



# *Full Bodied Nutrition*

*Your Holistic Hub*



## **Welcome December!**

It's hard to believe that we are fast approaching the end of another year!! For many, this means reuniting with friends and loved ones. It can also be a stressful time, as sometimes family is not synonymous with warm happy feelings. Stress during the holidays, whether it be Christmas, Hanukkah or Kwanzaa, can be triggered by a specific circumstance or life event. Perhaps it is a reminder of loved ones that we have lost, or the expectation to over-extend yourself with regards to your time, travel and money or maybe its feelings of loneliness and isolation?

This month we are focusing on two very important issues. Family and Mental Health. The holidays are a special time of year to reminisce about, and make new, memories with our loved ones. Here are some ways to help make those happy memories. **Unplug** from technology as much possible. Social media has made us less comfortable with being with each other. How about telling stories, playing games or trying a new winter activity together? A fresh winter hike, snowshoe or sledding are always fun options. If the weather isn't cooperating, bring out the board or card games, sing Karaoke, or try a new recipe together. The holidays are for making memories. Be present and engaged.

On the flip side, what if the thought of a family gathering is affecting your mental well being? Need some tips on surviving the holidays? **Create a budget** and stick to it. **Don't overextend yourself** and make realistic goals of what you can and cannot achieve. **Have an exit strategy.** Spend one night instead of the whole weekend, or opt for a few hours instead of a whole day. **Cut out things that aren't truly important to you** and let others share in the responsibilities. If loneliness is a factor, volunteering, attending community events or joining a winter activity group are a great way to get out there. Don't forget to **spend some time outside.** The fresh air will help with feelings of depression, tiredness and irritability. Try and **increase the things that bring you joy and reduce your**

**stress.**

December also gives us an opportunity to reflect on events that have occurred in the past year. Always remember to give yourself some grace. Life is about balance. It's beneficial to try and balance out any negative thoughts with the positive ones.

## Upcoming

Our **12 week Wellness Initiative** will be going LIVE and available for you to purchase on January 6, 2020. This is a mini-course that you do at your own pace and is designed specifically for people are you tired of trying to sort through all the information about diets and nutrition.

If you are you interested in transforming your relationship with food and your body so you never feel like you "have to get back on your diet" again, **THIS IS THE PROGRAM FOR YOU!**

Are ready to ditch the diet mentality and feel healthy, strong, confident and still enjoy the foods they love?

This is not a diet. Not a meal plan. Just real people eating real food... and enjoying the things we love too!

Because cupcakes and kale and wine can totally coexist. :)

This program is available for purchase [HERE](#).

What else can you expect from us in the New Year? Introducing Come Cook with Us featuring educational videos on our YouTube channel (quick link [HERE](#) and on our website (quick link [HERE](#), and a Podcast we are deeming, Time Out with Full Bodied Nutrition are on the horizon!

Due to the Holidays, we will not be doing a Come Dine with Us broadcast, BUT, we will return Thursday, January 30th at 6 pm sharp!



## Holistic Hub

**Nourishment:** Did you know that pears are a great low sugar fruit that can not only curb a sweet tooth but they can also help to promote blood sugar regulation due to their helpful combination of both soluble and insoluble fiber? They can also provide you

with anti-oxidant and anti-inflammatory support and help promote optimal health.

**Lifestyle:** We speak a lot about creating balance in your life. What does this really mean? Because we are all individual and diverse, balance will look different on everyone. To us, it means everything in moderation. We encourage an 80/20 policy when it comes to food. This means that 80% of the time your nutritional habits are supporting you in a positive way. The other 20% is because life is short and sometimes not perfect. Long days at the office, the holidays, getting the kids to their extra-curricular activities and pizza is the only thing available at the time! There should be no judgement! Feeling "bad" about these choices place you in a bigger digestion predicament then just enjoying that piece of pizza with the kids and moving on.

**Psycho/Spiritual Connection:** Did you know that a blocked Crown Chakra may lead to feelings of depression, loneliness and difficulty connecting with others leading to poor relationships? Including purple foods such as purple potatoes, figs, purple grapes, purple carrot, blueberries and purple cabbage may help to open a blocked Chakra. You may also include lavender and sage essential oils and crystals like clear quartz and amethyst to help align and clear blocked Crown Chakra.

**Wellness Challenge:** This month's Wellness Challenge includes ways to help support our mental health. On our social media feeds, you will find a 20-day challenge for better mental health. We hope you'll check it out, participate and engage in the conversation.

**Wishing you well,  
Janice and Ginette**



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