

# VITAL 24

DECEMBER 2019

# Merry Christmas

## TIPS FOR HEALTHY HOLIDAYS

WITHIN THESE PAGES:

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1. DON'T STRESS! Remember, worrying will not add a single hour to your day, so plan ahead, and use a schedule.
2. If the food at your family gathering is questionable, eat before you go, or bring your own healthy dish to pass. That way you know you and your family can trust at least one dish on the food table.
3. You can also try only small samplings of the questionable dishes instead of large portions.
4. If the temptation to eat sugary or processed foods while at gatherings is too much, talk with family away from the food table. You can also do things to keep your mind off of the temptation like playing games, stepping out for some air, or going for a walk.
5. Choose organic and real ingredient desserts to bring to family events or make your own from the thousands of internet recipes.

# Exercises of the Month

Need to fend off bloat from holiday eating? These exercises may help alleviate intestinal distress due to over-eating, and you can add them into your daily exercise routine!

## Hip Crossovers (2 sets of 10)

1



2



3

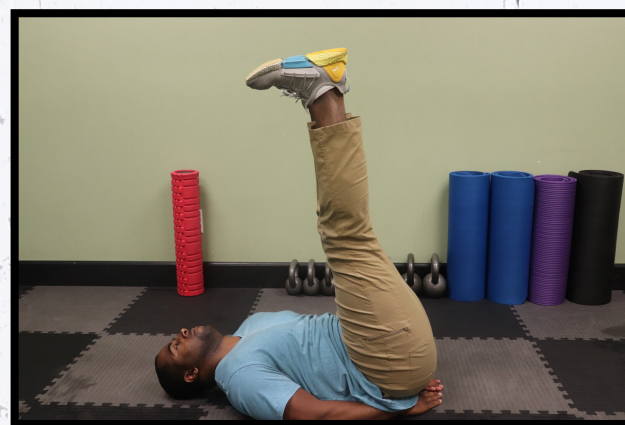


## Leg Raises (2 sets of 25)

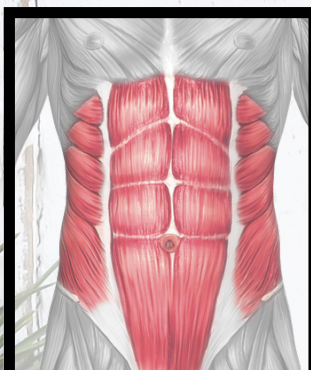
1



2



Muscles Targeted:



# Good To Know!

## **Sugar-free doesn't mean damage-free.**

When the holiday season rolls around, many go to grocery stores in search of "low-calorie" or "sugar-free" sweeteners and baked goods. Unfortunately this has caused nation-wide consumption of a toxic chemical called Aspartame or it's counterpart Sucralose. These sugar-free or low-calorie options are not what they seem and should be avoided at all costs. Instead, reach for coconut sugar or whole leaf stevia to sweeten your baked goods. When buying sweets pre-made, go for the regularly sweetened ones and consume them in small portions because regularly sweetened is less damaging than the harsh chemicals found in sugar-free options. It's okay to indulge occasionally, but do it responsibly; your less-damaged body will thank you.

A lack of exercise now causes as many deaths as smoking.

## **Benefits of Coconut Oil:**

- Increases fat burning.
- Kills harmful pathogens.
- Reduces hunger.
- Protects skin, hair, and teeth.
- Boosts brain function.
- Improves digestion.
- Improves heart health.

## **SUPERFOOD OF THE MONTH:**

### **SPIRULINA**

**Spirulina is a blue-green alga that has excellent nutritional content and health benefits. These health benefits include reduced blood pressure and blood sugar, managed weight loss, improved gut health, and boosted metabolism to name a few. Spirulina can be bought in capsule, tablet, or powder form and added to smoothies, salads, and teas.**



# FLUFFY PALEO BISCUITS

## Ingredients

- 1 Cup Almond Flour
- 2/3 Cup Tapioca Flour
- 1/2 Cup Coconut Flour
- 2 tsp Paleo Baking Powder
- 1 tsp Baking Soda
- 1/4 tsp Real Salt
- 5 Tbsp Butter
- 1/2 Cup Coconut Milk
- 1 tsp Lemon Juice
- 2 Free-Range Eggs

## COOKING INSTRUCTIONS:

- Preheat oven to 400 degrees.
- Line a baking sheet with parchment paper or a non-stick mat.
- Combine the almond flour, tapioca flour, coconut flour, baking powder, baking soda, and salt in a mixing bowl.
- Add the cold butter to the dry ingredients and cut in using your fingers until it resembles a coarse meal.
- Make a well in the center of the mixture.
- In another bowl, whisk together the dairy free buttermilk (which is the coconut milk and the lemon juice mixed together, let it set for a few minutes before doing this step) and the eggs until well combined.
- Pour the liquid ingredients into the well of dry ingredients and fold in using a rubber spatula until fully combined.
- Mixture will be wet.
- Allow to sit for 5 minutes so that the flours can absorb more moisture. This will make it easier to shape into biscuits.
- When the dough has sat for several minutes, you will notice it is not as wet and sticky as it was.
- Coat a 1/4 C. measuring cup with tapioca flour (this can be done by scooping a full 1/4 C. of flour and then dumping it back out and tapping the cup upside down to remove clumps).
- With the flour coated measuring cup, scoop up enough dough to fill the cup and then invert it on your baking sheet. You may need to tap the handle a bit to allow it to fully release.
- An ice cream scoop with a spring release will also work for more of a drop biscuit shape.
- Repeat with remaining dough, placing each biscuit 2" apart. Bake for 12-14 minutes, or until the tops have turned lightly golden brown.
- Cool on a wire rack.

**CREDIT: Rebecca Baron (MyNaturalFamily.com)**



# Office Announcements

- New prices to come in January. Further details will be given soon.
- Our office is being remodeled! We apologize for any inconvenience this may cause, but we hope you join with us in celebrating the new office to come!
- Our Eight Weeks to Wellness program is soon to be implemented. It is a great way to get your new years nutrition goals met! Ask for details.
- Don't forget...we are open Saturdays for massage and nutrition visits from 9am - 2pm. Ask to get scheduled today!