

SURVIVE THE HOLIDAYS HEALTHIER

WITH NUTRITIONAL COACH MONIQUE COSTELLO



DAILY ACTS

MIND

MEDITATION / JOURNAL / BREATHWORK

Get centered and set your intention for the day. It's amazing what you can hear when you get quiet.

BODY

LEMON WATER

Start most mornings with a glass of lemon water to kick start digestion (juice of ½ lemon juice to a glass of room temp water).

MOVEMENT

A body in motion stays in motion. Now is NOT the time to skip this.

FOOD

Whether you are fasting or following a particular diet, focus 80% of your intake on eating clean, unprocessed food.

HYDRATE

Your body is 80% water. Staying hydrated will help you look and feel younger and more refreshed as well as ward off sickness.

BALANCE BLOOD SUGAR

Eat protein, fat and carbs at every meal and snack to keep your blood sugar balanced and avoid energy drops.

CURB LATE-NIGHT EATING

Stop eating 2 hours before bedtime for better sleep & digestion.

SOUL

LOVE YOURSELF

Find your purpose or mission, help others, live, play, explore, spend time outdoors, forgive and be grateful of everything you have.

Foods & Supplements that Boost Your Winter Immunity

Water: Water is the matrix of life. Proper hydration affects every cell in our body, helps us look & feel younger and wards off sickness. Drink water primarily between meals to avoid diluting stomach acid during meals.

Eat nourishing warm foods: Winter is a cool, dry, erratic season. Our bodies have a natural desire to nourish with warmth. Eating warm, cooked foods are easier for our bodies to digest and assimilate, which minimizes stress and supports digestion.

Probiotic/fermented foods: Feed the good bacteria in the body and it will reward you with improved digestion, increased availability of beneficial nutrients and stronger immunity.

Bone broth: It's filled with nourishing minerals for the body and collagen to plump your skin. Try swapping a cup of bone broth for coffee.

Elderberry: Elderberry contains antioxidants, and many believe it can relieve colds, fight the flu, and boost the immune system. Take a teaspoon a day for immune-boosting properties.

Garlic/ginger/turmeric: Ginger and garlic help warm your core body temperature as well as boost immune function. Turmeric has a strong immune stimulating effect that is due to its ability to remove toxins from the body and it stimulates the 'intelligence' of the cells of the immune system. Use fresh or stir in the powdered version to soups, stews, roasted vegetables, oatmeal or even in hot water with a little sweetener.

Cinnamon honey tea: Cinnamon helps fight off colds. Simply add a dash of cinnamon and a spoon of honey to a mug of hot water anytime of day.

Oil of oregano: This essential oil boosts immune function and shields against toxins while encouraging healing. Put a few drops in a pot of steaming water and then inhale the steam.

Zinc: Zinc is required by the enzymes that help to break down alcohol in your body, so supplementing it in can help your body to fight a hangover. Plus, zinc boosts your immune system and helps to decrease inflammation in the body. Zinc helps to treat colds too, but take daily to balance immune response.

Magnesium: Magnesium is incredibly important for many body functions, including helping get a restful night sleep, easing pain, fatigue and constipation. You may need to test out the right version for you, but think citrate for constipation.

Vitamin B12: B12 plays an important role in the white blood cell production (which is essential for proper immune system functioning) and our energy by boosting metabolism. Drinking alcohol interferes with our B12 so try supplementing this especially when you imbibe.

A note from Monique

"Health is more than a number on the scale. It's a woven interconnectedness of nutrition and spirit. It's about feeding the body AND the soul.

It's also more of a journey than a destination as you continually peel off one layer at a time.

This is how I've helped to heal my body and it's a base flow of how I work with clients on their own health journey.

I'm here for you when you are ready for help with your journey."

**Monique Costello,
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Be Fierce in 2020

Join us for an online course designed to stop the diet cycling and set yourself up for success. In just three sessions you'll get the tools you need to let go of self-sabotage, crush what may be blocking you and kick off the year of YOU right.

Be the first on the waitlist:
<https://www.mojohealthandwellness.com/rockin-2020>

Coq10: CoQ10 has been found to protect the liver from oxidative stress. Alcohol can deplete CoQ10, which is essential for our mitochondria (our energy powerhouses.) Take with a meal before and after drinking.

Natural Remedies for those Run-down Days:

Neti pot: Using a neti pot thins mucus and helps flush nasal passages of bacteria, allergens, and other irritants allowing the immune system to rest. This reduces hyperactivity and chronic reactions. Put it in your shower and use daily.

Get your ZZZZZZZ's: Sleep is how the body REPAIRS itself. Consider skipping the end of party to reward the body with additional sleep.

Self-lymphatic Massage: The lymph system helps defend the body against germs, bacteria and viruses. Stimulating the lymph system by applying gentle pressure and rhythmic circular motions keeps fluid moving through the vessels (think under jaw, arms and inner thighs!) Dry brushing before your morning shower helps move the lymph and keeps dry skin at bay.

TiPS for Party Management

Eat before you go: Eat four ounces of protein and one serving of vegetables before you head out to a party to help stave off impulse eating.

Plan: The key to being healthy is to be prepared. Plan to have a fridge full of veggies and good snacks on hand for all occasions.

Set Your Drink Down: The more you hold your drink, the more you drink.

2 bite rule: Rather than deprive yourself, go ahead and eat anything you want, but only 2 bites.

Put it on a Plate: Avoid mindless overeating, never eat directly from a bag or platter.

Portion Sizes: Food and plate sizes are 40% larger than a decade ago. Choose a small salad or dessert plate to help keep food amounts in check.

Stand across the room from the bar & food table: You'll have more meaningful conversations and intake less in the process.

1 to 1 Rule: One water between drinks, every time.

Move: Movement can help stimulate the release of endorphins resulting in a better mood and a better state of mind as you recover from your hangover.

But keep in mind that exercising and sweating can actually cause you to dehydrate even more, so choose gentle movements like yoga or tai chi.

Soak in an epsom salt bath: The sulfites help flush toxins from the body and eases headaches, aches and pains.

ReHydrate!: We mentioned the importance of hydration above but it's worth a revisit. Alcohol, coffee and sugar are dehydrating so it's even more important to boost hydration this time of year.

Try my THIRST QUENCHER:

*12 oz coconut water with juice from ½ a lemon, lime & orange
with a good pinch of Himalayan pink salt.*

