

The Holiday Survival Guide

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The holidays are again upon us! Each year it seems that many of us fall victim to the seasonal bulge, bloat, and blues. This is not really necessary if we protect ourselves with a little foresight, fortitude, and food-mania insurance. Below you will find a dozen targeted strategies for finding more joy in the season while avoiding the holiday pitfalls. You can do it!

- ◆ **Candles Calm and Purify.**

Give them as gifts and light them for meditation, meals, rest, and memories

- ◆ **Drink more Eating for Health™ beverages, eat less food.**

Focus on herbal and green tea, pure water, mineral broth, fresh juices (gently heated with added spices)

- ◆ **Set limits on your treats.**

Decide on your serving size and servings per week. Stick to it!

- ◆ **Stay relaxed, breathe and observe others' indulgence**

Remain present and appreciate friends and loved ones without feeling that it is necessary to over consume

- ◆ **Adopt healthy eating habits at parties.**

Pick a special bowl or dish, fill it once, eat slowly, and quit *before* you feel full

- ◆ **Choose healthful snacks and treats.**

Enjoy fresh fruit, raw nuts (not roasted or salted, eat a few at a time slowly), eat green salads generously (skip the heavy dressing), and revel in baked yams

- ◆ **Create sensible main meals.**

Cook homemade soups, home-baked whole-grain muffins, and nourishing grains and salads; have protein and good fat at every meal

- ◆ **Create new memories**

Invite friends and family over to share; create a theme with food, story, and song. Light your candles and remember the past!

Special Beverage Ideas and Recipes

♦ Hot Toddies

Warm, yummy drinks, may contain alcohol or Chinese Herbs. Beverage base can be cow, goat, soy, rice, or almond milk, juice, or tea

♦ Ed's Flax Coffee

- 1 Tbs. ground flax
- 1 cup near boiling water (180 degrees)
- 1 Tbs. molasses
- cinnamon, nutmeg, cardamom to taste
- "cream" with whole milk
- more milk = flax latte

♦ Sunset Toddy

- Roots Tea
 - ♦ 1 tsp. of ginger root, dandelion root, and burdock root
 - ♦ 1/2 tsp. licorice root
- boil, then simmer 20 minutes in 1 liter of water
- add milk to lighten
- add brandy tinctures
 - ♦ ginseng, dong quai, vitex, turmeric or ginkgo

♦ Egg Nog and Custard

- 6 eggs
- 3 cups of milk, almond, rice, or soymilk
- 1 t-T. Vanilla
- 1/2 c honey or sucanat
- cinnamon, nutmeg, cardamom to taste
- cook slowly on stove top until it settles or bake at 325 degrees for 45 minutes

The **Holiday Survival Guide** is adapted entirely from
Healing Holiday Secrets by Ed Bauman, Ph.D., ©2008