

## TIPS FOR HEALTHY HOLIDAYS

Planning ahead to help prevent indigestion at parties and festive dinners is the key.

1. Avoid foods you know you're sensitive to. If the party is being catered call ahead to request special replacements or bring your own favorite modifications to old standards.
2. Experiment with digestive enzymes, bitters, diluted fresh lemon juice before eating and herbal teas before the holidays so you'll know what works best for you. (Chamomile and fennel are usually available in your cupboard.)
3. Start with sparkling water instead of a cocktail at parties and drink plenty of plain filtered water during the day to prevent dehydration. A rule of thumb some use is half your body weight = the number of ounces needed/day. (ie.150lb person should have 75 oz./day). Adding electrolytes mix occasionally is helpful, especially when doing a lot of physical activity.
4. Eat slowly. Chew with your mouth closed to prevent swallowing air which can cause stomach discomfort.
5. Eat several small meals during the day instead of one large meal. Before going to a party eat something so you won't arrive hungry. If you tend to be hypoglycemic make sure "that something" is protein rich to help balance the inevitable carbohydrate load.
6. Chose simple unprocessed foods like raw vegetables, fresh shrimp, smoked salmon, nuts versus bacon-wrapped scallops, deep-fried foods and rich cheese spreads. The simpler the better.
7. Smoking, alcohol and caffeine all contribute to indigestion. Work toward eliminating or reducing these for yourself and others.
8. Feasting can make us drowsy, but for many people lying down too soon after eating a large meal and or the habits just listed can cause heartburn as stomach acids bathe the delicate esophagus tissue.

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