



Finding Balance for a Stress-Free Holiday Season

*5 tips for maintaining your
energy and vitality*

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Remember that Stressed spelled backward is Desserts

Getting stressed out around the holidays seems to be as plentiful as the food—whether it's navigating an airport crammed with other travelers, feeling financially stretched, taking on too many family or social obligations, over-eating and drinking, expecting perfection, or staying up too late making preparations.

The important thing to remember about stress is that it can only exist for you if you have an over-growth of bacteria in your body, which is caused by B-vitamin deficiency, dehydration, and acidity. So add these foundational practices to your daily routine, especially if feeling stressed during the holidays:

- Take extra B-Complex
- Drink 64 ounces of spring or structured water daily (that's in addition to any coffee, tea, alcohol, or juice)
- Keep pH balanced with "P" fruits, Real Salt water, red potato or lemon water
- Eat 2-3 tablespoons of extra virgin olive oil and 1/2 an avocado
- Set healthy boundaries for yourself

Here are some tips to help you create and maintain your energy, vitality, fun and immunity this holiday season.

1. Set Healthy Priorities

Don't make the mistake of drawing up an unrealistic holiday to-do list—and then run yourself ragged trying to accomplish every last thing. Instead, try prioritizing your list and put yourself at the top. Perhaps you don't need to do all the baking you've always done for years, or put up all the decorations. Concentrate on a few things that have special significance to you, and plan on spending plenty of time enjoying and celebrating yourself, your loved ones, and the true meaning of the holy-days. Maybe you could spend time exchanging love notes, making hand-crafted gifts, creating a gingerbread house, doing an at-home spa day with foot baths and exchanged massages, going on a treasure hunt for compliments, sharing dreams and goals, remembering fun or inspirational experiences, or playing silly games that make you laugh so much it hurts.

2. Insist on a Good Night's Sleep

We all know from experience that when we don't get enough sleep, we feel irritable and exhausted the next day. Repeating this process leaves us feeling over-tired and it takes us out of growth mode and puts us into protection mode, which further depletes both energy and minerals. These conditions create adrenal fatigue, acidity, and susceptibility to bacterial infection and stress—just what you don't need during the already-stressful holiday season. So do yourself a favor and get plenty of ZZZs.

3. Stick to a Peak Frequency Food Plan

There's something about the holidays that causes even healthy, level-headed people to toss their careful eating routines out the window. Don't fall for this trap; make plans for maintaining your healthy eating habits during travel, eating out, and family get-togethers. Your food is your fuel and your medicine, so make sure to eat "Peak" with a healthy blend of lean proteins, whole grain carbohydrates, healthy fats like extra virgin olive oil and avocados, and plenty of fresh fruits and veggies to keep your blood sugar—and energy—balanced. When you know you're going to be exposed to lots of party treats, consider bringing healthy ones you know you can eat, make sure you eat healthy foods the rest of the day so you're not tempted to over-indulge—and don't go to the event hungry.

Perhaps you could look at a spread of treats and see the toxic chlorinated sugar, hydrogenated make-you-fat fats, refined mineral-depleted flour, hormone and bacteria laden eggs, and raise-your-blood-pressure salt and soda desserts as you would a bottle of poison to help curb your lust for the deadly confections. Dare 'ya.

4. Lower Self-Expectations

A sure-fire way to stress-out over the holidays is to insist that everything be a certain way. When you let go of the idea that your ideal holiday and your actual holiday will match, you will be free to enjoy what's in front of you, and allow you to relax. By making the holidays about self-love, nurture, family, and purposeful, meaningful relationships along with the significance of the holiday, we naturally spend less energy on forcing things to be a certain way, and relax into letting events, people, and love be what they are - something to be enjoyed. Going with the flow can provide more opportunity for novel, spontaneous solutions to problems that might arise, which can make for future favorite stories.



5. Raise your Immunity

True immunity is the ability to remain unaffected by anything you don't want, whether that is stress, pathogens, parasitic people, or over-obligations during the holidays. So make an agreement with yourself that you will take time to recognize what you don't want, and then replace it with what you do want- in word, action, or condition. Then, in addition to the above listed daily practices, try taking 5,000 IU of vitamin D, plus of 10,000 mg of vitamin C - Grass-C (20 drops twice daily), and at the first sign you're coming down with something, start taking Chard-Zinc (30 drops twice daily) and 10 drops of Echinacea every two hours to stop infection.

You can also fortify your immune system by raising your immune factors on multiple levels:

Mental: Set your intentions to have relaxing and fun-filled experiences without worry, over-planning or over-thinking. Adjust thinking to slowing down, tapping into how you feel, what you like and enjoy, who you want to be around, and why you exist.

Emotional: Give yourself time to breathe, to take in what you want, and to explore past joys and current gratitude's, and to fully appreciate all that you are and have accomplished. Create time to fully love and approve of yourself.

Physical: Fortify yourself with all the resources of food, water, herbs, vitamins, and minerals you'll need to keep immune factors strong. If travelling, take along TNF, Digestive Enzymes and Probiotics; if eating out a lot, take Ginger or Peppermint, and neutralize toxins with extra virgin olive oil and Real Salt; and if partying and alcohol-ing excessively drink as much water as you do alcohol, use Horseradish for hangover, and take extra B-Complex. And don't forget to make time for Thyme, extract or tea, (the world's best time-stress reliever).

Spiritual: Spend time in nature - with plants, animals, beautiful settings, and inspirational events. Share your insightful visions and perspectives with like-minded people. Give yourself the gift of space to just be, and fantasize about your joyful future.