

The Wellness Family

Dr. Roller Keeps You Informed

A Healthy Holiday

There's no doubt about it – the holiday season is the most challenging on our health; if we manage to avoid the obligatory ten-pound weight gain, there's the stress of the usual budget crunch, the family get-togethers, the mall-hopping and hustle and bustle of shopping, not to mention the frequent trips through the drive-thru because there's not enough time left to prepare dinner.

At Your Home

"There's just too much to do to without worrying about eating healthy, too!" Is that what you're thinking? Well, if it is you'll be surprised to learn that with just a few simple modifications in your busy schedule eating healthy can be the least of your concerns.

- Turn your Sunday afternoon into "Preparation Day" and get ready for the week.
- Go to www.crockerykitchen.com and get some great recipes that can be slow cooking throughout the day.
- Pre-season the chicken, put it in the casserole dish in the fridge, and ask your spouse or kids to put it in the oven when they get home.
- Go to your local grocery store and get a fresh roasted Rotisserie chicken and a bag of pre-cut salad and have a healthy meal.

No matter what your schedule looks like with a few healthier options you and your family can be eating healthier and feeling better.

At a Party

Are you going to be invited to holiday parties and worried about making the wrong choices?

- Before you leave for the party eat a small amount of protein (a piece of baked chicken or a small chunk of cheese) this will help you not to crave the carbohydrate snacks that are sure to be offered again this year.
- Offer to bring a veggie platter with a yummy ranch dip (just substitute plain yogurt for the sour cream) or use hummus instead.
- Alternate every alcoholic drink with a glass of water before and after; this will successfully eliminate the hangover, which is mostly caused by dehydration, as well as the empty calories found in most alcoholic beverages.

At the Office

Do you work in an office where the holiday treats just keep pouring in? It's difficult to resist what's so readily available. Here are some ideas for the workplace:

- Make sure that you have access to protein items by keeping a block of cheese, a piece of chicken or celery sticks and a jar of peanut butter in the employee refrigerator; the protein will fight off the carb cravings while the snack takes the edge off the hunger.
- If vendors annually gift you with sweets then post a sign at the front desk: that while you are grateful



"There's just too much to do without worrying about eating healthy, too!"

for the boxes of goodies and the recognition, you are considering the health of your employees and would ask that instead they:

- Bring a coat for the local homeless shelter or the Salvation Army,
- Bring a new unwrapped toy for Toys for Tots,
- Or bring a gift card from the local grocery store for Meals on Wheels.

Also, consider that this time of year is the cold and flu season and eating healthy is not the only thing to consider in the office. Avoid getting sick or weakening your immune system by:

- Washing your hands with soap and water,
- And, if you are not the only one using the headset and receiver at your desk, keep it clean with Windex or rubbing-alcohol and a soft cloth. This will stop the spread of illness.

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There are several things you can do to keep this time of year from becoming a trial on your health, and one of the most important things you can do is eliminate stress.

Dr. Roller's Top Five Family Ideas

5. Decide in advance which day Dad will take the kids shopping for Mom and vice versa – this promotes quality time between Dad and the kids as well as assures that Dad won't forget a gift for Mom.
4. Adopt someone who might be alone for the holidays – it could be a foreign exchange student, a widow/widower, or maybe go to a local nursing home and share the good will of the season.
3. Don't over-schedule the family – use a master calendar hanging on the fridge, (Yahoo! has a good online calendar at calendar.yahoo.com or use Outlook on a Palm Pilot) and make sure that you and your spouse both check it before scheduling anything *and* update it after something's been scheduled.
2. Make relaxation a part of every week – buy Christmas music, scented candles and a few of the Old Classics (Miracle on 34th Street, A Christmas Carol) or even some more recent hits (The Santa Clause, How the Grinch Stole Christmas) and have the whole family sit together and enjoy a family movie.
1. Prepare your cookie dough ahead of time during the quiet time of the month and then freeze it – so you can have a family cookie bake in the month of December.

Dr. Roller's Top Five Holiday Stress Reducers

5. Carry a box of Christmas cards with you – the five-minute wait can be an opportunity to jot thoughtful notes to loved ones.
4. Write your Christmas list out with one or two gift ideas for each person on your list and then stick to the list.
3. Go shopping once a week on your lunch hour or one evening a week.
2. Wrap a few gifts one night a week and store them at the home of family or friends.
1. Most importantly, don't forget your regular chiropractic visits and keep you and your children healthy.

Dr. Roller wants you and your family to enjoy a peaceful, joyful and healthful holiday season!

Don't forget to take a moment today to schedule your regular chiropractic check up!

Did you know...

The majority of drugs given to your child have never been tested on patients in their age group.

Source: *Pediatric Drug Studies: Protecting Pint-sized Patients*, FDA Consumer, May-June 1999

Dear Parent,

Dr. Roller is dedicated to providing you with the absolute best in family wellness care. Along with that dedication comes an understanding that an informed parent makes wise decisions for their child. So, take a moment today to ask Dr. Roller about any concerns you may have regarding your child or your family's health.

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