

Holidays Nothing to **Stress** About

by Margy Squires

Stress seems to be an every day thing that increases with our holiday "to do" list to affect us emotionally, physically and mentally. What's more, stress zaps us of needed nutrients that help us stay healthy so we can get everything done that needs to be done. Fatigue, anxiety and insomnia go hand in hand with that stressed out feeling. Here's some practical—and fun—ways to counteract stress both naturally and nutritionally! Plus, notice what happens when you spell out the letters that begin each paragraph. Happy Holidays!

D Delight yourself in the seasons through nature.

Embrace the child within. Enjoy the beautiful foliage of fall. Rake the leaves to jump in them. Watch the wonder of the first snowfall. Build a snowman. Smile more! Let joy and gratitude be part of every day.



E Eat healthy and regularly.

Studies show that those who eat at regular intervals have more energy and are less at risk for sugar imbalances. Eat before holiday gatherings so you'll be content to nibble everything without guilt and holiday weight gain. Drink plenty of pure water; it contains oxygen to energize your brain and muscles.

S Shop but stick to a predetermined budget to resist impulse or emotional buying.

You'll avoid the added financial stress and credit card blues in the New Year. Consider internet shopping, gift wrapping and shipping to skip the long lines at stores and the Post Office. If you like to shop, resist the urge to procrastinate and shop early. Remember to pace yourself!



T Take your vitamins and supplements as usual.

Studies show that nutrients are used up faster during times of stress. Look at the suggested supplements to refortify as necessary. Plan to stay healthy by stocking ahead! Extra magnesium may ease the stress on your muscles.



R Relax.

Stop and just deep breathe slowly in and out. Plan breaks in your schedule. Be flexible and allow more time.



Just say no if you find your self overdoing. Rent funny movies and laugh! Laughing relaxes muscles and releases endorphins that make you feel good, plus decreases body aches and pains. Give yourself the gift of time to do something that brings pleasure to yourself—a hobby, massage or good book.

E Entertain on your schedule.

Parties and family are a happy combination but over extending means exhaustion, not fun! The need for perfection rises during the holidays in food, decorations and presents. Keep old traditions but start new ones. Ask friends and family about volunteering at a food bank, adopt a family or Christmas angels. Giving to others makes you and them feel good. It's time well spent.

Continued

Holiday Stress

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Simplify.

Being realistic about what you can and cannot do makes life easier! Use lists and calendars to get organized, plan ahead and stay on track. Supermarkets cook turkeys, chickens and other foods to order. If you're having a family or social gathering, share the load. Let each guest bring a dish to help out. Keep it simple to enjoy both the season and the company. Bring out the family board games for some good, old-fashioned fun!



Stretch. Soak. Sleep.

Mild stretching eases muscle tensions as well as a good soak in Epsom salts (magnesium). Doing both before bed helps you fall asleep easier. A guaranteed way to feel overwhelmed is to be overtired. Don't underestimate the benefit of nap if you can sneak one in during the day, especially if you have evening activities planned. Who cares what time it is! If it's only 8 o'clock and you're tired, go to bed and sleep well.



Nutritional Support

Certain nutrients and herbs help the body (and adrenals) adapt to stress such as Eleuthero (Siberian Ginseng), vitamin C and the B vitamins, especially B-5. A high potency multiple like Multi-Gold™ can also covers multi-nutritional bases. The magnesium in Fibro-Care™ helps muscles recover and relax, as will the herbs Valerian Rest™ and St. John's Wort. For energy (and antioxidant protection), consider CoQ10 or Alpha Lipoic Acid which spares vitamins C and E, plus helps blood sugar balance. Stress can play havoc with your GI tract as well. Digesta-Care 8™ and Digesta-Gluten™ assist GI function. Finally, stress affects your ability to think and make decisions. Phosphatidyl Serine boosts your brain activity, for some in about 20 minutes! But don't let your supplements stress you, either. A simple plan might be Multi-Gold™, Alpha Lipoic Acid and Fibro-Care™.

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Stress Busting TyH Publication Reads

1. *Alpha Lipoic Acid, Antioxidant with Energy*
2. *Get Ready Get Set, Do I Have Enough Energy to Go?* by Kelly Hannigan ND
3. *Handling the Holidays* by Mark Pellegrino MD
4. *Magnesium & Malic Acid for Energy*
5. *Multi-Gold™, What a Difference a Daily Makes*
6. *Pantothenic Acid (B-5): De-Stress & Energize*
7. *Phosphatidyl Serine: For Fibro-Fog*
8. *Valerian Rest: The Not Just for Sleep Herb*

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