

# NEFF

Happy  
**THANKSGIVING**

## NOVEMBER NEWSLETTER



### HAPPY THANKSGIVING

HI NEFF FAMILY!

We are wishing everyone a Happy Thanksgiving. We are very thankful for each and every one of you and we hope this holiday season starts with a bang. Enjoy yourselves. With all the hard work you have done ya'll deserve it!



### THANKSGIVING SCHEDULE

#### WE ARE OPEN

Monday 6am - 7pm

Tuesday 6am - 6pm

Wednesday 6am - 2pm

Friday 7am - 2pm

Saturday 6am - 1pm

#### WE ARE CLOSED

Thursday



# Tryptophan Myth Busted!

## Why you get tired after the big meal

Thanksgiving dinner often leaves people feeling unusually tired, but contrary to popular belief, the tryptophan in turkey is not solely to blame. Tryptophan is an amino acid that helps the body produce serotonin, which can eventually convert to melatonin—a hormone that regulates sleep. However, turkey contains no more tryptophan than other meats like chicken. The drowsy feeling is more likely caused by the combined effects of a high-calorie meal rich in carbohydrates and fats, alongside alcohol consumption, and the natural postprandial response, which is the body's shift of energy toward digestion. A study shown in the *American Journal of Clinical Nutrition* confirm that carbohydrate-heavy meals enhance tryptophan absorption in the brain, indirectly contributing to feelings of fatigue.



Starchy sides like mashed potatoes, stuffing, and rolls, and high sugared desserts can cause a spike in blood sugar levels. These spikes are followed by a drop, leading to feelings of lethargy. Additionally, high calorie consumption require significant energy for digestion, diverting blood flow to the gastrointestinal tract and away from other systems like the brain and muscles. The body's circadian rhythm may also play a role; the meal is often consumed in the afternoon or early evening, a time when natural dips in energy levels occur.

Adding to the fatigue is the consumption of alcohol, often a part of Thanksgiving celebrations. Alcohol is a central nervous system depressant that slows brain activity and amplifies feelings of sleepiness. While the post-meal sluggishness may seem inconvenient, it is the body's natural response to a feast-sized meal and a day filled with social and emotional factors.

Embracing a lighter post-dinner activity, like a walk, can help counteract the fatigue by promoting digestion and maintaining energy levels.

