



HOW TO PREVENT HOLIDAY WEIGHT GAIN AND THE DREADED HANGOVER..... NATURALLY! SONIC 104.9 KID CARSON SHOW

Its that time of the year. Holiday cheer, great Christmas parties, time with friends and family. But its also the time of indulgences in food and alcohol. A few pounds gained over the holidays can really add up year after year. Here are my 5 tips to avoid holiday weight gain, prevent the dreaded hangover and still fit into that sexy dress for New Years!

1. Diet

By far the best way to reduce holiday weight gain is to watch your diet. Most people think of avoiding fat when we talk about avoiding weight gain. It also important to understand the role that sugar plays in gaining fat.

Obesity rates skyrocketed after the introduction of fat free foods. In 1988 the US Surgeon General recommended people cut down fat intake to lose weight. Food manufacturers jumped on this new recommendation and started to make fat free foods. In the 1990's the consumption of fat free foods escalated. . But people didn't lose weight, they actually gained weight! Obesity levels skyrocketed. If it were true that fat was the main culprit in obesity, people should have lost weight. The Public Health Agency now estimates 25% of Canadians are obese <http://www.phac-aspc.gc.ca/publicat/2009/oc/index-eng.php>

Sugar increases a hormone in our body called Insulin. This hormone insulin promotes the production and storage of fat! Insulin also contributes to high blood pressure, heart disease, atherosclerosis, high cholesterol and diabetes.

So take home message..... watch the sugar!!!! Remember it takes 3500 Calories to gain 1 pound of fat on the scale!

Tips to decrease sugar consumption:

1. Never go to a party hungry. Have something to eat before. Protein is best as it fills you up. Chicken and salad, eggs, nuts, for some even a protein smoothie so you are less hungry at the party and wont overindulge.
2. At the dinner, fill up on vegetables first. Remember to avoid the ranch dressing dip!
3. Don't necessarily deprive yourself of desserts, just eat a smaller size. For example a slice of pecan pie has about 500 calories. Have ¼ of the pie or just a bite.



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2. Eat slowly. It takes about 20 minutes for your stomach to signal the brain that you are full. So eat slowly, don't just dig in. And after you finish your plate, wait 20 min before heading for seconds. You will probably find you are not as hungry for seconds!

3. Holiday drinks to avoid: Watch out for heavy creams, syrups, whipped cream!

A wine spritzer with perrier is a good choice. A wine spritzer has 72 calories, a 5oz glass of white wine has 121 calories. Champagne has 90 calories. I have a list of calories in common drinks on my website.

Watch the eggnog, a whopping 400 calories and 19grams of fat in an 8oz serving! Light eggnog has 5 grams of fat.

Holiday coffees. Choose non fat versions and skip the whipped creams and syrups. A 16oz peppermint mocha can run up to 470 calories and 22 grams of fat. Choosing nonfat milk and no whipped cream brings that number down to 220 calories and 2 grams of fat.

4. Exercise

You should exercise at least 30 min a day doing whatever you love. Add an extra 15-20 min on days of overindulgence.

For those already working out regularly, I like the golden rule: **An extra 45 min of cardiovascular exercise within 24 hours after a high calorie meal!**

Exercise doesn't have to be at the gym. Remember, small changes can have big results! If you don't exercise regularly, make it a goal to walk at least 30 min every day. Walking the dog, using the stairs at work, park a little further away, bike ride; it all counts. According to the American Heart Association, just 30 min of brisk walking can significantly reduce your risk of having a heart attack or stroke. For those of you used to exercising, this may be a great time to get a personal trainer to develop a fresh new program for you. I personally recommend Shazparoo Fitness at www.shazparoo.com.

5. Supplements

Add these supplements to boost your metabolism and help burn off those extra calories you consume during the holidays. Remember:

***The information provided is not intended to diagnose or treat any health condition. Please consult with your doctor or naturopathic doctor before starting any new supplement program as they may have interactions with certain medications. ***



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1. L Carnitine is an amino acid that literally tells your body to start burning fat! It will increase the transport of fat into the energy producing part of your cells (known as mitochondria). The end result is increased energy with reduced fat cells! Sounds good to me! Dosage: 1000mg/day; 2000mg/day if you are obese.

2. Chromium Picolinate is a mineral that helps insulin work better. It is great to reduce sugar cravings and metabolize sugars.

Dosage: 200 to 600 mcg per day

3. CLA (Conjugated Linoleic Acid) is a health fatty acid that helps our body burn fat. One animal study that looked at the effects of CLA on body fat found that mice fed a diet high in CLA had 60% lower body fat and 14% more muscle compared to mice that didn't take the CLA. CLA reduces the formation of fat cells and increases the breakdown of fat cells.

Dosage: 1000mg three times a day with meals

HOW TO PREVENT A HANGOVER!

Since it is the Christmas season, we must include some tips to prevent the dreaded hangover. Here are my natural suggestions that really do help to prevent hangovers!

1. **Hydrate!!!** Drink a glass of water between each drink and 2 glasses before you go to bed.

2. **Eat** before you drink!

3. **Take your multivitamin, B complex, extra B12 and milk thistle** (for liver support) before you drink.

You can always get a vitamin iv cocktail at Vitalia Health Care the day of the party to prevent a hangover or the next day if you do get a hangover. It will kick it! ☺

At Vitalia Health Care, we develop individualized programs to meet your specific health needs. We understand that no two people are the same. From a 1 hour initial evaluation, we can customize a treatment plan that is specific to your goals. This includes our weight loss programs, specific nutrition evaluations and consultations, state of the art diagnostic testing and developing a supplemental program specific to your health needs.

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Calories in common holiday drinks

Drink	Calories*
Wine, nonalcoholic, 5 ounces (oz.) or 148 milliliters (mL)	9
Wine spritzer, 5 oz. (148 mL)	72
Champagne punch, 4 ounces (oz.) (118 mL)	73
Champagne, 4 oz. (118 mL)	96
Spiced apple cider, 8 oz. (237 mL)	117
Wine, white, 5 oz. (148 mL)	121
Wine, red, 5 oz. (148 mL)	125
Mulled red wine, 5 oz. (148 mL)	125
Sparkling grape juice, 8 oz. (237 mL)	152
Creme de menthe liqueur, 1.5 oz. (44 mL)	186
Hot cocoa (homemade), made with whole milk, 8 oz. (237 mL)	192
Martini, 3 oz. (89 mL)	196
Hot buttered rum, 8 oz. (237 mL)	292
Eggnog, nonalcoholic, 8 oz. (237 mL)	343
Eggnog, alcoholic, 8 oz. (237 mL)	391
Irish cream liqueur, 4 oz. (118 mL)	407

Sources: USDA National Nutrient Database for Standard Reference, 2008; USDA Food and Nutrient Database for Dietary Studies, 3.0., 2009



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