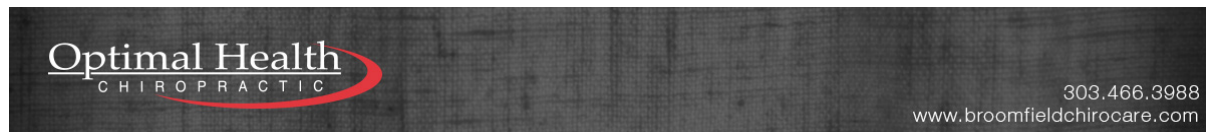


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Holiday Eating to Feel Your Best



Ready or not, the holidays are here! Often, eating becomes a large part of holiday festivities. So, this month we've compiled a list of some of our favorite seasonal superfoods to incorporate into your meals to help you stay healthy and feeling good throughout your seasonal celebrating!

Spices

Cinnamon is a common holiday spice. It can be added to baked foods, drinks and sometimes even savory dinner dishes. Cinnamon is high in antioxidants which are proven to reduce inflammation in the body. Reducing inflammation may also help counteract some of the added sugar consumption during the holidays.

Oregano is another great spice that can be added to holiday sauces, meats, breads and pasta dishes. Oregano is a great antibacterial agent. It has phytonutrients which fight infections such as in the body. It's loaded with antioxidants to prevent cell damage, and it's an excellent source of fiber, vitamin K, manganese, iron, vitamin E, tryptophan and calcium.

Nuts

Nuts are full of healthy fats, protein, vitamins and minerals. Some studies have linked a diet high in nuts to decrease in the incidences of high blood pressure and high cholesterol levels. Pistachios and cashews are good choices for snacking nuts, try to get lower sodium varieties and measure your portions it is easy to eat a lot in a hurry. Shell on nuts such as pistachios can also help limit portion size. Walnuts and pecans are good nuts to add to baked goods and salads. This adds a protein and vitamin boost to these items.

Cranberries

Cranberries are high in phytochemicals called flavonoids and phenolic acids. These phytochemicals can help prevent cancer cell growth, hardening of arteries, and bacteria growth. Be careful with recipes for cranberries as most contain a lot of added sugar. Try replacing added sugar with fresh squeeze orange

juice. Cranberries can be added to smoothies, pancakes, muffins, breads, yogurt and salads.

Salmon

Salmon is a good source of Omega fatty acids, protein, B vitamins, Vitamin D and magnesium. Vitamin D is particularly important during the winter when people are in the sun less often, the body requires sun light synthesize vitamin D. Salmon has been linked to decreased incidence of heart disease, inflammation and cancer. Be careful when eating smoked salmon, portions should be limited due to high sodium content. A 3.5 ounce portion of smoked salmon contains 50% of the recommended daily allowance of sodium.

Happy Holidays & Merry Christmas to all of our patients, friends & family! Here's to a healthy season of feeling your best.

- Dr Chris



Sugar Scrubs Available for
Purchase



Holiday Hours Updates

Sugar Scrub Stocking Stuffers

In the spirit of keeping things simple this year, instead of doing our usual stocking stuffer assortment, we will be making our sugar scrubs.

This year, we will be making two different sizes in our three favorite scents - Peppermint, Lavender Vanilla, and our ever popular Man Scrub.

There will be limited quantities and they will be available for purchase at the front desk in the couple of weeks before Christmas. Let us know if you have any questions!

Holiday Hours Updates You'll Want to Know!

The holidays are almost here and we'll be having some reduced office hours to celebrate.

Christmas Week Hours:

Monday, December 21st : Open

Tuesday, December 22nd : Open in AM & extra adjusting hours in PM

CLOSED: December 23rd - 27th We will open back up Monday, December 28th in the AFTERNOON

New Years Week Hours:

Monday, December 28th : CLOSED in AM & OPEN in PM

Tuesday, December 29th : Open in AM

Wednesday, December 30th : Open in PM

CLOSED: December 31st

We will open back up Monday, January 4th with normal business hours

Please call us with any questions or to schedule or pop online to save your time <https://optimal-health-chiropractic.genbook.com>



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