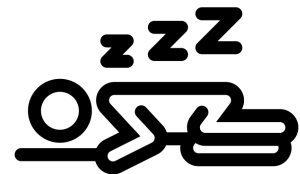


Healthy Eating for the Holidays

by Annie Barrett, health coach, founder of 10 Weeks to Vibrant Living

- **Sip hot water between meals** to improve your digestion and immune function.
- **Sit down and enjoy your meal.** Pause and offer gratitude. Savor the flavors. Enjoy the company.
- **Pulse between festive meals and simple meals.** After a day or rich celebratory foods, dial it back. Think healthy and simple like green smoothies and soups.
- **Avoid snacking.** Save up your hunger for mealtimes.
- **Make lunch the main meal of the day.** Whenever possible. This is when your digestive capacity is at its peak.
- **Eat an earlier lighter dinner.** Think 6 PM. If it can't be earlier, make it lighter.
- **Up your veggies and eat your greens.** This is the easiest way to detox daily.
- **Aim for early to bed most nights** and allow 13 hours between dinner and breakfast. This optimizes digestion, and reduces inflammation.



Annie Barrett is an educator, health coach and yoga teacher dedicated to vibrant and soulful living. She has been helping people up-level their lives since 2000. Her programs and courses based on habit change science, wellness, Ayurveda and yoga, assist individuals in developing daily habits for health and happiness.

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