



**SANTA IS COMING TO TOWN..... BRINGING  
THE SILLY, EATING, DRINKING, WEIGHT GAIN SEASON  
WITH HIM!**

The festivities, over the entire month of December and well into January are usually enough to result in a change of routine for most people. Holidays are not always active ones; and the weather is encouraging of lazy days by the pool or beach with a sugar laden drink in hand.

Relatives and friends gather around barbeques for pre Christmas, over Christmas and New Year feasts. The platters are laid out for finger foods that add enough calories for an entire meal. Then there is the wine, champagne, more great Aussie wine, random beer selections, and the list goes on.

**HOW CAN ONE POSSIBLY SURVIVE THIS SILLY SEASON  
WITHOUT SIGNING UP FOR AN EXPENSIVE GYM  
MEMBERSHIP IN JANUARY?**

**HAVE A PLAN!!!**

## **PARTY PLANS**

### **Before Christmas preparation**

1. Plan ahead. Start now. Do you need to seriously look at your diet now? Ask yourself.....is your diet full of processed food (it comes in packages), oil, fatty fried foods, take out on the run?? Could you commit to your health for one month before the silly season arrives? If not then the bad news is you will have some serious NEW YEARS RESOLUTIONS!
2. Now that the weather is warming up, get out walking after work, drag the dog or a friend or chubby partner who will thank you later.
3. Choose lighter salads as your side dishes and use simple olive oil vinaigrettes shaken with some basil, garlic, rosemary (all rich in antioxidants). Choose fish as your main meal; forgo the toast and VM paste in the morning and have a small bowl of fresh fruit first and later, a boiled egg for the protein. If you eat on the run, plan on having protein shakes or smoothies with blended fruit. Use protein shakes such as ISO WHEY that is low in carbohydrates and high in protein.
4. Drink plenty of water in substitute for coffee, tea, fat laden lattes or mochas. Fruit juices are high in sugar and add unnecessary calories.
5. Lay off the alcohol.....your liver does need a break and it is guaranteed to be working overtime during the silly season.



- ✚ Do you have a designated driver...no? How about you offer to be the driver? For people who have worked hard all year to lose weight and bring down their cholesterol, the less damage they do to their liver over the holidays the better. If this is not an option for you then choose drinks that will not send your blood sugar through the roof. Avoid anything creamy. **Try simple spirits that are in sparkling water instead** of cola. Diet cola is made with neuro-toxic sugar substitutes. Avoiding the sugar is just better for you. Champagne is also high in sugar.
  
- ✚ **Don't go in on empty!** If you have been saving yourself all day for the big feast.....well you will tend to eat more of poor food choices. Have a light protein bar or protein snack like tuna before going to the party. Drink plenty of water, all day and during the party. This will reduce hangover, reduce your hunger so you can control how much you choose or desire to put on your plate.
  
- ✚ Finger foods.....they are everywhere!! Look for the rice crackers or thin wafers instead of corn chips or potato chips. Check out the dip.....choose some made from vegetables like beetroot. This would be a better choice than dips made from sour cream and cream cheese. Limit yourself. Cheese is full of fat. Vegetable sticks are always a good option. Carry a napkin instead of a plate loaded with something from every selection. Place a few nibblies on the napkin, finish them and then ask yourself...am I still hungry or can I wait until dinner is served.?
  
- ✚ Now go have another glass of water. Get up and move around. Sitting for hours visiting is compounding the problem.

- ✚ When dinner arrives, choose a smaller plate if the food is served buffet style. Load your plate with salad options, a few prawns. Think protein and vegetables. Protein such as lean meat, fish or seafood will keep you fuller longer. You can enjoy these, it is the carbohydrates mixed in that makes your digestion work harder. Avoid the WHITE. Pass over the potatoes and gravy, potato skins with melted cheese, meat pies, sausage rolls, bread rolls, fancy pasta dishes loaded with cream sauce. You are allowing yourself to truly enjoy the fine meal made for you, you just don't need to sample everything and pay for it later.
  
- ✚ If you are the cook?? Respect your guest's wishes not to stuff themselves beyond capacity. Offer smaller plates for those who would like it. Try not to nibble while making the nibblies. These calories add up while you are not paying attention. Put out appetisers that are light in calories instead of things like nuts that people eat by the handful and are generally covered in salt. Homemade nibblies are usually the best as you know what is going into them. Keep water available and light drink options for those who have to drive, or are trying not to over do it.
  
- ✚ KIDS.....Offer non-soda drinks for the kids, for example, home made punch from fresh juice that is mixed with filtered water and lots of ice. Thus avoiding the destructive hyper behaviour that follows consumption of artificial colourings, flavourings and too much sugar. Children really do need smaller plates; help them choose healthy options, the younger they learn it, the less likely they will be to be obese later in life.
  
- ✚ If the occasion is to bring a plate affair, try and do your part and choose to cook low fat, options that include some vegetables and less processed foods.
  
- ✚ Most importantly.....the holiday season is not the time to start a diet. Start well before or after. But if you are on one, continue with a plan in hand!



**HAVE A SAFE AND HAPPY HOLIDAY SEASON!!**

**For further nutritional advice that works for your lifestyle, nutritional testing, heavy metal testing, detoxify programs please check out our website at [www.houseofsage.com.au](http://www.houseofsage.com.au)**

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*COME IN AND BE SAGED!***