

Paris Holistic Health



**December
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Newsletter**

Visions of Sugar Plums

In the poem “Twas the night before Christmas” by Clement Clark Moore, “The children were nestled all snug in their beds, While visions of sugar-plums danced in their heads”. This poem was written in 1823 and shows that



sugary treats during the holidays have long been a favorite with children and adults too. While this traditional treat was made with dried fruits and nuts it was rolled in sugar to make it extra sweet. Today the visions are more likely to be iced Christmas cookies and Christmas colored M&Ms. Well whatever the form may be, sugary treats are usually a staple during the holiday season.

While sweet foods are nice to have from time to time as a treat, making a habit of eating them in large quantities on a daily basis can cause problems. One concern that we have heard a lot about is tooth decay. However, obesity is becoming a more obvious and noticeable concern especially in our children. Other conditions that are associated with poor eating habits are high cholesterol, heart disease, insulin resistance, type-2 diabetes, and even cancer.

Sweet foods are only part of the problem. During the holidays our meals are filled with large servings of bread, stuffing, and mashed potatoes accompanied by sodas, juices, wine and spirits.

All of these foods and drinks quickly raise our blood sugar levels. Our bodies release insulin to assist our cells in taking in the sugar to use for fuel. However, when there is too much sugar in our system an excess amount of insulin can be released and our blood sugar levels can drop too low and leave us feeling fatigued or lethargic. So the crux of the problem is that we are eating too many refined carbohydrates, not just at the holidays but throughout the year, and not eating enough vegetables and fruits.

During this holiday season, consider focusing on eating more whole vegetables and fruits in your meals. A wonderful accompaniment is a pan of roasted root vegetables. Choose a variety of root vegetables (sweet potatoes, carrots, beets, parsnips, turnips or rutabagas), dice them to a consistent size, toss with olive oil, season with salt, pepper, and any other spices you enjoy. They are full of natural sweetness and packed with vitamins and minerals too. Also consider swapping sweet treats and desserts with fresh fruit. Some wonderful choices include apples, grapes, oranges, and pears.

I wish you a wonderful, healthy, and tasty holiday season. If you want to learn more about health and herbs that can support your health, Paris Holistic Health is here to help. Call today, 443-243-4728, to schedule your complimentary 30 minute session. Come and get to know us and decide if holistic health is an approach that will work for you. Best of all, this first meeting is absolutely FREE!

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