



Overindulgence

Welcome to the festive season! The season where numerous parties and functions tempt us to succumb to plates upon plates of scrumptious treats. The season where the limits that we usually have on eating and drinking are conveniently ignored. Well if eating and drinking in moderation is not an option for you, then you may want to consider the following helpful hints.

When drinking alcohol it is important to remember that 4 standard drinks for women and 6 standard drinks for men in one drinking session is considered binge drinking. However, if you have had an excessive amount of alcohol and are experiencing the dreaded hangover, then the first thing you should reach for is a big glass of water. At this stage your body is dehydrated and desperately in need of rehydrating. Secondly, a quality multivitamin is required to help replenish all the vitamins that the alcohol has stripped from your body. The third necessity in

assisting you to recover is a liver cleansing formula. Such a formula, as recommended by a health care practitioner, can help restore both integrity and vitality back to your body.

When the temptation of all the available yummy food is too much and you are now experiencing symptoms like heartburn, indigestion, bloating and flatulence then stomach carminatives are indicated. Peppermint tea or capsules offer quick relief whilst live bacteria in capsule form help restore a healthy balance in the digestive system. Charcoal can help minimize flatulence and gas, whilst a quality B vitamin supplement will help better metabolise food. Digestive bitters taken before eating can help reduce if not eliminate most digestive disturbances associated with overindulgence.

The key thing to remember is to enjoy a little bit of everything "in moderation". Merry Christmas.

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are available to answer any questions*

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