

## ***HAPPY HOLIDAYS FROM HENDRICKS FOR HEALTH!***

As we head into the holiday season and start thinking about the New Year ahead, ponder this quote.

"Authenticity is the daily practice of letting go of who we think we're so supposed to be and embracing who we are."

- Brene Brown

### ***Patient Appreciation Day!***

Join us at both locations this year as we celebrate our patients. Enjoy 10% off on all products, while supplies last. Tastings & treats, too!

*Sacramento Office - 11/19*

*Roseville Office - 11/21*

*Online - 11/30*

**For the holidays, we will be closed on the following days:**

November 26-27th - Roseville and Sacramento Office

December 24th after 1:30 pm - Roseville (closed all day in Sac)

December 25th - Roseville and Sacramento Office

December 26th after 1:30 pm - (free follow-up office visit day!)

December 31st after 1:30 pm - Roseville (closed all day in Sac)

January 1st - Roseville and Sacramento Office

We will be open in Sacramento all day Dec 23rd and Dec 30th!

We will be open Saturday, January 2nd in Roseville!



### **Tips for a healthy holiday season.**

*It's that time of year again for celebrations, social gatherings, and splurging on all things delicious. It's also the time when life gets crazier, routines are thrown off balance and healthy habits fly out the door. Well, I am not going to tell you to eat this, not that. Where's the fun in that? Instead, I would like to share some tips on how our family strives for a happy balance that allows us to enjoy the holiday season and stay healthy without weight gain come January.*





### Pumpkin Up This Holiday Season!

Did you know that the pumpkin and its seeds are rich in vitamins, antioxidants, dietary fiber, potassium, zinc, and a host of other nutrients? A half-cup of pumpkin puree has about 5 grams of fiber, more than double the amount in one-third cup of brown rice. It is also naturally low in calories - just 25 calories in a half-cup. With all that fiber and water content, pumpkin will keep you fuller longer, which makes it great for weight control.

Unfortunately, most people don't know what to make with pumpkin other than pies or breads, which are made with lots of added sugar, negating the beneficial properties of this naturally healthy food. Pumpkin can be made into delicious savory dishes, too. Get creative and enjoy this vegetable year round.

Below are some suggestions:

\* Pumpkin Soup - Heat together chicken broth, canned or fresh cooked pumpkin puree, sautéed onion, seasoning and a bit of coconut milk or heavy cream.

\* Oven-Roasted Winter Vegetable - Mix together raw pumpkin, beets, onions, sweet potatoes, carrots and celery with olive oil, salt and pepper and bake.

\* Pumpkin Custard - Mix together some canned pumpkin, coconut or almond milk, coconut sugar or Stevia, eggs and seasonings and bake in a ramekin dish.

**Get your sleep on!** Get at least 6-8 hours of sleep every night. Sleep helps reduce stress, ward off illnesses and research has shown that it reduces your chances for weight gain.

**Eat breakfast!** Start your morning right with a healthy meal that will help set the tone for the rest of the day. This will help you resist those daily boxes of candy and cookies floating around.

**Keep up your exercise regime!** If you continue to exercise, you will feel better, reduce stress, and can still indulge from time to time without waist gain.

**Eat mindfully!** If you're not hungry enough to eat a salad, you're probably not that hungry. But if you are, start your meal with a salad or veggies and you will naturally eat less when indulging.

**Plan to indulge!** If you are going to an event and decide to indulge on dessert that night, stick to your normal routine during the day.

**The 3-bite rule!** When indulging, the first bite tastes amazing. The second bite tastes good. The third bite, well, you know what your eating. Make your serving size 3-bites.

**Schedule a self-check day!** Schedule a weigh-in day, an appointment with your physician, or a family photo shoot to keep you focused on long-term health.

**Never have guilt!** Feeling guilty is a waste of time. Instead, forgive yourself, restart, and move forward.

**Grocery shop after eating!** When shopping, carry a grocery list, have a full stomach and stay focused. Splurge on holiday treats at a restaurant or an outside event - don't bring it home.

**Join the small plate movement!** Don't buy in to the super-sized meals on super-sized plates. You're not getting a deal. Think small plate, small waist.

By Paula Hendricks, Certified  
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