



5 HOT TIPS

**to Survive the HOLIDAYS
with ease and grace**
(instead of an extra 10 pounds)

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1. **Enjoy the Main Event**- skip the warm-up acts. One of the biggest challenges with the holidays is the on-going parade of food.

Research shows that when we nibble at a variety of foods at a buffet, or graze on appetizers for hours – we never reach “Sensory Specific Satiety”. In other words – our brain doesn’t register that we’ve eaten.

The Solution? **Eat meals, avoid snacks.** Sit down to a meal and then plan to go 4 to 5 hours before eating again. Have as your goal to eat servings of protein, vegetables, salad and other main dishes that are somewhere between the size of a deck of cards and the size of your fist.

Don’t reduce the size of the meal to “save room for dessert”. Unfortunately, our brains always tell us we have room for dessert. But if you’ve eaten a real meal you’ll be less tempted to take that second slice of pie.



2. **Liquid calories add up.** One of the fastest ways to consume more than you can burn off is by drinking the rich, creamy drinks that are abundant this time of year.

Some of the biggest offenders are the sweet, easy-to-drink fun cocktails like a Long Island iced tea which packs a whopping 780 calories. Other heavy hitters are Hot chocolate with schnapps at 380 calories, and a Chocolate martini at 438.



In the mid-range we have Vodka (or gin) and tonic at 200 calories and beer averaging around 175.

Luckily there are some tasty options at the lower end of the spectrum: a glass of Red or White wine with dinner, a glass of port in front of the fire and a glass of bubbly on New Year’s Eve all weigh in at about 120 calories.



- Please don't plan to reduce calories by choosing **diet drinks**. Multiple research studies have raised serious concerns about the sugar substitutes in diet drinks triggering headaches, dizziness and other symptoms as well as **stimulating** appetite. It's no mystery why after a diet soda you want to eat a candy bar. Instead of a cocktail choose wine or sparkling water with a splash of juice.

3. **Wine and tine.** Food is Social and Emotional. Holidays are a time of family and cultural traditions and it's unrealistic to approach them with an expectation that you'll avoid all refined carbs. What about Grandma's famous pie?

What you want to avoid is feeling so deprived by diet restrictions that by the time the pie comes around you want to eat the whole thing!



Two simple changes can have a profound impact not only on how much you eat and when you feel satisfied but also on whether you're likely to have gas and bloating. Here are the two amazing, no cost ways to avoid weight gain, feel lighter and have improved digestion:

- **Put your fork down between bites.** Really. It encourages you to eat more slowly, chew more thoroughly and therefore eat less because you'll actually have time to register when you're full.
- **Drink with your meal.** You may have heard that drinking during a meal dilutes the digestive juices. Good news! – it's not true. But there's a catch. You can drink *between* bites. Be careful not to use a liquid to wash down food you haven't thoroughly chewed. When your body is even slightly dehydrated it can trigger and increase in appetite.

So kick back, slow down and have a sip of wine (or water) between bites.

4. **Size does matter** – according to Research at Cornell University. The size of your plate that is.

Study participants who ate from larger bowls ate 16% more food than those who had smaller bowls – yet they estimated that they ate less than the other group. So eating from a large plate encourages you to eat more while at the same time causing you to think you didn't eat enough!

This Portion Distortion is based on perception – your mind judges the portion by the amount of empty space on the plate around it. But you can use this Jedi mind trick to eat and feel more satisfied – use a salad plate rather than an over-sized serving size plate.



Bonus tip:

Would you like to start the year off with a real focus on being your best?

Join me for a **Free Teleclass in January**, when I'll be sharing the 4 Simple Steps that I've used to address my own health challenges and those of thousands of patient.

Learning these 4 Steps will Increase Your Vitality and help you feel more in control of health. Be sure to keep an eye on your email or connect with us on [Facebook](#) so you'll know when the Free class is scheduled.



In this Teleseminar you'll learn:

A simple system that creates a sense of "mastery" of your health

Tips to improve your energy and help you sleep more soundly

How to Increase Your Vitality and have a great start to 2015

5. **Sleep your way to health.**

Have you ever noticed that staying up late makes you really hungry the next day?

Staying up late to wrap presents and waking up early the next day is guaranteed to make you want to eat all the wrong things that day because it reduces your leptin. When you have too little leptin your brain thinks you don't have enough energy so it tells you you're hungry. Low leptin also affects your thyroid gland and tells your body to store what you do eat as fat so you'll have energy stored for the next time.

Recap: not enough sleep leads to reduced leptin which makes you hungry all the time and makes it easier to gain weight.

So make sure you stick to a good sleep schedule of 8 hours. If you have trouble getting the rest you need check out this article with [some specific tips to help you sleep](#) through the night.