



Ready to get off the "Holiday Rush" treadmill?

Here are 10 tips to keep you feeling fit and healthy this holiday season:

1. Carry Stevia In Your Briefcase or Purse For An All-Natural, To-Go Sweetener

Sugar crashes are the enemy of holiday shopping! Avoid low energy and crankiness by sweetening your coffee or tea with Stevia instead of sugar. Use it at home to make a healthy dessert, traditional hot chocolate or your favorite fruit smoothie!

2. Get Off The Treadmill And Onto The Mountain

We know it's hard to get outside when the temperature is below freezing. But you're far more likely to keep up an exercise regimen if you're having fun and enjoying the therapeutic effects of nature.

Bundle up and join a local walking group, or head for the mountains (or hills) for skiing and hiking. Don't let the snow dissuade you! Did you know that snowshoeing burns upwards of 500 calories per hour?

3. Take Time To Meditate or Practice Yoga

More and more people are discovering the power of meditation and yoga, and there's no better (and simpler) way to defeat negative feelings and behaviors.

Meditate or practice yoga before big gatherings or parties where they'll be lots of social stimulation, food, and alcoholic beverages. You'll center your mind and body and make thoughtful decisions instead of impulsive ones. Practicing mindfulness when surrounded by potential stressors (a nagging relative, for example) will calm you down and keep your emotions stable. Come up with encouraging mantras and repeat them to yourself in times of need.

4. Make A Whole Food Shopping List

We all make gift shopping lists, but too many people forget about taking care of themselves.

Don't let your wonderful eating habits go by the wayside during the busy holiday season. Make a grocery list with healthy staples such as dark leafy greens (kale or chard); nutritious weight optimizing grain-like seeds (quinoa, buckwheat or millet); and proteins such as wild salmon or water-packed sardines, which contain omega-3 fatty acids and Vitamin D. Add flavor-boosters such as garlic, onion and ginger for fast delicious meals.

Remember, keep it simple and focus on EASY, quick meals this holiday season. No one ever said healthy had to be hard! Give yourself the gift of a few easy recipes, like scrambled eggs with steamed collards. A little coconut oil and a sprinkle of unrefined sea salt makes it all come together quickly!

5. Avoid Blood Sugar Level Spikes And Crashes

Carry healthy snacks with you at all times to avoid blood sugar crashes. You don't want to be stuck in a crowded mall with processed food as your only choice! Great options include soaked almonds sprinkled with unrefined sea salt, boiled eggs or REAL Food bars such as Vega "Whole Food Vibrancy Bar".

6. Include A Greens Drink Made With VitaMineral Greens Powder Every Morning

OK, let's face it, during the holiday season many things go out the window due to lack of time: maybe this year it's your healthy eating habits. But you know what? One of the easiest things you can do to maintain healthy nutrition is to consume a green powder drink first thing in the morning. This gives your body a hydrating, alkaline boost that help you through that office, holiday, party buffet.

Sustain your energy all day long when you start your mornings with a green powder drink. [VitaMineral Greens](#) is an excellent source of complete, easily assimilated protein, enzymes, vitamins, minerals, lignans, essential fatty acids, nucleic acids, and beneficial microflora: it is the ultimate "green drink" for people who want to help strengthen their immunity and create long-lasting vitality.

7. Consume Fermented Foods & Probiotics To Boost Energy And Reduce Cravings

At the heart of the Inner Ecology Diet is fermented foods. Why? Because they work!

You've seen all the probiotic supplements and product claims out there, but the best way to help heal your digestive health, to lose weight and to feel better is to ferment your own food. The holidays are a great time to host a "fermenting party," where you and your friends make different batches of cultured vegetables to use throughout the next several months.

Don't have time to ferment your own? We understand that things get hectic, which is why we carry the ideal [ProAlive Probiotic](#) for easy, on-the-go convenience.

8. Use Aromatherapy To Combat Stress

Fragrant lavender oil is an amazing way to naturally eliminate stress, improve your skin, and strengthen your immune system. Lavender aromatherapy has been used for thousands of years: it can also enhance your mood and quality of sleep.

Add 5-6 drops of lavender essential oil to your bath for relaxation and soft skin. For a wonderful skin salve that calms the mind add 2 drops of lavender oil to an unrefined almond oil.

9. Learn About Detoxification

Did you drink too much eggnog or eat too much sugar this holiday season?

Detoxification is an excellent way to heal your digestion and restore your health. Here at Dynamic by Nature, we've researched and practiced the most effective form of natural detoxification, and we'd love to share it with you. There are many ways you can learn to detoxify safely and naturally, to learn more go to <http://www.dynamicbynature.com/classes.html> today.

10. Just Say "No"

It's easy to feel pulled in a million directions this time of year, and it's natural to want to help out and participate in as much holiday cheer as possible.

But when your plate is too full and your responsibilities become overwhelming, just say "no." It's better to be honest and upfront about what you can handle than to suffer through stress and resentment.

After all, the holidays should be a time of appreciation, reflection and hopefulness!

Eat, Drink & Be Nourished,
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