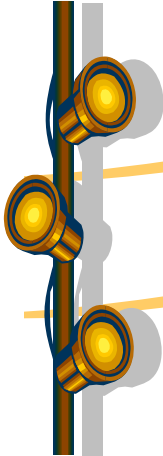


Health Tip of the Week...

December 20, 2010

SPOTLIGHT



Happy Holidays

*Seasons Greetings from our family to yours
wishing you the happiest of holiday seasons and
the healthiest of new years!*

Healthy Holiday Tips

Everyone knows that they should maintain their healthy lifestyle and healthy activities even during the holidays. But, as most would agree, that is much easier said than done. After all, haven't we convinced ourselves that "it's the holiday season" and that "we'll go back to our more healthy routines after new years."

But, it's called the Holiday Season not the Vacation Season. A holiday is a cause for celebration whereas a vacation is to take a break from your life. We suggest you look at this season as an opportunity to celebrate your life and everything in it.

Here are a few HEALTHY holiday tips:

1. Eat your holiday meals by candlelight.
Go slow and be mindful of every bite

because it takes the brain time to tell the stomach it is full.

2. If you over-indulge one day, get back in control immediately. Don't be down on yourself and don't put it off until January.
3. Drink WATER...lots of water. The standard measure is half your body weight in ounces daily.
4. If you do indulge, do it as a celebration rather than an opportunity to feel guilty.
5. Be kind to yourself. Stop being so harsh with yourself. Celebrate your life with some positive self-talk.
6. Keep up your exercise program as that will contribute to your energy levels.

The Bottom Line...The Bottom Line...The Bottom Line...

How about some future pacing with your thoughts and actions? What we mean by that is..."what will your new year resolutions be with regard to your health?" What are you planning to stop doing that is detracting from your health? What are you planning to start doing that will contribute to the development of your health? How difficult would it be to stop what you plan to stop...and do it now? What could you start doing...right now that would benefit your health?

This issue of the Health Tip of the Week is brought to you as a public service by...



Dr. H. Kala Eulitt, DC * 936-494-1222 * www.ConroeWellness.com