



SURVIVING THE SILLY SEASON

Enjoy alcohol in moderation and as alcohol is dehydrating ensure adequate fluid intake between alcoholic drinks!

Choose alcoholic drinks which are lower in calories.
Note that, beer, wine and spirits are rich in carbohydrates.

Ensure you consume food when drinking alcohol as this will assist you to metabolise the alcohol.

Avoid heavily processed foods in favour of natural foods especially salads containing lots of fresh vegetables.



For a tailor-made wellness program contact Terrie

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Add ½ squeezed lemon or lime to warm filtered water preferably in the morning.

This alkalises the body and stimulates the production of bile needed to breakdown fats and promote toxin removal.

Drink fresh vegetable juices containing beetroot, lemon or lime, cucumber, ginger, celery and parsley or coriander to support your liver and kidneys.

Drink at least 2 litres of filtered water daily.
Drink a good quality organic green tea. Not only does it contain antioxidants but helps to break down fats.



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Eat lots of liver friendly foods such as goji berries, garlic, onions, dandelion tea, organic green tea, turmeric, broccoli, cauliflower, broccoli, sprouts, brussel sprouts and beetroot.

Take a good quality multivitamin with adequate amounts of B vitamins and antioxidants such as vitamin C, selenium, lipoic acid, grapeseed, resveratrol, etc.

Take a good quality liver supplement daily. Ensure you double the dosage on days when alcohol and heavy food intake is high.

Don't forget to exercise! After a big meal go for a long walk to stimulate metabolism and use up some of that energy instead of storing it as fat.



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