

4 ways to

DITCH THE BLOAT

this holiday season



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ARE YOU READY TO DITCH THE BLOAT THIS SEASON?

Welcome

Are you used to losing yourself in the holidays and somehow arriving in January bloated, unhappy and feeling so off track...again?

The holidays can be an incredible, nourishing time of celebration with friends and family — a deep source of nourishment for your soul. Although, the holidays are typically food-focused and flowing with mulled wine and every different kind of pie you can imagine. We usually overdo it this season, wouldn't you agree?

Let's do things a little different this year and welcome 2017 feeling great, while not skipping that slice of pumpkin pie.

Sustainable health is not about restriction; it's about balance. With implementing a few tips and tricks for this holiday season, you'll enjoy yourself while feeling great all the while. Happy Holidays!



5 | AVOID OVEREATING



While attending holiday parties and gatherings, the food is abundant and delicious. It can be very tempting to overeat when you have tables full of casseroles, desserts, and loaves of bread.

Along the same lines as “don’t go grocery shopping hungry” — don’t show up at your holiday gathering hungry. Eat a small, healthy meal before your gathering — such as a fresh salad or raw veggies with hummus — so that you aren’t eating your entire meal there. You can then have small portions of the foods offered and enjoy them in small servings, without overeating due to hunger.

I also like to fill half of my plate with vegetables or a salad and leave the other half for the ‘splurges’ that may not be as healthy. This tactic is incredibly helpful with balancing your plate out, as well, and not feeling bloated and full afterward.



02 | WATCH YOUR LIQUIDS



If you're a coffee drinker, I know the temptation to have a Pumpkin Spice Latte in your hand at all times during this season. It just feels right, you know? It's a shame they aren't healthy for us, but the reality is, they are not. (Wahh!) You can put a healthy spin on a Pumpkin Spice Latte by adding a cinnamon stick or pumpkin pie spice mix to a cup of black, organic coffee. Adding in some almond milk will add a creamier taste while also being a delicious, dairy-free drink without all of the sugary syrups and loads of calories.

As for alcohol, if you choose to partake in consuming alcohol responsibly, try to steer clear of alcohol containing grains. Hard cider is a great gluten-free option that won't leave you as bloated. A glass of red wine is another option if you prefer wine over hard cider. Be sure to stay well hydrated if you choose to drink alcohol.



03 |

AMP UP YOUR DIGESTION



If you don't regularly use probiotics, digestive enzymes and/or foods that naturally aid in digestion — now is most certainly the time to start!

Turmeric is a natural anti-inflammatory that can assist in stimulating healthy digestion. You can take this in capsule form, make a hot drink to sip, or add it into your food.

Fermented foods such as sauerkraut, kefir, and kombucha also provide probiotic benefits.

As common as it is to be under a lot of stress this time of year, it's important to remember that lowering your stress levels is an important aspect of healthy digestion, as well. Evaluate your situation and find what areas of your life/schedule can be made to be less stressful.

* As always, speak with your medical professional before adding any new supplements into your regime!



4 | SIMPLICITY IS KEY



Don't overcomplicate things. Enough is going on this time of year, and you don't need any more stress on your plate.

Keep it simple — on your plate, on your schedule, during your days. Eat simply, healthy and throw in some splurges to keep yourself balanced. Don't overbook yourself and wear yourself thin — it's not beneficial for anyone involved. Keep a schedule and stay on track as much as possible — it'll make you feel so much more sane and in control.

Get comfortable with saying no. Don't do things that you can't commit to without spreading yourself thin. Don't feel pressured to eat things you don't want to eat. Just be. And be simply. January will be here before you can blink, and arriving in the new year with a sense of ease, simplicity and a feeling of being grounded will be a wonderful foundation for your new year ahead.

MEET YOUR COACH

Hi, I'm Elaine Gibson.

You can get lots more great tips on
my website

www.renewedlivinginc.com

Eliminating bloat is a great start on
your journey to better health.

Accountability is also a major factor
in achieving your goals.

If are serious about creating the life
you desire and deserve, let's

schedule a FIND YOUR
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WHAT OTHERS ARE SAYING

I am so pleased that I worked with Elaine as my health coach. When I made the decision to work with Elaine it was motivated by my desire to improve my diet. I collaborated with Elaine expecting she would advise me on what to include in my diet to work toward my goals. She did that, but something unexpected happened. Our sessions were not only about my diet, they were about ME and the other factors in my life that needed attention. Like many other women, I am truly in the sandwich generation and work full-time. What I needed for myself became an afterthought or was not thought of at all. I am now committed to pampering myself. Improving one's diet is very important but when it works in concert with exercise, relaxation, and fun times with family and friends and last but not least, time designated for me, the transformation on how I feel is greater than I could have hoped. Elaine is knowledgeable, supportive, encouraging and is a very good listener. The lessons learned during this coaching will stay with me always as they have become part of my daily routine.

Marianne