

## **10 steps for surviving the party season**

### **1. Healthier Nibbles and Snacks**

Avoid snacking on the salted nuts & chips

Lollies & chocolates that seem to be everywhere at this time of the year

Choose veggies sticks with hommos or guacamole

### **2. Portion Distortion**

Try small amounts of different party foods; try a variety of foods & tastes but only a small portion of each.

Avoid standing near the food table or in the kitchen at a party, if you have to walk over to get the food, you will eat less.

### **3. Plan your Menus**

Have only healthy options - prawns, oysters and fish or skinless chicken and turkey.

Organic salads, vegetables & fresh fruit are all low in fat & and brimming with healthy antioxidants.

### **4. Hydrate**

A glass of water between alcoholic drinks, it will keep you hydrated & you will feel better in the morning.

### **5. Exercise to Energise**

Walk, run, swim or cycle - try to increase your level of physical activity between parties & entertaining, you'll feel great & burn off the indulgence.

### **6. Look Inward to see Outward**

Take some 'me time' just to be at peace with yourself. For some it is meditating, yoga or just sitting in a bath with the door firmly closed to the rest of the world. Find your 'me time'.

### **7. Alcohol Days or Haze**

Drink the best quality wines you can afford as they have less wine maker artifice, and better tolerated by your gut and head. Red wine has the health benefits not white wine.

White spirits in moderation; tend to be more forgiving than dark spirits and cocktails when it comes to headaches the next day.

Have alcohol free days between occasions and the big parties; you'll feel better for it and your brain cells with thank you.

Choose non-alcoholic beverages like sparkling mineral water if you feel pressured to drink

## **8. Good Fun Stuff**

Get a game going with your family and friends or borrow some ones kids (their parents will thank you) after a meal to aid digestion and run off the extra calories.

Play backyard cricket, throw the Frisbee or go for a swim. Kids just love it and so does the child in you when everybody gets involved in fun stuff.

## **9. The Skipping Trip**

Avoid skipping meals to compensate for the indulgence you are planning - you're more likely to eat unhealthy snacks if you go to the party hungry and get drunk very quickly.

Your metabolism has slowed down as your body has nothing to process so weight gain is the likely consequence.

Instead have your usual healthy meal with protein and vegetables to sustain you and then make healthy choices at the party.

## **10. If the above suggestions fail?**

A bottle of Wellness Rocks Healthy Liver Herbs will deliver.

These are a combination of special herbs that will help your liver (organ of detoxification) cope with seasonal abuse.

Great for that 'seedy feeling', the morning after that great party. You could swear you really didn't drink that much (litres), it was just the late night with all the talking and laughing!