

Keeping Your Cool (not Cold) this Holiday Season

WHAT'S INSIDE?

Top 4 Holiday **Headache Triggers** - Solved!
Plus
Peppermint Healing *from Stress to Pain Relief*
Avoid **Holiday Meltdown**



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On Your Mark, Get Set, Go!

While ideally December is a month of joyful sharing with family and friends, it can also harbor a **fair amount of stress**. Let's face it-the holiday rush is on, and no matter



how much planning is done, **unexpected events are likely to occur**. Stress, when not properly managed- can translate into unwelcome tension headaches and migraines

Also, did you know that some candy can actually be good for you? Peppermint in particular holds many health-redeeming qualities. We researched the **healing powers of peppermint** and discovered the numerous health benefits of this popular holiday treat

Finally, we offer you a few tips on **how to stay calm** when stresses and obligations may feel overwhelming.

Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.



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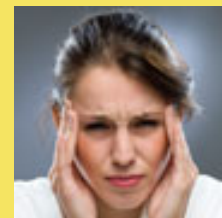


[Zenigize Immunity, Citrus](#)

Getting sick (or at least pretending to) was sort of fun back in the old da

Taking the Headache Out of the Holidays

Did you know that it is estimated that 25 million Americans suffer from debilitating headaches? For many more, **holiday stress can actually be a trigger** - even when headaches normally aren't a problem.



Holiday stress has become so rampant that it has become increasingly hard to associate this time of the year with heartwarming traditions like caroling and nutmeg.

Holiday Stressors

Stress, longer hours at work, decorating, shopping, finding the perfect gift and even family gatherings can bring us to a breaking point, causing **tension headaches and nervous system problems** such as anxiety and insomnia - understandably making the glittering holiday lights less than pleasant.

We all have specific issues that cause **stress during the holidays**. Common worries are usually relating to finances, family, or ill-health. While we cannot change or control all our troubles, we *can* adjust our attitude accordingly.

Adjust Your Attitude & Reduce Stress

Minimizing stress and anxiety during the holidays *is* possible, as many types of stress -- including holiday stress -- stem from unrealistic expectations. Once you learn to accept (and expect) little problems and imperfections, you'll **reduce holiday stress** simply because you'll have **realistic goals and expectations**.

It's inevitable that some troubles will arise during the holiday season; a few family arguments may occur, and gifts may disappoint, after all- it's not only you

Top 4 Holiday Concerns—Solved!

On a tight budget?

Opt for a gift exchange or do some online research on how to create unique, yet inexpensive homemade gifts.

Do holiday crowds at the mall make you cringe?

Shop online. Make sure you give yourself plenty of time, or you'll be stressed your packages won't make it on time!

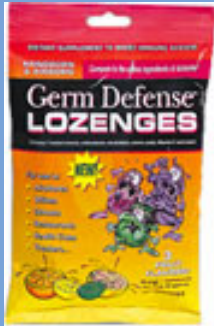
Worried you're going to pack on the pounds?

Schedule realistic times to exercise and stick with your plan. Physical activity is one of the best ways to reduce holiday stress. Even a short brisk walk will do wonders.



[VRL-X](#)

Overall health can often occur naturally if the body receives the proper nu



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Germ Defense Lozenges are dietary supplements used to boost your immune sys



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Great Health Sites

dealing with holiday madness. Learning to go with the flow and accept-even laugh-at flaws can make a big difference in your outlook. This can be applied to everyday life as well!

Pamper yourself

Reducing holiday stress (and stress in general) will come naturally once you learn to treat yourself well – whether it’s a massage, pedicure, manicure, or day spa (remember to book it early).

All of these stress reducing tips will not only help you relax and enjoy the holidays, but they will also help **reduce your changes of suffering** from tension headaches and even migraines.

Remember, doing something for yourself will go a long way in **lifting your spirit** this holiday season. Listen to soothing music and make sure to get enough sleep! Just remember- *the holidays REALLY don't have to be a headache!*

Physical Support from Native Remedies

- [MiGone Plus™](#) (herbal)
- [Triple Complex Nerve Tonic™](#) (homeopathic)

Remember, utilizing a herbal and homeopathic remedy together supports balance in the body

Natural Mood & Emotional Support

- [PureCalm™](#) (herbal)
- [MoodCalm™](#) (homeopathic)

“... I have combined the [MiGone Plus](#) with [PureCalm](#) and have received an amazing response. I have used the products for three weeks and for me, they have changed the quality of my life completely. I

wholeheartedly endorse these products, and have become an Affiliate of this company. Thank you, NativeRemedies.com.” —David, USA

Overwhelmed with a never-ending 'to do' list? Don't overextend yourself and ask for help from family and friends if you need to.

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Candy Canes are More Than Just a Sweet Treat!

From stress to pain relief, peppermint works wonders

Did you know that the main ingredient in a favorite seasonal treat offers amazing health benefits as well? Especially during the holidays, when **added stress can disrupt the nervous system**—causing debilitating migraines or tension headaches, digestive upset, heartburn and more—welcome peppermint into your life; it's a **natural healer!**



Peppermint has been found to **reduce sensitivity to pain** and the extract has a **relaxing effect** on tight muscles in the head and neck - which often trigger tension headaches.

In a study performed in England, researchers asked headache-suffering patients to apply peppermint extract on their foreheads. Amazingly, 95 percent of users said they felt a soothing effect within two minutes! Not only that, but they also said they found it more convenient than conventional pain killers.

Studies have also repeatedly shown the capacity peppermint has to **relieve symptoms of digestive**

complaints, such as nausea, indigestion, dyspepsia, and colonic muscle spasms, which can also be aggravated by stress.

The healing capacity of peppermint even goes beyond nervous and digestive health. Peppermint oil has plentiful quantities of a phytonutrient called *monoterpene*, which in animal studies, has been shown to **halt the growth of pancreatic, mammary, and liver tumors**. Not only that, it has also been shown to protect against cancer formation in the colon, skin, and lungs. With all these benefits, it's a wonder we only enjoy this tasty treat during the holidays. Check out our handy sidebar to find ways to **incorporate peppermint into your diet** on a more regular basis!

Some ideas to incorporate peppermint into your daily diet include:

- Drink a cup of fresh peppermint tea to soothe your stomach *and* your nerves.
- Add chopped fresh mint leaves to your favorite vegetable dish.
- Add it to fruit salad.
- Add chopped mint leaves to soups that feature tomatoes—the freshness of the mint complements the sweet acidity of tomatoes. Tasty and healthy!

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Native Remedies products containing peppermint:

- [DigestAssist™](#)
- [CanTravel™](#)
- [Digesto-K Sprinkles™](#)

Maintaining Peace Under Holiday Pressure

Stress and added responsibilities can make the holidays a prime time for meltdowns...



Follow these simple tips to **stay calm**:

- *Take a deep breath, (or a few of them)* - Breathing rhythmically will help calm your heart rate down, which in turn relaxes the entire body.
- *Close your eyes*- Closing your eyes will help you re-gain perspective. Moving your eyes from side to side while they are still closed will also help you separate yourself from the negative emotions you may be experiencing.
- *Use visualization techniques*- There are certain images that we can go back to when we feel overwhelmed. Pick one that works for you, it could be an animal, a person, or peaceful scenery. Words can be used similarly and just as effectively as mantras. Recalling your personal mantra or image can be an incredibly effective calming tool.
- *Exercise*- It is well known that exercise relieves stress. One of the most important things you can do to prevent pent-up tension from wrecking health havoc is to work out. Try to at least take a brisk walk for a few minutes, each day.
- *Watch your diet*- Overindulging on foods that are high in fat, sugars, and additives is a sure way to get us all worked up for nothing. Try to limit your intake of these mood-altering foods