

DON'T LET CHRISTMAS EXCESSES TAKE ITS TOLL ON YOU

December 17, 2018

With Christmas come gifts, decorations and, of course, family celebrations watered with food and drink. These dates are conducive to excesses in food. The consumption of food in large quantities causes, in addition to the dreaded weight gain, an overexertion of the digestive system, which can lead to problems of burning, acidity, heaviness, flatulence, abdominal swelling and slow and heavy digestions.

This digestive overload exhausts the organism and produces a sensation of decay, fatigue and fatigue, in such a way that the vital tone diminishes. The consequences of excesses in these dates can also cause increased cholesterol, liver disease, metabolic imbalances and decompensation of blood pressure or diabetes.

To avoid this situation, we have prepared a list of tips to follow to prepare these dinners and meals, with tricks to control the excessive intake of food or alcohol, as well as healthy practices:



1. Use small plates to control the quantities: the key to enjoying Christmas meals is to eat in moderation, so the first commandment for these days is not to exceed the amounts. When we

eat more food than the body needs, it is stored as fat. It is important to stop eating when the stomach is 70-80% full and satisfied. When you finish eating, you have to feel good and energized, not bloated.

At Christmas dinners it is very common that, in addition to the main dishes, there are many starters, which can already assume a complete meal, since they also usually include vegetables, carbohydrates or proteins. It is convenient to use small plates to control the main menu rations, be it fish, meat, a stew, etc. Otherwise, it is very easy to get to the dessert (which usually does not miss on these dates, without telling nougat and others) with the feeling of having already eaten too much.

2. Design a balanced menu: in celebrations we abuse of saturated fats (fried foods, sausages, cheeses, red meats, Christmas sweets ...) and we drink more alcohol than usual. This overloads our liver causing digestive discomfort, headaches and bad mood.

Christmas is usually a period of the year in which we usually give free rein to our culinary desires and we seek to eat all our favorite dishes at once or what we usually 'prohibit' throughout the year. But remember: everything in excess is bad. Plan the menu, consume foods with unsaturated fat (olive oil, nuts, seeds, blue fish) and reduce foods that contain saturated fats (sausages, fatty cheeses, butter ...), giving priority to foods of vegetable origin and choosing preferably low fat meats or fish as a main course. It is also important to replace industrial sauces with homemade sauces and vinaigrettes and avoid industrial desserts.

3. Do not drink too much and do not forget the water: If we do not hydrate properly, there will be more propensity to overeat throughout the day. We also tend to substitute water for alcoholic beverages or industrial soft drinks, with a high content of sugar and / or artificial colors, flavors and preservatives. By consuming water, we help the body to release toxins and mobilize body fat, which is so necessary during these Christmas holidays when we usually eat more sweets and drink alcohol.

In parallel, it is important to remember that excess liquids dilute the gastric juices and hinder digestion, so it is convenient to minimize those that are harmful to the body

4. Consume purifying foods and reduce salt: it is advisable to increase the consumption of foods that have a depurative and alkalizing effect such as soups, broths and purees of vegetables. You can also add spices and seaweed to the dishes, as this will require less salt and enrich its purifying properties.

It is important to increase the intake of fiber by eating whole grains, vegetables, legumes and fruits, because they help eliminate and provide a feeling of fullness. Also accompany the main dishes with salads, sprouts and raw vegetables (endives, chicory, escarole, rocket, fenugreek sprouts ...) or fermented (sauerkraut), since they contain a large amount of digestive enzymes that will help to have a better digestion.

In addition to increasing the intake of these foods, we can also benefit from the help of depurative food supplements, such as the concentrated extract of black garlic, an unbeatable

elixir to help the digestive process and to purify the excesses, ideal to prepare before, during and after of the parties adopting this healthy habit of taking care of each day. If we also have difficulty digesting fats, in addition to the concentrated extract of black garlic in drops, we can help plant extracts such as artichoke, boldo or dandelion.



5. Use infusions to help digestion: in addition to drinking more water, it is convenient to consider other drinks that can help to have better digestions. After eating you can take an infusion with a mixture of digestive plants, such as chamomile, lemon balm, anise, fennel, mint, fresh ginger or licorice ... In exceptional cases, after the most indigestible meals you can take digestive enzyme supplements (for example, of pineapple and papaya), but should not be abused so that the organism does not lose the capacity to produce them. If acidity or heartburn appears, we can take raw potato juice or a teaspoon of white clay dissolved in a little water.

6. Plan activity, but do not forget rest: it is important not to forget physical activity during these holidays. Planning walks and excursions on weekends and holidays during Christmas will help our body to stay active and consume calories that we will later recover, without any doubt, in the copious meals. However, we should not forget about rest when we eat. "After eating, not an envelope to read," says the popular saying. It is advisable not to do any activity after eating so as not to hinder digestion, so it is best to rest a minimum of 15 minutes after the meal.