

The Wellness Family

Dr. Taylor Keeps You Informed

Staying Healthy Through the Holidays

There's no doubt about it – the holiday season is the most challenging on our health. All the family get-togethers, the mall-hopping and hustle and bustle of shopping decreases our workouts and distracts us from the things that keep us healthy. Increasing the chances that we'll make poorer choices for ourselves and our families.

At Your Home

"There's just too much to do to without worrying about eating healthy, too!" Is that what you're thinking? Well, if it is you'll be surprised to learn that with just a few simple modifications in your busy schedule eating healthy can be the least of your concerns.

- Turn your Sunday afternoon into "Preparation Day" and prepare your menu for the week.
 - Pre-cut vegetables
 - Bake or BBQ chicken for lunch
 - Wash, cut and bag your lettuce
 - Prepare baked meals and store them in the refrigerator or freezer
 - Make homemade soups, giving your children healthier snack options
- Go to your local grocery store and get a fresh roasted Rotisserie chicken and a bag of pre-cut salad and have a healthy meal.

No matter what your schedule looks like, with a few healthier options you and your family can be eating healthier and feeling better.

At a Party

If you're going to attend holiday parties, here are some healthy ideas.

- Before you leave for the party eat a small amount of protein. A piece of baked chicken or a small portion of cheese will help decrease cravings for the carbohydrate appetizers sure to be offered
- Offer to bring a veggie platter with hummus or a soy based dip
- Alternate every alcoholic drink with a glass of water before and after; this will help to eliminate a majority of the empty calories found in most alcoholic beverages.

At the Office

Do you work in an office where the holiday treats just keep pouring in? It's difficult to resist what's so readily available. Here are some ideas for the workplace:

- Make sure that you have access to protein items by keeping slices of cheese, a piece of chicken, hardboiled eggs or celery sticks and a jar of peanut butter in the employee refrigerator; the protein will fight off the carb cravings while the snack takes the edge off the hunger.
- Keep a bowl of apples next to the treats, providing you with a healthier option



"There's just too much to do without worrying about eating healthy, too!"

- If vendors annually gift you with sweets then post a sign at the front desk: that while you are grateful for the boxes of goodies and the recognition, you are considering the health of your employees and would ask that instead they:
 - Bring a coat for the local homeless shelter or the Salvation Army,
 - Bring a new unwrapped toy for Toys for Tots,
 - Or bring a gift card from the local grocery store for Meals on Wheels or your local shelter

Also, consider that this time of year is the cold and flu season, and eating healthy is not the only thing to consider in the office. Avoid weakening your immune system by:

- Washing your hands with soap and warm water,
- If you are not the only one using the headset and receiver at your desk, keep it clean with Windex or rubbing-alcohol and a soft cloth.

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Out and About

There are several things you can do to keep this time of year from becoming a trial on your health, and one of the most important things is eliminating stress. More often than not, holiday stress is caused by the things that we haven't accomplished weighing on our minds. Help to avoid this by making the most of your downtime.

In the course of a day there will be times when you find yourself waiting; this will usually be the time when a list of "a million other things you could be doing" enters your mind. Instead of letting it ruin your mood, make the most of these few minutes.

- Carry a note pad and jot down that list of things you "could be doing"; this will help to ensure you don't forget to do them later
- Work on your Christmas list; write down one or two items for each person and then be sure to stick to it
- If you find yourself standing around waiting at a store or in the mall, look for items nearby that are on your Christmas list. Make a note of the cost and the name of the store then, when you're ready to do your Christmas shopping, you'll have your own price comparison list
- Carry a box of Christmas cards with a pen inside and jot thoughtful notes to loved ones
- Take advantage of gift-wrap services being offered by local schools and churches. The cost is usually only a dollar or two per package and the time saved is certainly worth the expense.

Remember that the busier you get the more likely that something will get missed. Stress during the holidays can wear you down and ruin the joy of Christmas, so be sure to make lists and help to eliminate a lot of that added stress.

Dear Parent,

Dr. Taylor is dedicated to providing you with the absolute best in family wellness care. Along with that dedication comes an understanding that an informed parent makes wise decisions for their child. So, take a moment today to discuss any concerns you may have regarding your child or your family's health with your Family Wellness Chiropractor.

In Summary

Dr. Taylor cares for more than just your spine. Your Doctor of Chiropractic is dedicated to your overall health and wellness and wants you and your family to enjoy a peaceful, joyful and healthful holiday season.

Don't forget to take a moment today to schedule for your regular Chiropractic check up.

Dr. Taylor's Top Five Family Ideas

5. Make healthy snacks for you and your family. Visit the following websites for recipes:
 - www.wholefoodsmarket.com
 - www.mothering.com
4. Children love doing arts and crafts, especially with mom or dad so visit these websites for great craft ideas for the holidays:
 - www.kidsdomain.com/craft/_xmas.html
 - www.orientaltrading.com
3. Make relaxation a part of every week – buy Christmas music, scented candles and a few of the Old Classics (Miracle on 34th Street, A Christmas Carol) or even some more recent hits (The Santa Clause, How the Grinch Stole Christmas) and have the whole family sit together and enjoy a family movie.
2. Make this Christmas special by tracking Santa's movements with the help of NORAD by visiting www.noradsanta.org
1. Most importantly, don't forget your regular Chiropractic visits and keep you and your family healthy for the holidays.

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