

## Avoiding Holiday Blues & Bloating

This holiday season while everyone enjoys family and friends, their digestive system has to survive all the holiday food. The stomach has to successfully digest everything eaten from cookies and cakes to turkey and ham. Give the digestive system the simple nutrition it needs to survive the holiday season. With proper digestive support the holiday season can be a wondrous and joyous time.

Digestive enzymes are helpful to prevent that holiday stuffed and bloated feeling when big meals are eaten. The gas, bloating, and indigestion that can occur after large meals can indicate missing digestive enzymes. It is not too much acid that can cause acid reflux, but rather an insufficient amount of digestive acid.

Fermentation of the food will occur when the body fails to make enough digestive enzymes to break down the food that is eaten. It is the fermentation process that produces the gas, bloating, and acid reflux. The solution is to make sure that there are sufficient digestive enzymes available in supplemental form. An alternative to taking tablets or pills is to use apple cider vinegar

Apple cider vinegar is a fermentation product of pulverized apples. The primary active ingredient is "acetic acid". Apple cider vinegar often helps relieve the symptoms of heartburn and reflux that can be related to insufficient levels of stomach acid. It is most effective when consumed before meals as an aid to digestion. All grains, flour, and cereals are converted to sugar in the body in the same manner as refined sugar. Eating sugar routinely or even occasionally will ultimately create a vitamin B



deficiency. The body uses B vitamins to metabolize any form of sugar that is eaten. Consuming large quantities of sugar and carbohydrates over the holidays can deplete the body of the B complex more rapidly.

A simple solution is to use molasses, which provides all

the nutrients that enable the body to metabolize sugar. Molasses is high in the whole B complex. It is a by-product of sugar production. In sugar cane processing the outer part is discarded when sugar cane is processed to make sugar. Molasses is from the outer part where all the nutrients are that would allow the proper digestion of the sugar.

The other food sources of the whole B complex include dried hot red pepper, sunflower seeds, pecans, sesame seeds, walnuts, almonds, brewer's yeast, egg yolk, wheat germ, liver, rice bran, fish, fresh mushrooms, and fresh leafy green vegetables.

A century ago the average American consumed less than 2 pounds of sugar. Sugar has become an addictive white powder that has been added to everything from catsup to vitamins. The average American today consumes over 180 pounds of table sugar each year! It only takes 2 tsp. of sugar to decrease immune function by 40%! The high intake of sugar is responsible for many of the unwanted health conditions in Americans.

A few of the symptoms of a B complex deficiency include sugar cravings, fatigue, irritability, depression, acne, insomnia, inability to think clearly, tingling in the hands & feet, dizziness, heart issues and more.

If you have any of the above deficiency symptoms, there is help. A review of your diet and lifestyle can easily locate simple changes that could improve your health and reduce the deficiency symptoms. Consult with a knowledgeable holistic wellness health care professional to end the confusion on what products or foods would be best to help enhance enjoyment of the holiday season.

Dr. Carol Ann Fischer, D.C., N.D. of Livonia is a unique Chiropractic Holistic Wellness Consultant for over 24 years. For more information on Dr. Fischer, updates on the swine flu or her free public workshops, [www.TLCHolisticWellness.com](http://www.TLCHolisticWellness.com) or contact her by email at [tlc4health@sbcglobal.net](mailto:tlc4health@sbcglobal.net) or by phone at 734-664-0339.



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Dr. Carol Ann Fischer, D.C., N.D

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