

## **What you can do to limit the damage done by the holiday goodies.**

- **Take a capful shot of Apple Cider Vinegar right before you eat the big meals.**

Apple Cider Vinegar is considered one of the superfoods. Taking this right before you eat will allow your digestive system to be way more prepared to handle what you're about to consume.

Less energy needed to digest food= A more effective approach at basic digestion in the body, making it less harmful to you in terms of weight.

- **Combine Carbs w/ your proteins during the meal.**

Interesting rule right? Let me explain:

Carbohydrates actually absorb in the body 3x faster than proteins do, so by combining carbs with proteins opposed to keeping everything separated, you're actually becoming saturated or full faster with less food.

- **Skip Breakfast the Morning After - water overload**

The purpose of this is not to torture you, and it is not to "starve yourself". Put it this way, after you overload your body with a ton of food, your digestive system is a muscle of itself! Your stomach needs "rest days" or rest periods when you're awake and fully functional:

Combine this with at least 5 bottles of water until around 2 p.m. This will not only allow the digestive system to recover from the day before, eliminating a lot of bloating, but it also allows your stomach to recontract so you don't consistently keep eating. The water will help flush anything from yesterday in terms of junk out of the body more effectively.

- **OPTIONAL: addition to prior tip - consume 2 cups of black coffee/tea.**

Caffeine is not only a natural stimulate for your brain, but it can also spike your metabolism temporarily.

When you consume the coffee/tea/caffeine, you increase blood flow in the body increasing your metabolism! Add this to a small burst of fasting w/ a good amount of water consumption to flush you from the day before and you're ready to eat a ton that night!

## **How to keep from forming the overeating habit during the holidays.**

- **Only eat when you're actually hungry.**

Essentially, the best way to keep from forming a habit, is not allowing yourself to eat outside of windows of your body. Listen to your body, if you are not hungry and are recognizing you are going for the food without a tummy growl try this:

Glass of ice water - stimulates the nervous system to better recognize that you are not hungry.

Count to 20 - Distract yourself, the overeating habit is a mental game.

Go for something carbonated - carbonation will actually fill you up and curb appetite/drink tea.

- **Three Meals a Day Mindset**

The days after the holidays when you're left with leftovers, do your best to keep a 3 meal a day mindset. Only eat three times a day, but you can eat as much as you want within that meal time of 45 minutes.

This will keep you from snacking which is actually where a good percentage of people's calories can come from.

- **Keep drinking water.**

I felt the need to add this again because studies have proven that if you drink at least a gallon of water a day, that alone would keep weight off of you into even losing weight.

Your body is 70% water, which means the more water you have in your system the more readily available your internal systems are at handling the holiday meals. The more readily available your body is at handling overloads of food, the less bloating you'll have, less inflammation, and overall your body won't become accustomed to this style of eating.

**General Rules of Thumb if you're going hard. (I want to LOSE weight during holidays)**

**I'm not going to go into the science of why in this area, I'm simply going to tell you which is better and hope you trust me ;). I will add my phone number to the end of this so if you have any questions as in the "why" you can shoot me a text and I'll be happy to answer it with science to back it up!**

- **Dark Meat priority over white meat but have both**
- **Brown rice over white rice**
- **Asparagus as the veggie**
- **Eat fatty foods first - bacon, sausage, deviled eggs... ect.. NOT THE FRIED FOODS.**
- **Take a Chromium Supplement - helps utilize the bodies carbs better.**
- **Add a small amount of cayenne pepper to each meal**

Just to make things clear, I am NOT a nutritionist, or doctor. I am simply a self studier of science who has a passion for health and helping others keep themselves healthy without the supplementation. If you have specific's such as:

Leaky Gut  
High Blood Sugar  
High Cholesterol  
Thyroid Issues  
Over Inflammation  
Consistent Pain

Feel free to send me a text at (314)-324-9869, I will do what I can to fully explain what you can do with the situation you are in, or find it so it is backed by science and holistic healing techniques.

I do individualize plans as well on the side and I currently am looking to bring on more clients.  
The package includes:

1. 2 one on one workouts a week (Tuesday's and Thursday's)
2. A 3 time a week custom made workout to follow
3. One on one grocery haul to fully explain all nutritional reasoning behind what you're eating
4. Mindset Training towards workouts and health

By the end of the month, you will be fully equipped with knowledge to continue with or without the accountability of a trainer, and be confident enough to help teach others how to better help themselves as well.

The Package is a one time payment of \$500 or two payments of \$250.

### **ADDITIONALLY:**

**Where I did not put it previously**, I am a huge advocate of intermittent fasting, and am often seen utilizing the ketogenic diet as a tool and reference. If you are interested in either of those, please shoot me a text and I will forward you my full explanation of both, as well as how to do either or the proper, and healthiest way for best results. This is 100% free as I just want to see people doing it properly.

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