

Healthy Holiday Tip #10



**Be Like a
Reindeer
...and Graze**

Graze! Eat smaller, more frequent meals to keep yourself on an even keel all day. Avoid snack and party food that you can find the rest of the year. Select treats you don't often eat, and enjoy them in moderation. Remember to include healthy snacks – fruit, veggies, and protein.

You are what you eat. Feeling blah? Re-evaluate what you put into your body each day. Talk to Dr. Loder about the Innate Lifestyle Program and join the class of 2012!

(Tear here and enter to win!)

**Chemical stress creates subluxations and affects your health.
What is one food item you can pledge to avoid this holiday season?**

Name _____

Answer trivia on Facebook for an extra chance to win!

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