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Don't Let the Holidays Derail You

It might be the happiest time of the year, but the extra shopping, get-togethers and preparations for family gatherings can throw you off your healthy lifestyle and leave you stressed out, overtired and carrying extra weight.

Here are some common-sense tips to help you make it through, and to keep in mind in the New Year.

Avoid Overeating

We all know food is a major theme of the holidays. Between Christmas and New Year's Day, food excesses can lead to digestive troubles such as indigestion and gastroesophageal reflux. The best way to prevent these digestive issues is be aware of how much you're taking in. Remember to eat slowly as the brain takes about 20 minutes to let you know you're full. Also, go easy on such things as appetizers, meats, desserts and cream sauces to leave room for healthier choices. Fill half your plate with veggies and drink plenty of water, which will help with digestion. Finally, it's okay not to eat everything. Some experts suggest that this is the time to eat only what you love — those special treats you may not eat any other time of the year — and leave what you only like.

Walk After Dinner

Walking after a meal has distinct benefits. First, you can get exercise at a time when you might not otherwise be exercising as frequently. It can also provide some quiet alone time to de-stress and aid your digestion all at once. All of these factors combined are good for your physical and mental health, and can contribute to weight loss. To maximize these benefits, research suggests that walking immediately after a meal is better than waiting even an hour.

Stay Active

There's a million other things to do besides exercise, and if you're away from your home gym, working out can seem even more difficult. Despite that, it's important to maintain regular exercise for both your mental and physical health. Exercise is good for your body and can also relieve the stress that can be a big part of the holiday season.



Get Your Sleep

While this can be particularly challenging with the increase in parties and family in town, sticking to your sleep schedule will improve your quality of sleep now and after the holidays. Studies have shown that irregular sleep schedules can lead to poor sleep quality, fatigue, poor eating habits and daytime sleepiness that can take time to reverse. Avoid this by going to bed and waking up close your usual time.

Take Time for Yourself

The holidays are full of family and friends, and while this can be a great thing, it can also be draining and stressful. Whether you're staying with family over the holidays or just attending a large number of events, remember to take time every day for yourself. Go for a walk, meditate once a day, or offer to go to the store for a few minutes of quiet. Even extroverts need time to recharge.



December ALTRUM NEWS Research Shows Health Living is Longer Living

The verdict is in. Developing a healthy lifestyle is worth the effort. Researchers examined the results of a number of large studies that took place over extended time periods and the results show that people who develop healthy habits live better and longer. The December ALTRUM News brings you some of the research results.

Support Your Health Throughout the Year

You know that supporting your health means developing a lifestyle that includes a healthy, balanced diet and exercise, as well as good habits such as regular sleep times and stress reduction.

ALTRUM brings you a variety of nutritional supplements to help you strengthen and support your overall health throughout the year.





* These statements have not been evaluated by the Food and Drug Administration.

This product is not intended to diagnose, treat, cure or prevent disease.

Please check with your physician when using prescription medication in combination with food supplements.

ALTRUM News brings you the most recent information on ALTRUM nutritional supplements and how nutrition helps maintain youthful vigor, health and mobility — plus much more.



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