

## **Post-holiday Clean-up to Step Healthfully into the New Year**

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We can all use reminders, so it is on this note that I write this week's column. Even though we may have had the best intentions for behaving ourselves during the holiday season, the lure of festive eating and drinking may have pulled us off course and we are feeling worse for the wear. Here are just a few reminders for clean-up. Getting back into the saddle of a good health routine can be easy.

### 1) Get your blood sugar back into balance.

Choose a balanced breakfast, mid-morning snack, lunch, afternoon snack and dinner. Each meal and snack should contain a protein, fat and carbohydrate. I coach my clients to leave the pasta, muffins and bagels aside, focusing instead on getting their carbohydrates from vegetable and fruit sources. I find it takes 24-48 hours to feel the benefit.

An easy way out of sugar cravings and a bloated belly:

Breakfast: veggie omelet

Snack: handful of nuts & apple

Lunch: grilled salmon or chicken & greens

Snack: carrot sticks & slice of turkey or a nut and seed protein bar

Dinner: steak, baked potato, salad

Limit morning coffee or tea to one cup and set aside all alcoholic beverages for this two day period. Be sure to drink plenty of pure water: a minimum of ½ oz for every pound of body weight. Greater quantities may be needed here at the high altitude.

Be in bed by 10 pm and get back to your exercise if it has been lagging. Thirty minutes per day is the minimum needed to get you out of the doldrums. One would think that living here in a ski haven that exercise is a given, but if you are one of those who use the cold as an excuse, get your shoes on and get yourself outside. Our bodies love to move.

If that inner voice of rebellion or craving starts in on a conversation with you – thank it for sharing and let it know you will check in with it again after 48 hours.

Once the blood sugar is back in balance and the body chemistry quiets, self-empowerment returns. You will find an improvement in your mood, in the quality of your sleep and that cravings have disappeared. If you have put on a couple of extra pounds, the weight should easily begin to drop off.

### 2) Recharge your liver and gall bladder.

If your liver and gall bladder have taken a beating, here are some simple steps to renew them. One: squeeze ½ of a fresh lemon into 4-8 oz warm water and sip on it first thing in the morning. This helps to open up your gall bladder to move toxins out.

Two: add beets, beet leaf greens or beet juice to your daily diet. Beets contain naturally occurring betaine which acts as a liver decongestant, is supportive of fat metabolism and thins the bile. This all helps to move out toxins as well as protect the liver against alcohol damage. Just grating 1-2 tablespoons of fresh beets onto your daily salad can be of great value.

Within 48 hours you can be back in the saddle again and your New Year will be off to a strong start. I guarantee it.

Best wishes to all for a Happy, Healthy New Year.

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