

Holiday Health Survival Guide: Enjoying Family, Indulging Treats, While Still Feeling Great

<http://hipchickfitness.com/holiday-health-survival-guide-enjoying-family-indulging-treats-while-still-feeling-great/>

December 11, 2012

The holidays evoke many conflicting emotions. Me and Calvin are here to help you through them with usable, practical tips. Use these 5 tips to enjoy your holidays more.

1) How people successfully achieve New Year's resolutions

Willpower is overrated

Relying on [willpower To achieve behavioral changes](#) is the toughest way to go. Especially when it comes to weight loss New Year's resolutions you don't need willpower. Relying on it sets you up for failure.

It's probably doomed your past New Year's resolution weight-loss efforts.

I was interviewing my expert friend David Favor about willpower and addictions. We talked at length about why New Year's resolutions fail and how to turn the tide so you can actually achieve them. One of the biggest things to do is take willpower out of the equation.

You do this by solving the underlying need. For addicts that meant getting the minerals and nutrients their body required. Once they did this their body no longer craved a harsh and toxic chemicals, prescription meds, or narcotics. For alcoholics their body's can't metabolize sugar properly. Their bodies have been conditioned to get glucose needs from the alcohol. Once they solve the biological problems and re-mineralize their bodies can then go back to normal processing. So solve the underlying need.

When it comes to achieving your weight-loss resolutions without relying on willpower it comes down to solving the underlying need... nourishment. I remember seeing a CDC report showing 80% of American women were malnourished. This means when you solve the malnourishment problem your weight-loss goals can happen.

So to achieve your weight loss New Year's resolutions give your body the minerals, vitamins and nutrients it needs to function properly. You'll have soaring energy and your inner Goddess will rejoice. Plus, your body won't crave those bad, sugary and fatty foods because it'll have the minerals and nutrients it needs. Therefore, no willpower will be required to achieve your weight loss outcome.

2) Noise Drains

Noise is a drain on your brain. Audio signals, ambient noise and all the background noise that assaults your eardrums requires energy to process. Your brain has to figure out what these signals are which burns energy.



Surviving the Holidays Healthy by MerrionStreet.ie on flickr

2 easy solutions:

1) sports women's earplugs

Just go into your local sporting goods store or hunting store and get cheap hexagonal shaped uncoated foam earplugs. You can get a value pack of 100 for about \$40. Buy the hexagonal shape and make sure they're the uncoated kind. You DON'T WANT the wax coated ones because they block air flow to the eardrum which is bad. Go for those that block about 30 decibels. Ask the clerk how many decibels the kind you're looking at absorbs if it's not clear on the package.

Earplugs help you feel better when you're driving, flying and sleeping.

Notice how you feel when the noise is assaulting you. Now notice the difference when you have earplugs in. Notice how much calmer you are. The brain burns 20% of your body's daily energy output and noise processing is a huge power suck.[1] Simple earplugs are a great way to feel better and conserve your energy reservoir.

2) Stylish, Form Fitting EarPlugs

This is a more stylish and little bit more expensive solution. These earplugs (at EarPeace.com) were specifically designed so they aren't detectable by the casual observer. Many stylish concertgoers choose these earplugs. This way you protect your hearing, remain calmer, and all the while no one is the wiser.

3. Healthy Travel

Healthier Airplane Travel

Whatever you do, DON'T eat the airplane food! Carry 2 apples, your favorite nuts or 2 pieces of your other favorite fruit. This will tide you over until you can get to real food on the ground.

Munch on Dulce to protect you during daytime air travel. When you fly during the day you're above the main layer of the ozone that protects against the sun's radiation. That radiation goes into you. Dulce gives your thyroid much needed iodine to protect you from the high altitude radiation assaulting your body. You'll feel much better when you land.

Don't eat airline food because the regulations are extremely lax and the food could be old or have lots of pests and vermin in it. Also, there's a long-running joke that airline food is very low grade. But this is no laughing matter. Airline food is very low grade.

Think about this... airlines have been slashing prices and barely profitable for most of their existence. So this tells you they don't have lots of extra money. Do you really think they're going to splurge on top quality or organic foods?

The answer is absolutely not. They're going to get the cheapest low-grade food that will pass the very lax regulations on airline food.

Check out this 20/20 exposé about flies, cockroaches and rats in the food service area of planes.[2]

Scanning Machines and High-Altitude Radiation

Avoid the radiation from backscatters and screening machines. I recommend opting out of the radiation screenings because many TSA workers have contracted cancer[3] and other diseases because of exposure to this radiation. So don't expose yourself to this.

If you've been given a hard time in the past or don't want them groping you then use radiation proof body underwear.[4]

Radiation at high altitudes is constant bombardment. If you don't believe, why do many male pilots wear [lead-coated, radiation proof underwear](#)?

Over 10,000 feet is above the "physiological-efficient zone[5]"

"for every 1,000 feet of additional altitude, ultraviolet (UV) radiation increases by about 4%. For instance, Denver, the Mile-High City, receives approximately 20% more UV radiation than a location at sea level at the same latitude." [USA Today](#)

Since the average commercial airliner cruises at 30,000 to 40,000 ft you can calculate the massive radiation. That's 120% to 160% MORE radiation when flying than during daily life, ouch.

So How to Combat flight radiation?

Travel at night whenever possible. Or take dulce to eat or dulce capsules if you don't like the taste of dulce. These 2 things protect you while reducing or even eliminating jet lag.

Healthier Car Travel

Healthy car travel — keep your windows rolled up and your air on re-circulate to avoid the highly toxic cadmium that wears off tires and goes airborne.

When you're driving around with all the noise you'll notice tension in your body. It affects your physiology. This is why it's important to wear your earplugs or listen to your iPod or iPhone.

Also, Many people I talk to complain of salt cravings while driving. This happens because your body uses minerals to process:

- The noises from the road
- The roadway toxins you're breathing in
- The nervousness because of the heightened alert required to be a good driver.

Don't reach for the potato chips because they contain poisonous acrylamide due to the high heat required to fry/bake them.

"Not only are potato chips high in fat , calories, and sodium (threat No. 1), they are a high glycemic vegetable (threat No. 2), which can spike blood sugar. And finally (threat No. 3), when potatoes are heated to a high temperature, they release acrylamide, a harmful chemical associated with nerve damage. And no, you can't eat just one." [Yahoo](#)

4. Digestive Enzymes

They keep you from falling into a food coma. They help stop blood sugar spikes. They gloss over a lot of eating sins and bad food. They require less of your body's energy to digest foods because they help the process. And when you digest bad foods faster it moves them through and out of your body faster. This is a very good thing.

Vitalize

Travel often clogs lymphatic system. There's tons of particulates in the atmosphere that your system isn't accustomed to. This messes with sinus passages which in turn disrupts sleep. If your lymphatic system is stagnant it causes insomnia.

Vitalize clears the lymphatic system so you sleep great even when traveling. It's an herbal combination in capsule form.

Vitamin D3

Going somewhere dark? Take D3 with you. Supplements aren't the best but are better than nothing. If you can't get 10 – 15 minutes of natural sunlight then this supplement is preferable.

It helps maintain digestion. It keeps mood and energy high.

Vitamin B complex

Vitamin B fuels your immune system. So to ward off colds and stay strong this holiday season you must bolster your immune system strength.

Primal Vitamin C

Vitamin C helps your immune system foundation and keeps you strong and healthy while you're away. You stay high energy and in a great mood. Lemon squeezed into your water is one of the top natural Vitamin C sources. Don't suck on them straight because it can damage the enamel on your teeth (I know because my sister is a dental hygienist). If you can't get lemons then the fallback is Primal Vitamin C supplement.

Mood Maintaining

Stressful Family – Use guarana. Add a tablespoon per gallon of water and squeeze in 1 whole lemon. Or you could drink chocolate bliss. Add 1 tablespoon guarana per gallon of Chocolate Bliss.

Guarana at the grocery store can be \$3 per pound. Good guarana is \$25 per pound because it's not burned or rancid. It shouldn't have black and brown color in it. If there's an oily scum or something on top of your guarana mixture then it's bad.

To control guarana from harvest to the time it gets to your table requires more dollar investment. It's got to be protected and cold stored so it doesn't spoil, get rancid, or moldy. Those things destroy the nutritional value and taste of guarana.

So stick with the products where you know the source and how it got from harvest to your table. Anything else is a gamble I'm unwilling to take. I recommend you don't gamble with your health and energy either.

5. Earthing aka Grounding

Feeling stressed? A simple and free way to almost instantly drop your stress levels is by earthing. It costs no money, only about 10 – 15 minutes of your time.

Why earthing? When an animal sustains an injury it gets close to the earth and lies still. The animal's electric field syncs with the earth's electric field and heals the wound. Obviously, more severe injuries require longer to heal. This same powerful healing is available to you.

Here's what you do:

- Get barefoot
- Walk out onto the grass or dirt. (your skin must touch the earth. Pavement and man made covers block the earth connection so standing on these won't work)
- Stand still for 10 – 15 minutes (also you can sit in a chair as long as your feet are touching the ground/grass)

I don't recommend the chair because you burn more calories standing. Your body has to adjust and balance because of gravity. So you can lose a little weight while feeling better and reducing your stress. Since you're a busy woman getting 3 benefits for the same time invested is the way to go.

6. Outdoor Air

Related to #5 grounding. You probably know the air is polluted. But did you know indoor air can be 10 times more polluted than outdoor air?[6]

Because of ventilation issues, household cleaners and chemicals, carpet, airborne bacteria and more, indoor air can seem downright toxic. We spend about "90% of our lives indoors.[7]" So getting out into the fresh air can clear up lots of respiratory problems and stress.

Steps to benefit from fresh air:

- Go outside
- Breathe deeply
- Meditate while breathing deeply for 5 – 10 minutes

When I do this, I find a calmness and uptick in my energy. I'd love to know what results you get. Leave them below in the comments.

Conclusion

Successfully navigating the holidays can seem like Mission Impossible. But you don't have to feel like a 1-legged blind woman with no metal detector or cane trying to hop scotch through a mile-long minefield. Family is great but some members can create stress. It's far better to deal with the stress in healthy ways instead of taking it out on those you love (or those who are blood or married in). And pre-emptive measures before you get to the Holiday feasting table filled with treats and peeps is paramount to a good experience.

You can survive the holidays. You can even thrive during Christmas and get a jump on New Year's Weight Loss Resolutions by following these steps.

Leave your comments about holiday horrors. Or other holiday tips that work for you.

Sources:

[1] <http://www.scientificamerican.com/article.cfm?id=why-does-the-brain-need-s>

[2] <http://abcnews.go.com/US/mice-roaches-fda-inspecting-airline-food/story?id=17739284#.UL18w45GTKN>

[3] <http://healthland.time.com/2011/06/30/did-airport-scanners-give-boston-tsa-agents-cancer/>

[4] <http://www.examiner.com/article/radiation-proof-underwear-to-protect-your-junk-when-you-get-scanned>

[5] http://en.wikipedia.org/wiki/Pressure_suit

[6] <http://home.howstuffworks.com/home-improvement/household-safety/tips/indoor-air-pollution.htm>

[7] <http://www.treehugger.com/natural-sciences/indoor-air-quality-causes-of-testing-and-monitoring-indoor-air-pollution.html>