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Holiday Eating Tips

1. Budget wisely, don't eat everything at feast or parties.
2. Take 10 minutes before taking seconds. It takes a few minutes for your brain to know your stomach is full.
3. At a holiday party, don't stand next to the food.
4. Before going to a party, eat something.
5. If you drink alcohol, have a glass of water or juice-flavored seltzer in between drinks.
6. Avoid alcohol on an empty stomach.
7. Put on your dancing (walking) shoes. Suggest a walk before/after a meal.
8. At meals and parties, don't ignore fruits and vegetables.
9. Before eating at a buffet, check out all of the options.

(Patrick J. Skerrett- Harvard School of Medicine)

In the arena of Holiday eating, it's only halftime.

Give yourself a standing ovation. You've made it through the first half of the 2019 Holiday Meals Season. The turkey is digested, the candied yams were fantastic, and that mac-n-cheese was a big hit. Now we're in the locker room checking our blood pressure and pricking the finger to check our blood sugar. If your numbers look good, the doctors give you the okay to enjoy the second half of the Holiday Meals Season.

If your numbers don't look good, you won't get the okay for the second half. You'll be placed on the IR list (injured reserved). Your doctor will tell you to watch your intake and stay away from sugar and salt. You don't have to listen to the doctor. But you will not finish the second half of the Holiday Meals Season and will most likely be taken into the tent (doctor's office) for further treatment.

This game can be rough on the body. It's deceiving too. Our minds tell us we can do it. You think you can eat a little here and a little there. Not realizing at the end of the week, we've eaten enough salt and sugar that's equal to a month's worth.

So, we start to feel out of sorts. A headache here, and a little wobbly as we ascend the stairs. Yet, we brush it off as a problem with our eyes or just a stumble. Let me remind you, these little hiccups are warning signs from your body; telling you to slow down or stop.

As we prepare for the second half of the season. We tell our friends and family about our plans to diet and exercise in the coming year. We brag about our gym memberships. In reality; our last visit to the gym was in early January. Every week we plan to visit the gym, but something always come up. (I am as guilty as the next person.)

I had a great run for about 7 or 8 years. The minute you lose focus, all bets are off. You don't believe me? Check out these statistics. One in five Americans belong to at least, one gym or studio. According to the Health Resources and Services Association, 62.6 million citizens in the U.S. were members of a health club or gym. The health club business is a \$27 billion business. And most members spend half a grand a year on memberships. Let's make it count in 2020.

Healthy Holiday Recipe

1. 8-10 corn tortillas
2. 3 tbsp vegetable oil
3. 100g small shelled prawns
4. Juice 1 lime
5. ½ Mango peeled, deseeded and diced
6. 2 tbsp finely diced red onions
7. 1 red chili, finely diced

Handful coriander, chopped, and some whole leaves reserved

Heat oven to 350/400 degrees. Using a 2-inch cutter, cut circles out of tortillas. Heat the circles for five seconds in microwave. Then press into a mini muffin tin. Brush with oil and bake for 8-10 minutes until golden and crisp. Remove and let cool completely.

Chop the prawns into small pieces and marinate in the lime juice for five minutes. Put the prawns and lime juice in bowl with the mango and red onion, chili and coriander. Season and mix and use to fill corn cups just before serving. Top with coriander leaves.

The clock is approaching two minutes. It's almost time to start the second half. So, what's your game plan? We all have moms or aunt Annas' famous recipe. That delicious apple pie with ice cream. Or Kim's mac-n-cheese, it's so good, the mayor orders it for her events.



Oh, the temptation. STOP! During halftime, did you check your numbers? Was there a decrease in the amount of salty and fatty foods you consumed? We must be honest with ourselves. We can't go into the second half with increased blood pressure readings or high glucose levels.

The sure-fire way to keep those numbers down is to eat more green vegetables and lean meats. Also, make sure your portions aren't too large. Try to exercise at least three times a week for thirty minutes. Your workout is a great way to lower your stress levels, your blood pressure and control your weight. Be sure to check with your doctor before you begin any exercise routine.

Now it's time to go out for the second half of the Holiday Season Meal. Our blood pressure and glucose levels are good Check! We did our stretches and workouts three days a week; check! Pack up the kids and travel to grandmas' house. As soon as you walk in her home you smell that familiar smell. Your mind tells you; all bets are off.

But you are prepared for the second half. You gather yourself and head to the table. You first reach for some leafy green veggies. Then it's a slice of ham, turkey breast, a little stuffing and a tablespoon of mac-n-cheese. Oh no, sweet tea. You call an audible and you pour a glass of water. You've seen this play before, and you knew exactly what to do.

That's only the third quarter. The fourth quarter begins with a major decision, seconds. Again, you reach for the ham, the turkey, but it's dark meat this time. The mac-n-cheese is replaced by candied yams, cranberry sauce and a half glass of sweet tea. Not enough to affect your numbers because they have been near normal since Thanksgiving. The whistle blows and it's time to watch an NBA game on TV.

More importantly, you defeated the Holiday Meal Season. Give yourself a pat on the back. You were able to enjoy the meal without overeating. Congratulations!

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