, eat water-rich foods such as salads and fruit. The more water you drink (and eat), the more it helps you to detoxify. For some people, detoxing in Spring will achieve better results than January – my March 2007 newsletter explains why.

TIP 3: Get more exercise

When the weather is bad, it's too easy to sit in front of the fire, computer or TV and not exercise at all. Exercise helps with detoxing, gets the circulation going, and changes our brain chemistry so we feel better. Make a promise to yourself to get moving – daily!

TIP 4: Get some sun

Sunshine helps our mood enormously. In northern latitudes you may be affected by the winter blues. Take a Caribbean holiday if you can. If you can't, then a walk in your local park on a sunny day will help too.

TIP 5: Chill out

Get together with some friends and some simple winter food – casseroles, shepherd's pie, baked potatoes and home-made soups are ideal. After the merriment of December, a relaxed social climate will be appreciated by all.

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