

# RECOVER THE GOOD HABITS FOR THE BODY AND THE MIND AFTER THE EXCESS

September 10, 2018

Summer vacations are one of the most anticipated moments of the year, which most take advantage of to rest and, also, to commit excesses. So when we return to the 'normal life' we always need to lose a few kilos, take care of our digestive system and evaluate the damage that the sun has caused on our skin. Returning to sports, maintaining a balanced diet, avoiding post-holiday depression and protecting your skin are the four key aspects, to face the autumn.

According to the Spanish Society of Endocrinology and Nutrition, in this period, we gain weight by about 3 kg and we ingest up to 1,500 kilocalories more than in our daily life. Likewise, 65% of adults who return to work after holidays suffer post-holiday syndrome. According to the Open University of Catalonia, the overcome it in two days (20%) or up to two weeks (35%).



In order to achieve well-being and good physical and psychological health it is necessary to take care for yourself inside and out, something that we sometimes neglect, especially when we are on vacation. We have analyzed the key points to take into account so that you can successfully resume the healthy rhythm when you return to the routine. These are the tips:

1. **Restore the damages on the skin:** sun, sweat, beach or pool play havoc on your skin, you should try to remedy it as soon as possible. These are the three key points to which we must pay attention:
  - **Protection:** it is essential to protect the skin throughout the year, as recommended by the Spanish Academy of Dermatology and Venereology, but if during the holidays you have left this aspect aside, you can protect it after the

summer, taking foods that maintain their natural color, like fruits and vegetables, in addition to microalgae, rich in beta-carotene.

- **Hydration:** if you have not applied the appropriate protection cream, or have drunk two liters of water daily, your skin will be dehydrated, dry and tight, and will have lost its color. The first thing you have to do is moisturize the skin daily, with a cream with natural moisturizing components and non-occlusive effect. You can even apply it twice a day and use moisturizing masks, such as one of avocado and honey, since the skin needs an extra. We remind you that you should continue using sunscreen throughout the year, not only during the summer months. We recommend one with a physical screen and that does not contain nanoparticles.
  - **Repair:** the sun causes spots, moles, burns, wounds and inflammations on the skin, which can improve if we treat them in time. We recommend you use a restorative serum, which will also bring luminosity, softness and shine to your skin. It is advisable to sleep eight hours, since not only will your brain rest, but also the skin, which is much more permeable during the night and absorbs better the assets of the serum, regenerating while we sleep, looking much better afterwards.
2. **Practice sport:** start the exercise with a warm-up and finish stretching, since this way you will avoid injuries. Keep in mind that it's about doing sports in a stable way, so be patient and start little by little, to avoid the dreadful aches and pains and do not take a negative feeling of the sport, which will make you not want to practice it again. Depending on the objective you have each (lose weight, catch it, tone up ...), the exercises will be different, so you should always take advice.
  3. **Return to eat in a balanced way:** Make five meals a day, three strong and two light; consume around five pieces of fruits and vegetables a day, or drink two liters of water daily. We also recommend eating vegetables twice a week and fish and seafood three or four; cook each product at its point, not in excess, so it does not lose its properties; and avoid precooked or highly processed foods, as well as very sugary foods and alcohol. It is really important that you stay away from miracle diets, such as those based on a single product, those that prohibit an infinite list of ingredients or those that contribute a deficient number of calories, since they are dangerous for health and also, they always have a rebound effect. Eating fresh, seasonal, organic and local products is the best option.

As with sport, it is counterproductive try to achieve the goal from one day to the next and you chew yourself by not eating anything or exercising for three hours each day. Your body will tolerate the change better and will assimilate it successfully if the adaptation is gradual. You have to enjoy every step.

4. **Prepare the mind for post-holiday syndrome:** in most cases, this problem can be prevented. The recommendations are to resume a normal sleep schedule the days

before returning to work, return home from vacation a few days before and not the previous one and avoid enjoying very long holiday periods, dividing them throughout the year, if possible. If you have returned to work and are suffering from symptoms such as tiredness, apathy and even anxiety attacks, we advise you to get up a little more than usual to get used to it, to exercise, to have an optimistic mentality and to take up work progressively, Yes you can.

Being at the 100% is not easy, but the long-awaited physical and mental well-being can be achieved if you follow these simple tips.

To achieve this, we have developed a [range of biocosmetics 100% vegan](#), with a day cream and a restorative serum, both anti-aging, made with our Organic Concentrated Black Garlic Extract (EFCAN) and other organic ingredients, such as black onion or microalgae. Due to its high concentration of active ingredients, the effects are noticed from the first application: moisturizes, nourishes, protects and regenerates your skin effectively and safely.

In addition, also based on this extract, we have created a [range of food supplements](#), which come to solve various ailments, such as slow and heavy digestion or annoying abdominal swelling, food allergies and intolerances, problems in the cardiocirculatory system or nervous system, as stress and serve to eliminate toxins and purify or help athletes, among other uses.

