



LONGEVITY

HEALTH CENTER

December 2018 Newsletter

From the Longevity Health Center Team

STAYING VIBRANT DURING THE HOLIDAY SEASON

The holidays are a fun time of year, but can be stressful with additional end-of-year work duties, trips to crowded stores, so many parties, and all those tempting desserts around. This can add up to frazzled nerves, exhaustion and poor digestion. Here are some tips to help you sail smoothly through this time of year, while staying vibrant, strong and healthy.

1. SAY NO.

Most of us would love to just hang out with our family & friends all day and night, eat and drink without remorse and have no repercussions. This is unrealistic, obviously. Something's gotta give. You might feel pressured to attend every party you're invited to, but it's not necessarily in your best interest. Keep tabs on how you're feeling and if you're too tired to go or not feeling up to it, don't force yourself out of a sense of obligation. Just be honest with your host. Most folks will be understanding, and if they're not, are they really people you want to be around?

2. FOOD AWARENESS.

You might want a big slice prime rib, an extra large serving of buttery mashed potatoes or a double mocha/peppermint patty/eggnog latte. It might taste good in the moment, but later, you may feel physically yucky and emotionally guilty for the overindulgence. Let your everyday normal be a high quality, whole foods diet and when you have a treat, it's truly a treat. Plan ahead to have a smaller portion, and savor each morsel.

3. STAY WARM.

During the Fall and Winter months, shorter days mean less sunlight, and the weather is chilly and windy, making us more susceptible to getting physically run down and catching a cold. In Chinese Medicine, the cold enters the body through the neck, so staying warm and keeping your neck covered when it's breezy or rainy is important.

It's also important to make sure to keep well hydrated with lots of room temperature water or a fresh ginger tea.

Ginger Tea recipe: <http://tinyurl.com/gingertearecipe>

4. SELF-CARE.

It's easy to be a slave to our to-do lists, especially when there are so many additional responsibilities at this time of year. Make yourself a priority and take a time out at least once a day, even if only for a few minutes. Stop by the beach to listen to the waves, schedule a massage or acupuncture appointment, attend a yoga class or just sit quietly with your eyes closed for 5 minutes. You'll find that you'll be better equipped to handle the stress with more grace.

Keep in mind that the holidays—and everyday, really—are about being present in the moment, taking care of yourself first so you have the energy to help others, and appreciating the little things. Everything else is optional.

Wishing you wellness and happiness this holiday season and for the New Year.

LIFESTYLE EDUCATION SEASONAL RECIPES:



SWEET POTATO PIE

Crust:

- 1 cup almonds (or almond meal)
- 1/4 cup sunflower seeds
- 1/2 coconut flakes
- 5 dates, pitted
- 1 tsp vanilla extract
- 1 Tbsp honey
- 1 tsp cinnamon
- 1/8 tsp salt

Filling:

- 2 medium purple sweet potatoes, peeled & steamed
- 1/3 cup coconut oil
- 1/2 cup coconut milk
- 1/4 cup honey or maple syrup
- 1 Tbsp grated ginger
- 1 tsp cinnamon
- 1 tsp vanilla
- 1/4 tsp salt

DIRECTIONS:

Crust:

Blend all ingredients in food processor until finely blended. Press into pie pan and blind bake at 400* for 10-15 minutes until lightly brown.

Filling:

Blend all ingredients in food processor until smooth. Pour into pie crust and smooth out the top. Refrigerate for 3 hours or overnight. Top with coconut whipped cream.

Schedules

HOLIDAY SCHEDULE

OUR OFFICE WILL BE CLOSED ON:
December 25th - January 1st
(Office Reopens January 2nd, 2019)

MOVEMENT CLASSES

YOGA THERAPY

Wednesday 4:00 - 5:00 p.m.
Sliding Scale \$20 - \$35

SOMATICS

Tuesday 9:00 a.m. - 10:15 a.m.; Thursday 10:30 a.m. - 11:45 a.m.
Sliding Scale \$17-\$20

COMMUNITY ACUPUNCTURE

Monday 3:00 p.m. - 6:00 p.m.
Tuesday 3:00 p.m. - 6:00 p.m.
Wednesday 10:00 a.m. - 1:00 p.m.
Thursday 3:00 p.m. - 6:00 p.m.
Friday CLOSED

*Last appointment is 45 minutes before closing time.
Drop ins may be accepted, but appointments are encouraged.*