



# Hello November

Happy Healthy Holidays

2024





# Have a Healthy Holiday

As we step into the festive holiday season, it's a time of joy, celebration, and connection. However, amidst the cheerful chaos, it's easy to lose track of the wellness goals we've worked hard to set throughout the year. It's also easy to think January 1st is just around the corner – we can wait on taking care of our health and wellness goals until then.

Maintaining focus on our health and well-being, especially during these bustling times adds another level of challenge to an already challenging task. Here are some strategies to help you stay centered and aligned with your goals:

**Set Clear Intentions:** Define what matters most to you during the holidays. Is it keeping up with your fitness routine, prioritizing rest, or making mindful nutrition choices? Setting clear, written or spoken intentions will guide your actions amidst distractions.

**Mindful Nutrition:** Amidst the abundance of holiday treats, aim for balance. Fill your plate with colorful fruits and veggies, palm sized protein portions, healthy whole grains, and anti-inflammatory and whole food fats. For many people, eating when hungry, stopping when full, and eating holiday treats on occasion is doable. But for others, these loose boundaries around food create the endless worry of "Have I eaten too much?", "Should I eat more?" , "I'll eat now and start a diet on January 1st!" If the latter is true for you – consider taking a self-inventory at [foodfreedomquiz.com](https://foodfreedomquiz.com).

**Create Routine and Structure:** Despite the festive hustle, try to maintain a semblance of routine. Schedule time for self-care, exercise, and relaxation amidst social gatherings and festivities. Keeping routine wake and bed times helps our circadian rhythm and overall health.

**Stay Active:** Physical activity boosts mood and energy levels. Engage in activities you enjoy—whether it's dancing, yoga, walking, or a gym session.

**Practice Mindfulness:** Take moments to breathe, reflect, and be present. Mindfulness practices like meditation or deep breathing exercises can help manage stress and keep you grounded.

**Quality Sleep:** Prioritize adequate sleep. Establish a bedtime routine to ensure you get the rest you need. Quality sleep supports your body in managing stress and maintaining overall well-being.

**Set Realistic Expectations:** It's okay to say no and set boundaries. Prioritize events and commitments that align with your well-being and goals.

**Seek Support:** Share your goals with friends and family. Having a support system can help you stay accountable and motivated during the holiday season. If you don't have support for your health journey - consider scheduling a health coaching session or two to discuss all your goals, challenges, and successes!

Remember, the holidays are a time of celebration, gratitude, and joy. Embrace the moments and cherish the connections while staying aligned with your wellness goals. If you need personalized guidance or support in navigating this holiday season while staying focused on your health goals, feel free to reach out. Together, we can create strategies tailored to your unique needs.

Wishing you a joyful and healthful holiday season!





# SIDE OF PEAS? DON'T MIND IF I DO!

This easy-PEASY (see what I did there?) vegetable side dish is a crowd favorite! I often find people don't love to eat a spoonful of peas - but throw in quinoa, parmesan cheese, and garlic - and things change quickly! I often ate a personal sized bowl of this for a meat free meal during my weight loss journey. If you have dairy-free eaters in your family - you can swap parmesan for half the amount of nutritional yeast.

Cook the peas to your preference - canned, frozen, fresh on the stovetop or microwave.

Cook the quinoa to your preference - I like to make my quinoa with broth instead of water.

All you need to do is measure your food in this simple way:

Peas:Quinoa:Parmesan  
8:4:1

You can make this in any size - small for yourself, large for the family, or extra large to share at a potluck style gathering!

For my personal sized meal, I would mix 8oz cooked peas with 4oz cooked quinoa and 1oz parmesan cheese, then sprinkle on my garlic powder and salt to taste.

For a normal family side dish, you would mix 4 cups of cooked peas with 2 cups of cooked quinoa and ½ cup of parmesan cheese with garlic powder and salt to taste.

For a large gathering you would mix 8 cups of cooked peas with 4 cups of cooked quinoa and 1 cup of parmesan cheese with garlic powder and salt to taste.

Perfection is not important when cooking - *follow your heart!* You like more quinoa? *Go for it!* You want to add chives and herbs? *Go wild!*

-Linnea Offerman, Nurse Health Coach



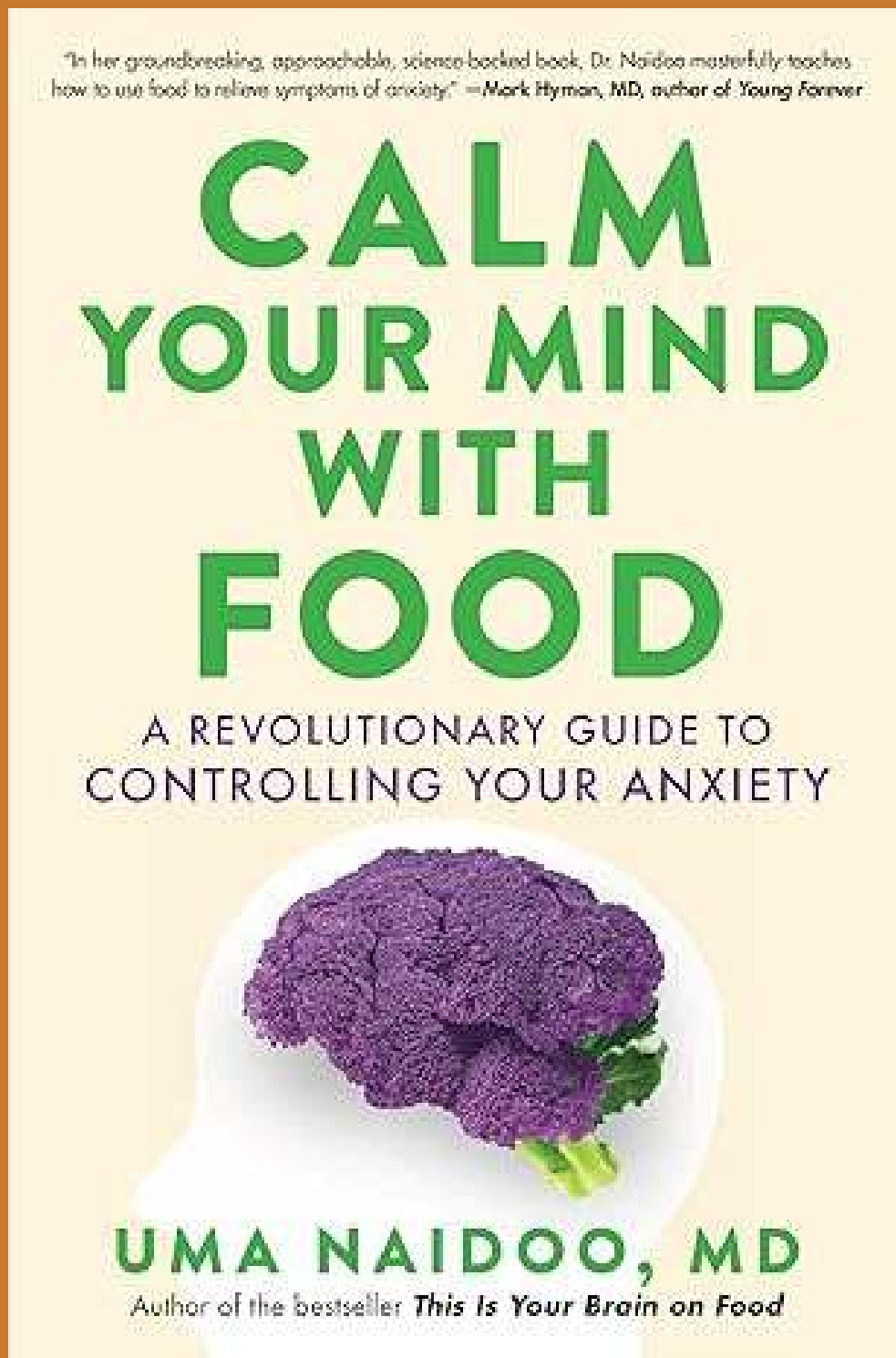
# Supplement Spotlight



**Viracid's synergistic formula significantly boosts immune cell function including antibody response, natural killer (NK) cell activity, thymus hormone secretions, and T-cell activation. Viracid also helps soothe throat irritations and nasal secretions, and maintains normal inflammatory balance by increasing antioxidant levels throughout the body.**



# RESOURCES WE LOVE



In this groundbreaking guide, Dr. Uma Naidoo presents cutting-edge research about the ways anxiety is rooted in the brain, gut, immune system, and metabolism. Drawing on the latest science on the connection between diet and anxiety, Dr. Naidoo shows us how to effectively use food and nutrition as essential tools for calming the mind.

In *Calm Your Mind with Food*, you'll learn:

- How inflammation affects everything from anxiety and depression to Alzheimer's disease
- How the trillions of bacteria living in your gut are key to controlling anxiety
- The six pillars for calming the mind
- What to eat to balance leptin, a key link between the central nervous system and metabolic processes
- How to incorporate anxiety-busting foods into your diet, from the obscure (ashwagandha) to the ubiquitous (vitamin C)
- The best diets for managing symptoms of anxiety and depression

Along with guidelines for creating your own personal anti-anxiety meal plan and dozens of supernutrient-forward, delicious recipes, *Calm Your Mind with Food* will help you boost your immunity, reduce anxiety, and enhance your overall mental well-being.

Use our Amazon Affiliate link to order:

<https://theteggatzclinic.com/resources-we-love/>

We are  
*thankful*  
for YOU!



We are deeply grateful for our patients who trust us with their health and well-being. Your commitment to your wellness journey and the partnership we share inspire us daily. Thank you for being an integral part of our clinic and for allowing us to support you. Your trust and dedication are at the heart of everything we do. Have a happy, healthy Thanksgiving!

*-The Teggatz Clinic Staff*