



# Ayurvedic Health Center

AyurvedicHealthCenter.org

Guided Transformation in Health and Wellness

## Holiday Eating Survival Tip Sheet

### Ah, Thanksgiving, Christmas, Hanukkah, Kwanzaa, and New Year's

Wow. That's quite a collection of holidays, parties, fun, and indulgence — and poor food choices. These end-of-year get-togethers are very important for reaffirming community, letting our hair down, marking the year that has gone by, and bringing light into the dark time of the year (in North America, anyway). However, we humans do tend to eat a lot of sweets and other heavy, rich foods. We might even consume a wee bit of alcohol. We definitely don't get as much exercise as we probably should, and we like to go into hibernation mode.

None of these things on their own is horrible, but all of these things taken together over an extended four- to six-week period adds up to a sluggish gut and dull mind. Add to that the travel that is usually a part of the bigger picture, and you have a recipe for indigestion, constipation, congestion, headaches, and stress.

### What to Do?

Basically, the holidays are a time of massively **Kapha** and **Vata** doshas. To deal with this situation, tend to both. Sounds tricky. It kind of is. But this tip sheet will help sort it all out.

The holidays are typically a very sweet time of the year: eating sweets and being around your sweet people. All the sweetness. This is great, but — as always — too much of a good thing is no longer a good thing, and we have to restore balance. Enjoy the feasting and togetherness as much as you can. Suck the marrow out of it. Really get into it with all five senses, leaving no sense unsatisfied. Then, as soon as you are able to:

- Re-establish your regular daily routines. Get lots of ginger into you. This can be fresh ginger, dried ginger, or crystallized ginger. Ginger has a superpower of getting things moving. When all of that sludge is barely moving through your gut, it is ginger that will come to the rescue.
- Take triphala. This ubiquitous Ayurvedic herbal formula is just so good at helping us to eliminate with ease and satisfaction.
- Hydrate with warm water with a little bit of salt (= minerals) in it. This will help your cells get rid of metabolic wastes.
- Until your digestive fire and elimination have caught up with what and how much you ate, eat smaller portions.
- Get a little more exercise to raise your heart rate and give your metabolism a boost.
- Encourage a mild detox: scrape your tongue, dry brush before your showers, and even get sweaty.
- Eat meals that have a variety of the Six Tastes (remember to show some love to bitter, pungent, astringent, salty, and sour).
- Know that you can make better choices next year!

#### HOLIDAY QUALITIES ARE:

heavy, dense, thick, and congested :: like a thick gelatinous and too-sweet pudding or custard & cold, dry, light, mobile :: from all of the to'ing and fro'ing

#### TOO MUCH HOLIDAY-ING MAKES LIFE PROBLEMATIC:

in so many ways: rushing around to see all of the things and all of the people; eating too much food and drinking too much drink; staying up too late and getting crappy sleep; eating things that you know aren't good for you

#### WHEN THERE IS TOO MUCH HOLIDAY ENERGY, IT LOOKS LIKE THIS:

getting off your routines; setting aside healthy choices; eating too much; a high level of excitement; being ungrounded; hydrating inadequately

#### SO, WHAT ARE THE HOLIDAYS GOOD FOR?

shaking you out of your ruts; bringing you into contact with your loved ones; enlivening your spirit; and (hopefully) showering you with love