

Live Well – by Debby Stroman, CLU

Holiday Blues Often Tied to Holiday Food!

Welcome to the season of hustle and bustle! Christmas, Hanukkah and Kwanza often invoke the spirit of eating and drinking vociferously to share the good cheer and fellowship of friends and family. Unfortunately, this activity can lead to an aching belly, low energy, a pounding headache and a short fuse. Stop the madness! Anything done in excess is dangerous and our appetite is no exception. Moderation and pacing is the key to a good life.

First, the alarming and disturbing facts (from the National Institutes of Health and CDC reports): 75% of Americans are overweight and two million more Americans become obese every year. There are 18 million obese children in America. Fifty percent of adult African American women are obese. Obesity is linked to over 60 illnesses, including heart disease (#1 Killer), hypertension and cancer (#2 Killer). Today one out of eight women will be diagnosed with breast cancer. More than 85% of these cases are not genetically linked. About 25 percent of American adults — and an even greater percentage of women — are sedentary. The average holiday meal is 2200 calories. Any meal over 600 calories over a two hour period will rot and ferment in our intestinal tract unless properly digested and eliminated. Stress has created a population of “sugarholics.” The average consumption of sugar per capita in the United States is 3.5 pounds a week for adults and slightly more for children. The cost of diabetes in the U.S. (direct and

indirect) is \$ 132 BILLION dollars and is the 6th leading cause of death. Over 24 million Americans have diabetes. Between 27 and 130 harmful chemical toxins have been identified in human fat. Never before has it been so important, and so critical, for to lose the excess fat and then keep it off.

It is no surprise that chemicals and toxins are the primary cause of illness, disease and obesity. According to "National Geographic," studies have discovered various chemicals from our foods and environment that indicates man contributes 700,000 tons of pollutants into the air every day, ranging from everyday household cleaners to cosmetics and hair dyes. These chemicals and toxins accumulate over time, and cause the liver and kidneys to become overworked and weak. Research has shown that stress causes the adrenals to release excess cortisol, a stress hormone that triggers over-indulgence in simple carbohydrates: chocolate, candy, sodas, and ice cream, even when you are not hungry. In addition, excess cortisol contributes to hormone imbalances. Without a nutritionally rich diet that nourishes and assists the body in cleansing these nasty substances from the body, the body will lose its strength and vitality. The immune system will become suppressed, contributing to an increase in illness, disease and excess body fat - a major killer in America today. The NIH has already told us that we can no longer receive the proper nutrients and minerals from our food supply due to over-farmed and undernourished soils and that we should use supplements. (A diet is anything you put into your mouth: food, beverages, the air you breathe, and what transdermally penetrates your skin.)

So, what will you do this holiday season? Double stack your plate or take smaller portions and allow the food to properly digest? Chew thoroughly or gulp down a heaping fork with eggnog? Just say “No” to the third piece of pie. We must become more aware of the importance of eating sensibly, exercising moderately, drinking quantities of clean water, consuming quality supplements, and managing our weight. The blues will sap your holiday cheer. Choose to modify your lifestyle and incorporate on-going cleansing, sensible eating and mild exercise. You will be on your way to a lifetime of improved health and wellness!

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