



“After the holidays, I’ll start eating better . . .”

By *Reneé S. Barasch*



Who among us doesn’t indulge — sometimes with guilt—in the tasty treats of the holidays? Who among us doesn’t consider deprivation as a dietary strategy beginning on

January 1st? Before the holidays arrive, consider developing a plan that will help you enjoy holiday food and start 2007 without extra pounds and indigestion. It won’t be as difficult as you imagine!

Enjoying (and even some splurging!) is possible if you can be mindful of what you’re eating, if you use digestive enzymes to help your body process what you eat, and if you add supplements to your diet.

Achieving nutritional balance is always a challenge. Modern processing methods have removed needed nutrients from most food, leaving millions of people without the dietary resources to be productive and energetic. Yet there are simple steps you can take to bring enjoyment to holiday food and festivities.

1. Eat nutritionally before you go to the party. Whether your hosts are serving dinner or snacks, you can arrive ready to celebrate with other guests—and not overeat and overindulge—if you have something healthy in your stomach.

2. Sustain yourself nutritionally through the holidays and into the New Year by adding whole food supplements to your diet. Whole food supplements are available in capsule or powdered form, and contain “raw” or “real” food that has not been denatured by modern processing methods.

3. Have a plan for enjoying the party—and stick to it. Set limits for food consumption at the party so that you don’t “empty the buffet” or the bottle. In addition, put your energy into greeting old friends and meeting new people. After all, isn’t that what we always say the holidays are about—connecting with people?

4. Add digestive enzymes to your diet to provide the critical digestive catalyst that is missing from most food . . . especially the food that is served during the holidays. Dr. Howard Loomis’ Enzyme Formulations will help you digest holiday food, and facilitate effective and efficient digestion throughout the year.

Give yourself the gift of nutritional health! Enjoy clear thinking, boundless energy, excellent memory, lean muscles and low body fat, great sleep quality, and the ability to manage stress . . . by changing the way you think about food. Call me now so we can get you started on a happy holiday season—and so you have a plan for better eating as 2007 begins. If you contact me prior to Friday, December 29, 2006, you’ll receive a FREE 15-minute consultation . . . and an eating tip that will improve how you feel every day of the year!

Reneé S. Barasch of Nutritional Health Solutions is a Certified Digestive Health Specialist. She can be reached at 847-207-2034 nhsolutions@sbcglobal.net.

Let’s get you feeling better.



Nutritional Health Solutions

Reneé S. Barasch, LDHS
Certified Digestive Health Specialist
Detoxification • Purification

847-207-2034

480 Elm Place, Suite 108
Highland Park, Illinois 60035
nhsolutions@sbcglobal.net
www.digestivehealthsolutions.com