



NEWSLETTER NO. 9 December 2009

How to survive Christmas

In addition to eating traditional foods that are high in fat and sugar, we are often stressed out and tired this time of year. This causes us to crave these foods even more.

All hope is not lost, though. The trick to enjoy Christmas without ending up with, 'excess baggage' around the middle is to maintain control of your blood sugar. Eat some protein with every carbohydrate and have healthy snacks when your blood sugar dips. E.g. some fruit with a handful of nuts. Don't overeat on carbohydrates.

If you know you are heading for disaster and you have a heavy meal ahead of you, digestive enzymes can help you to avoid the uncomfortable feeling of indigestion and bloatedness. These enzymes can be found in pineapple, papaya and generally in raw foods, but can be taken as a food supplement too. Remember to chew well also.

Should you still feel that after the holiday, you have less than 100% energy, consider a gentle Detox. There is nothing better to put you back on your feet. This also prepares those of you, who are struggling with seasonal allergies for the pollen season.

A new series of seminars will be announced in 2010. The Detox Workshop will start end of January.

Spice up your life !

Cinnamon is a spice that reminds me of the festive season, but in many cultures it is used all year round. Try it in cooking and baking or just sprinkled on your food, or in a hot drink.

Here are some amazing health benefits;

- 1/2 teaspoon of cinnamon per day can **lower LDL cholesterol.**
- cinnamon may have a **regulatory effect on blood sugar**, making it beneficial for people with Type 2 diabetes.
- cinnamon has shown an ability to stop medication-resistant **yeast infections.**
- an **anti-clotting** effect on the blood.
- ½ a teaspoon of cinnamon powder with one tablespoon of honey before breakfast could provide significant relief in **arthritis pain**
- added to food, it **inhibits bacterial growth** and food spoilage, making it a natural food preservative.
- smelling cinnamon **boosts cognitive function and memory.**
- It is a great source of manganese, fiber, iron, and calcium.
- antibacterial action can support **digestive health.**

Make sure you buy a good quality spice. If you have a recipe to share, please forward it and I will post it on my website.

Source: <http://www.healthdiaries.com/eatthis>



A Happy and Healthy Holiday to all of you!

Courses 2010 (pre-register if you want information about when and where)

Allergy, Menopause, Detox, Homeopathic House Remedies, Hata Yoga, Iyengar (German & English)

Don't change your medication or start a supplement regime without consulting a health professional.