



Effective Ways to Stay Healthy During the Holidays

The holiday season is a time for family, friends, food, festivities, and faith. Unfortunately, it is also a time for colds and flu, high stress levels, consuming unhealthy foods and beverages, overindulging, emotional distress, and loneliness, traveling nightmares, among other factors undermining our health and increasing the likelihood of illness ruining the holidays. There are several effective nutritional and lifestyle strategies to stay healthy during the holidays.

Drinks Lots of Water

Water is essential for optimal health. The human body is made up of at least two-thirds water. It is implicated in nearly every major bodily process (e.g., circulation, digestion, absorption, elimination, etc.) essential for sustaining life and maintaining good health. Therefore, if there is ever a time to drink adequate amounts of water (i.e., 6-8 eight-ounce glasses a day), it is during the holidays. There are at least three good reasons to make drinking lots of water an essential strategy for staying healthy during the holiday season:

- First, water is a natural appetite suppressant. It creates a feeling of satiety/fullness, thereby functioning as an appetite suppressant to help prevent overeating. One way to maximize the appetite suppressant effect of water is to drink eight ounces of room temperature water right before a meal.
- Second, water is also a natural way to help the detoxifying systems of the body (e.g., gastrointestinal, respiratory, urinary, systems (i.e., skin) to work more effectively in removing impurities resulting from unhealthy holiday food choices.
- Third, drinking lots of water during the holidays can help prevent dehydration. Dehydration can cause headaches, an inability to concentrate, drowsiness, constipation, impatience, and irritability, among numerous other effects that can contribute to a poor sense of well-being and spoil the holidays.¹

Eat Balance of Carbohydrates, Fats and Protein

Make a concerted effort to eat a balanced diet consisting of carbohydrates, fats, and protein. Diets high or low in one or the other of these macronutrients cause all sorts of health problems and nutritional imbalances and deficiencies. For example, eating a diet high in protein and low in carbohydrates and fat results in low energy levels and feeling lethargic, constipation from an adequate amount of dietary fiber, an overworking of the liver and kidneys and diminished cognitive functioning from lack of proper nourishment (i.e., glucose and essential fatty acids) to the brain, all of which can be disrupt the flow of having a good time during the holidays. The United States Department of Agriculture (USDA) guidelines for the consumption of the macronutrients are as follows: 45%-65% of calories derived from carbohydrates; 20%-35% of calories derived from fats; 10%-35% of calories derived from protein.²

Limit Intake of Ultra-Processed Foods & "Lethal" Liquid Calories

Eating ultra-processed foods high in salt, sugar, fat, and calories is what gets people into a lot of dietary and nutritional trouble during the holidays. Consuming large amounts of ultra-processed foods causes overeating and weight gain, among other health conditions such as obesity, heart disease, high blood pressure and diabetes. Ultra-processed foods to avoid during the holidays include cookies, crackers, cakes, chips, colas, candy and desserts, lunch meats, hotdogs, bacon, sausage, salami, or any other meat processed to the extent that its shape, flavor and freshness are changed.³ Another nutritional trap people fall into during the holidays is to assume that it is better to substitute liquid calories for calories from solid food. Liquid calories are stealth calories in that they add up without you knowing it. Going to a holiday party and just drinking liquid candy (e.g., soft drinks, juices, etc.) and liquid pleasure (i.e., alcohol) loaded with sugar will rack up the calories and make it more difficult for you to manage your weight during the holidays.



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Moreover, it is important to understand that the bio-chemical mechanisms controlling hunger and thirst are different. As it turns out, liquid calories do not cause the brain to send the signal that you are full. Hence, you will more than likely end up eating anyway and maybe even overeating, leading to the consumption of calories above and beyond the liquid calories you already consumed.⁴

Limit Intake of “Consume Alcohol in Moderation

Alcohol is not only lethal in terms of the calories it contains but it is also lethal in its overall nutritional and health impact on the body. For example, its diuretic effect promotes dehydration and the loss of nutrients. Alcohol suppresses the immune system; it impairs the digestion and absorption of nutrients from the small intestine, especially the B-vitamins; it impairs the absorption of fat-soluble vitamins (i.e., vitamins A, D, E & K) by the liver; and it impairs brain function. While there are many other deleterious effects of alcohol on the body, suffice it to say that consuming alcohol in moderation would go a long way towards staying healthy during the holidays.⁵

Eat Small Meals Throughout the Day

Avoid falling into the trap of starving yourself, especially on those days when you will be attending some sort of holiday festivity. It is better to eat at least three small meals during the day. This will keep your metabolic rate up (thereby burning calories), create a feeling of satiety/fullness and help moderate blood glucose and insulin levels. Skipping meals is a sure way to trigger an increase in appetite leading to binge eating and feeling lethargic or as if you do not have any energy. In short, it is nutritionally smarter to eat less and more often throughout the day before heading off to a holiday celebration.⁶

Eat Slowly

Eat slowly and wait a few minutes before going back for seconds to help moderate your intake of food, prevent overeating and creating metabolic stress. It takes a little bit of time for the brain to send the signal or create the feeling that you are satiated or full. Engage in mindful eating during the holidays instead of the mindless consumption of calories. Again, it is important to remember the principle that nutrition is just as behavioral in nature as it is biochemical. It may take several attempts to learn to eat slowly.⁷

Stay Physically Active and Exercise

Do not abandon your regular exercise routine. Find ways to keep your exercise regimen going. As Plato said over 2,000 years ago, “Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it” (Plato). Regular physical activity, whether in the form of a structured exercise program or just part of daily living routines, will help to keep your body energized and healthy during the holidays.⁸

Get Adequate Sleep & Rest

It is vital to get adequate sleep and rest during the holidays. Sleep is when the body rejuvenates and repairs itself. Some of the health benefits of sleep that could be especially important during the holidays include strengthened immune system, reduced stress levels, reduced inflammation, being more alert, having a better memory and better sense of well-being.⁹

Keep Your Immune System Vital and Vigilante with Strauss

Your immune system is the sentinel of your body. It is designed to help defend against cold and flu viruses and helps in recovery when we fall ill. Important to remember that it is not just cold and flu season anymore but cold, flu, COVID-19 and RSV (respiratory syncytial virus) season, since all these viruses are in play during the fall and winter, and, hence, the holiday season.¹⁰ One of the best ways to stay protected and not infected during the holidays is to take the following Strauss Naturals' immune support products, which can be taken individually or in combination to support your immune system.



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STRAUSS NATURALS IMMUNE SUPPORT PRODUCTS

In addition to practicing good hygienic habits, taking Strauss Naturals Immune Plus Drops, Travel Bug, and Cold Storm Drops either individually or in combination can go a long way in supporting a healthy immune system. Your immune system is the sentinel of your body helping to protect you from invading pathogenic microorganisms such as viruses and other pathogens.

Strauss Immune Plus Drops™ support a healthy immune system.

- Easy to take, liquid drops in an ideal travel size.
- Refreshing Spearmint flavor
- Medicinal Ingredients (per ml):
 - Myrrh (Commiphora myrrha, gum) 527.7 mg (52.7 mg/mL)
 - Goldenseal (Hydrastis canadensis, root and rhizome) 263.9 mg (26.39 mg/mL)
 - Cayenne (Capsicum annum, fruit) 4.4 mg (.44 mg/mL)
 - Vitamin C (ascorbic acid) 3mg
- Indication: Helps (to) maintain/support immune function.
- Recommended Dosage: Adults: 19 years and older: 1mL, 3 times per day.



Travel Bug™ Drops support a healthy immune system and stomach function.

- For ages 6 and older
- May help relieve occasional stomach upset, nausea, and motion sickness.
- Great for road trips to the cottage or camping, fishing trips, air travel, or setting sail. Easy to take, liquid drops in an ideal travel size.
- Medicinal Ingredients (per ml):
 - Allium sativum (garlic bulb fresh) 270mg
 - Zingiber officinale (fresh ginger root) 270 mg
 - Zingiber officinale (dried ginger root) 10.45 mg





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Cold Storm® Drops help support a healthy respiratory system.



- Easy to take liquid drops for the whole family in a refreshing cherry mint flavor.
- Medicinal Ingredients (per ml): Garlic bulb fresh (*Allium sativum*) 660 mg
- Indication: to help relieve the symptoms associated with upper respiratory tract infections and catarrhal conditions.
- Dosage: Adults, Nursing Moms and Adolescents 2-3mL, up to 3 times daily Children 2-9 years, 1mL up to 3 times daily . It can be taken directly using the dropper included in the bottle, or it can be diluted in juice, yogurt or honey - especially useful for younger children or adolescents who may have more sensitive palates.

Staying healthy throughout the holiday season is an achievable goal, provided it is made a goal and there is a conscious attempt to put into practice nutritional and lifestyle strategies designed to maintain and enhance your health, especially during the stress-filled holidays. Taking the Strauss immune support products along with the diet and lifestyle strategies presented above will help to keep you healthy during the holiday season.

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