



BLOATED



GASSY



TIRED

AVOID FESTIVE FOOD HANGOVER

10 mostly realistic tips to make your festive meal (out or at home) less bloating and more spectacular.



FESTIVE TIP # 1

Before you sit down, locate the healthiest eaters and go sit beside them. You don't have to talk to them, you don't even have to like them, but if they eat better than you do, then you do need to watch them (politely of course).

Believe it or not, this can influence how you (and your kids) eat too.

Take a look at some friends of mine for example, everyone is watching Pete, the guy with the brown hair and blue shirt (ahem) who is eating pizza, now everyone is eating pizza.



FESTIVE TIP # 2

Before you eat, take a few deep breaths. Stress slows down digestion, try to relax and enjoy your meal. If you've done all the cooking, you can sit and breathe easy now. After dinner, look for the person who's the least ready to explode and let them do the dishes, they'll be honoured.

These were my last dinner guests
and just look how happy they are!



FESTIVE TIP # 3

Add lots of greens and other vegetables to your holiday feast. Dark leafy greens are full of B vitamins, calcium and magnesium which are important nutrients to combat **STRESS** during this busy time. They are also delicious raw or just lightly cooked- don't kill them.

These were from my garden over the summer. I grew loads of greens, never got stressed once, and I have 2 little kids.



FESTIVE TIP # 4

Not eating at home? No problem!
Ignore Homer Simpson, you CAN make friends with THIS salad! Nice and light and super easy to make AND hemp hearts and nutritional yeast are both complete proteins that taste great!
In fact, why don't you bring this one over for everyone to enjoy?!



Yummiest salad ever

Ingredients

- 1 container of any organic clamshell salad (could be baby spinach, field greens, kale, arugula...)
- 1 tsp of nutritional yeast
- 1 TBSP of hemp hearts

Light Vinaigrette

- ¾ cup grapeseed oil
- ¼ cup apple cider vinegar
- 1 garlic clove, minced
- Sea salt and pepper to taste



FESTIVE TIP # 5

Eat your greens first! And I know there are some because YOU made them! Help yourself to your superstar salad that everyone will remember you for because it was the yummiest salad ever.

This will still allow for you to save some room for your traditional starchy favourites (ie: mashed potatoes), but you will be more likely to eat less of them. And, you will feel less gassy, less bloated and less feeling yucky tomorrow.



FESTIVE TIP # 6

Digestion starts in your mouth!

The enzymes in your saliva help to digest your meal. Take small sips of your drink to avoid washing down this valuable step.



It just so happens that I have a picture of my favourite Uncle Phillip taking tiny, dignified sips of wine at dinner! What were the chances of that?



FESTIVE TIP # 7

Savour your gorgeous meal and chew your food slowly. You don't have to go overboard like a video clip in slow-mo, but not eating so fast will help reduce overeating and eliminate any post-feast bloating.

A good tip to stop yourself from eating so fast is to do more talking. Tell everyone how you worked tirelessly to cook this meal for them – or if you've travelled– how rotten the traffic was getting there. Ok, well it's a tip; they can't all be good.

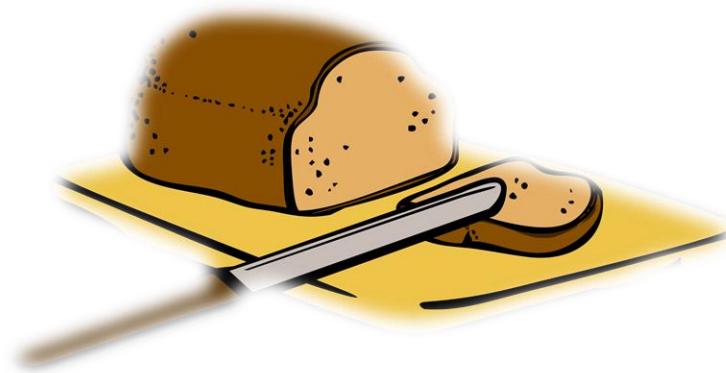


This is a picture of me on a regular day at any given moment.



FESTIVE TIP # 8

If bread is being served and you've had your eye on it, save that for the end- if there's room. If you're worried everyone will snarf it before you can grab any, just put a small piece aside for later. You may not even want it.



There you go. You can have one slice of me, but beware, I'm like a bad prescription commercial. I might be good for something but I may cause bloating, gas, indigestion, abdominal pain, inflammation, embarrassing noises...



FESTIVE TIP # 9

Don't forget it's your holiday. It's your time to have fun with friends and family and to enjoy some sweet treats. However, there is no pressure to indulge if you're full. You can always take dessert home or put it aside for later. No one is going to laugh at you.

In fact, eating your dessert an hour or two after you eat, allows your big meal to digest and can prevent it from repeating on you later... unlike my fifth cousin Barney.



FESTIVE TIP # 10

Say "goodnight" to the dinner table. Finish eating before 8pm – this way you won't go to bed feeling heavy and bloated at 11pm when your liver doesn't feel like dealing with innocent but somewhat overzealous eating behaviour.



THE MORAL OF THE FESTIVE TIPS

So just think, while friends and family are ignoring your gorgeous salad, snarfing down their platefuls of bread and potatoes and eating a honking piece of dessert right after dinner getting all fartypants with the person beside them (unless that's you of course), you feel pretty darn good with your ridiculously tasty green salad and your "no thanks bread, I'm all satisfied now" as you go to bed with no bloat, no 'bottom burps', no extra pounds AND dessert for tomorrow when you can really enjoy it.

Well done! You're going to AVOID FOOD HANGOVER!

