



Wellness Tips for the Holidays

VANCOUVER, BC: December 1st marks the kickoff of the Holiday Season. This is a wonderful time of the year filled with family gatherings, parties, special events and wonderful food and drink. Take care not to over-indulge with all the festive fun, and be sure to maintain your exercise plan over the holidays. Make your health--mental and physical--a priority and you'll keep the holidays free of stress and those egg-nog added extra pounds.

We asked some of our 2017 Wellness Show exhibitors to share some tips to help you get through the holiday season with your sanity and waistline intact. Here are some Healthy Holiday Tips from all of us here at The Wellness Show:



Winter months often conjure up visions of families and friends spending time around the hearth, telling stories, sharing in laughter, and nourishing one another with warm meals and loving connections. Use this time to stay connected and supported by your tribe and in return offer the same strength to those you love. The reciprocation of the positive feedback loop your love creates can lift spirits in the darkest of hours. -- Karen Hantke, [Harmonic Arts](#)

The best way to prepare your body for a surprise stress scare, is to take care of yourself. Exercise, eat healthy, get enough sleep and make your own happiness a priority! Our go-to product around this time of year is our PureFood B. It offers a burst of revitalizing B vitamins that give your body a jolt of plant based energy! -- Talia Wiebe, [Pranin Organics](#)

The higher the percentage of real nutrition dense green food you enjoy in your daily diet the less cravings you will have and the better you can balance "not so healthy" foods. During the holidays try to get at least one super food green juice or smoothie per day. -- Stephan Wilmes, [The Alkaline Diet Guy](#)

In terms of having a less stressful holiday, I think it's important to remember to have everything prepared beforehand. Whether you're entertaining a small get-together or a large bash choose dishes that are cold and can be prepared a day or two in advance or dishes that require little supervision to cook (such as a potato gratin). -- Curtis Luk, Executive Chef & Owner, [Mission](#)

Despite what the skin care industry tells you, the only way to healthy skin is by fixing your digestion. Eating the wrong types of foods can cause inflammation in your gut, which in turn leads to a host of chronic health issues. Aid digestion and keep your gut happy this holiday season by: eating a variety of probiotic (leafy greens) and prebiotic (garlic, leeks, brussels sprouts) whole plant foods and incorporate gelatin or bone broth into your daily arsenal. It rebuilds your damaged intestinal lining. -- Connor Meakin, purebonebroth.co

The fun and excitement of the holiday season may also bring unwanted stress. You can be proactive about easing stress before it becomes too deeply rooted in your body. Schedule stress-busters into your daily routine like taking a 10-minute walk, savouring a cup of herbal tea, or colouring. One or two times a week enjoy a relaxing aromatic bath. Stir 5 - 7 drops of essential oil (rose, lavender, or chamomile are good choices) into a cup (250 mL) of epsom salts, then add to running bath water. Mix well before stepping in and enjoying a long soak. -- Healingscents.net

Many people say they don't have time to exercise. Even if that's true, you can still be physically active. Physical activity simply means moving your body. With such a broad definition this really does include almost anything: walking, taking the stairs, standing while on transit, using a stand up desk while working, gardening, housework, etc. Start incorporating more physical activity into your daily routine! -- Jeff Doyle, Personal Trainer, Function Health Club

DIY Brown Sugar Scrub: spoon out 1/4 cup Naked Coconuts Virgin Coconut Oil into a bowl. Add 1/2 cup brown sugar and then mash and mix together until there are no clumps. You can also add a few drops of your favorite essential oil if you like. In the shower, rub a spoonful at a time in circular motions all over your body for soft and moisturized winter skin. You can also package these up in mason jars to give away for gifts! -- Paul Gill, Naked Coconuts



Whip up a batch of these sugar-free Eggnog Donuts to serve to your guests or to take to a party! – Swerve Sweetener

Obviously, the best way to avoid a hangover is to not overindulge. But if you do wake up with a pounding head the morning after the office Christmas Party, take a dose of B-Complex Vitamins and couple that with Milk Thistle. B-vitamins help to break down and eliminate alcohol from the body, and Milk Thistle supports detoxifying your liver. -- Frédéric Boucher, LandArt.ca

The Wellness Show opens its doors from 12 pm to 7 pm on Friday, March 3, 10 am to 7 pm on Saturday, March 4, and 10 am to 6 pm on Sunday, March 5, 2017. The show takes place at the Vancouver Convention Centre West (New Convention Centre), 1055 Canada Pl, Vancouver in downtown Vancouver. Tickets are \$14.50 General Admission, \$12.50 Seniors 65+ / Students with valid ID, \$6.00 Children (5 and under free), and \$30.00 3 – day pass. Tickets will be available online at thewellnessshow.com, or at the door.

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