

# 6 Simple Steps to Healthy, Less-Stress Holidays

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During the holiday season, many people produce the classic formula for getting sick without even realizing it! Here's the equation in a nutshell:  
**Sugar + Stress + Dehydration = Vulnerability to Colds and Flu.**

In clinical studies, sugar's harmful effects on immunity was demonstrated by a significant decrease in neutrophil activity, at 30 and 60 minute intervals following ingestion of 75 grams of sucrose. Neutrophils are a type of white blood cell that is the first line of defense which engulfs and kills pathogens. Fruit juices, alcohol, sweets, cakes, pies, cookies and other simple carbohydrates (breads, pasta, etc.) are part of this sugar equation.

Stress affects the hypothalamic-pituitary-adrenal (HPA) axis, and also suppresses the immune response. Stress includes anxiety, worry, fatigue, and an overly-full schedule that doesn't allow for enough rest.

Dehydration begins with the dryness of the cooler weather, and is exacerbated by alcohol, soft drink and coffee consumption. This lessens the body's ability to flush out toxins and pathogens, and also increases acidity levels in the body. Acidity creates a breeding ground for illness.

## Try these 6 simple and practical steps you can take without stressing yourself further:

- 1) No matter how busy you are, take 15 minutes twice daily to sit or lie quietly with either soft music or in meditation (or the EOL Process Flow™). You can do this while soaking in the bathtub (2-3 cups of Epsom Salts in the bathwater is helpful, plus 5-6 drops of lavender essential oil, or EOL Chakra Activator essential oil), or before you fall asleep in bed. Focus on your breathing, with slow and deep "belly breaths".
- 2) Focus on discovering or recognizing at least 3 things you are grateful for each day. They may be simple things (such as witnessing a beautiful sunset), or big things (that you were able to put food on the table for your family today, able to pay this month's mortgage, or that you have abundance of something you can choose to share with others, etc.).
- 3) Eliminate or minimize sugar, alcohol, soft drinks (soft drinks are ALWAYS a no-no on our list! They're one of the worst things to ever be created in terms of health risks). Drink 8-12 glasses of water daily, preferably apart from meals and in 4-6 oz. servings at a time.
- 4) Get a massage, or energy work/integrative healing session. Ask for a gift certificate from those who would normally buy you something for the holidays, or your birthday, etc.
- 5) Take high quality Echinacea Purpurea and Augustifolia root complex (such as MediHerb Echinacea Supreme or Standard Process Echinacea-C), food-based Vitamin C complex (such as Standard Process Cataplex-C), and Vitamin D3 (such as VRP's Vitamin D3), homeopathic Influenza/Cold Nosode (such as by DesBio brand) as preventive.
- 6) Stretch, practice yoga, tai chi, or chi kung ... and/or go for a walk. Even if it's only 10 minutes, that's a great start.

We wish you inner peace and hope for the holidays and throughout the coming year.

Love and Blessings,

Sue and Aaron Singleton