

'Tis the Season... for Holiday Stress, Overindulgence & Flu



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Holiday Activities Have You Stressed?

I really don't understand it -- how can shopping, eating, gifts, and having family-time turn into insurmountable, **all-consuming, strength-sucking stress?**



Most of us get a little pleasure out of at least one of these activities, so the holidays really shouldn't be that bad. However, for a lot of people across the country and around the world, **holiday fun turns to holiday stress in the blink of an eye.**

Studies show that more than 37% of Americans experience increased stress levels during the holidays. Finances (and shopping) are indicated as the number one cause of stress, with spending time with family, over-indulging, and overworking following closely behind.

Suffering from loneliness and recalling sad memories during the holidays also play a considerable role in seasonal depression and anxiety, therefore leading to increased stress and decreased health.

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One major **factor that contributes to stress is over-indulging.**

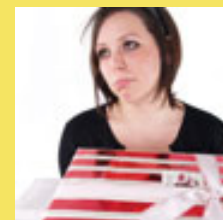
The average American consumes between 5,000-6,000 calories and a whopping 229 grams of fat on Thanksgiving Day alone.

We **also increase our intake of calories from beverages** by 94 percent during the holidays. With an average weight gain of five pounds (although studies suggest this could be less) these **holiday treats are increasing the risk of heart attack, diabetes, and obesity.**

It seems as though there's a sneak attack behind every corner during this time of year. Even if you avoid excessive eating and attempt to reduce your stress levels, the **chances of getting the flu or a cold as winter approaches increase significantly.**

I hope you find our holiday ebook both interesting and informative.

Does Holiday Depression have you Singing the Blues?



Do the words "I want, I need, buy me, get me" sound familiar? For children, the holidays are a time of leisure and joy that evoke family gatherings, elaborately gift-wrapped presents, and winter vacation. Unfortunately for many of us, the holiday season often brings with it the scary gifts of holiday stress and depression.

Experts agree -- the holiday season evokes more depressed or anxious feelings than any other time of the year.

Halloween has hardly passed and Christmas trees, Menorahs, and all sorts of holiday ornaments are already neatly displayed in many department stores. This leads to fueling anxiety in many people due to the sheer number of tasks that must be accomplished during the rapidly-approaching holidays. Thoughts of Christmas shopping, family gatherings, and the visiting in-laws – amongst other things – are bound to induce stress and anxiety even for



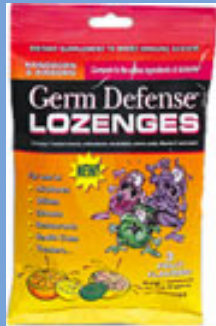
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Getting sick (or at least pretending to) was sort of fun back in the old da



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



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those not typically prone to these emotional states.

According to Ann Vernon, a counseling professor at the University of Northern Iowa, "Stress is an emotional reaction to circumstances that you feel are out your of control." In addition, external stressors such as the onset of winter, with its low temperatures and shorter days, often contributes to feeling blue by causing seasonal depression or seasonal affective disorder (SAD)

Living a long distance from family or friends and not being able to visit or having lost a loved one can contribute to increased feelings of sadness and loneliness. These emotions are bound to make an appearance during the holiday season when all feelings are heightened. Although it's not easy, there are numerous ways of helping you deal with holiday grief.

Tips for Coping with Holiday Stress

Try to be honest with yourself and recognize your feelings

Regardless of what is causing your grief, it's a good idea to acknowledge and express it. You may need some alone time. On the contrary, you may feel better sharing and discussing your thoughts and feelings with someone. Most importantly, understand that it's ok; many people experience seasonal depression and holiday blues.

Seek support

If talking to a family member or friend about your feelings isn't



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enough to make you feel better, you may want to seek professional help. It is crucial to find an outlet for your emotions. This will release tension and help you gain a fresh perspective.

Set realistic goals

Most of us don't have Martha Stewart's cooking or party planning abilities. That's perfectly fine; your family doesn't expect that from you. Mostly, everyone wants to enjoy themselves and spend time with family, friends, and loved ones.

Be flexible

During the holiday season, there seems to always be an occasion for numerous family members to come together in confined spaces. A scenario where a number of different personalities are brought together can many times facilitate conflict. Try to make an effort to be patient and flexible. After all, you may not be the only one in your family suffering from holiday blues.

Set a holiday budget and stick to it

Be prepared to spend some extra money. Things such as gifts, food, and travel expenses are all a normal part of holiday expenses. However, stick to a manageable budget. It doesn't make sense to start the New Year with a ton of credit card debt or little money in your bank account. Remember, this will only add to your stress. If you typically exchange gifts, try playing games such as "Secret Santa." This way everyone buys and receives one gift. This may significantly reduce gift-buying expenses, take away from

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shopping stress, and lower the overall amount of Christmas money you need. It's also a great way to bring the focus back to what the holidays are really about, rather than on spending tremendous amounts of money.

Have a plan

Planning in advance can make your life a lot easier during the holiday season. Christmas shopping can be done a few months in advance before the shopping mall madness. And although "Black Friday" savings may be fantastic, honestly ask yourself if it's truly worthwhile to get up at 5 in the morning and fight the crowds over a digital camera and a laptop. If it is, have fun! If it's not your cup of tea, then skip it. Sales occur all year round. Other anxiety triggers can be avoided, such as stress related to holiday party planning. Simply cook some of your favorite holiday recipes in advance and freeze the items until you are ready to use them.

Stick to healthy habits or make it a point to adopt them

Make continuing or adopting healthy habits a part of your New Year's resolution. If you already exercise regularly, don't skip the precious time you dedicate to your own health just because life is hectic during the holidays. If you don't exercise, you should try to incorporate at least a moderate work-out into your daily routine. It is well known that exercise, even in moderate forms, contributes to elevating endorphins, an essential bio-chemical compound needed for our well-being. Brisk walking is considered one of the best



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forms of exercise, and is a great way to help clear your mind and keep you fit. You'll find that just 30 minutes per day will make a huge difference. Also, try not to over-indulge in food and alcoholic beverages. By maintaining a balanced body and mind, you can avoid one of the great contributors to holiday stress: weight-gain.

Help others

Many times we are too focused on our own personal problems to look around us. Spending time volunteering is a great way to help others, and is a positive way to lift your spirit during the holidays. Toy drives, homeless shelters, nursing homes, and hospitals all offer the opportunity for you to make a difference in someone's life. Many people are alone during the holidays, and quite a few of them feel helpless and lonely, such as the elderly and disabled.

Take a break

Try to find some time to be alone. If you can, make it a point to relax or simply do nothing for at least 20 minutes. This is hard sometimes, but even the bathroom is a good place to be alone with no interruptions. Try taking a relaxing bath or a soothing hot shower. Practicing mindfulness through meditation is another great way to keep things in perspective and help you focus on the moment at hand.

Many times, anxiety is rooted in worrying about uncontrollable and/or unpredictable future events, which is especially prevalent during the holiday season. Focusing on the moment is bound to relieve

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anxiety and help you sleep better at night. It's good to observe children when considering mindfulness, for they truly live within each moment. They play with enjoyment, eat with gusto, and fall instantly into peaceful sleep. They haven't learned to worry.

Reducing holiday stress activities can also include watching "feel-good" movies such as "It's a Wonderful Life" or "Miracle on 34th Street." These all-time favorites are a great way to spend an evening alone or with family.

Help employees manage holiday stress

According to a poll performed by Accenture's HR Services which included 600 full-time employees, 66% of the participants reported experiencing an increase in stress at work during the holidays. The top stress factors included trying to balance extra demands at home with work, holiday-shortened deadlines, and end-of-the-year business demands.

Many organizations have found crafty ways of helping employees to manage holiday stress. Some companies allow employees time to shop for gifts online, take a shopping day off, and loosen-up dress codes. Planning a day where everyone gets together in the lunchroom for hot chocolate and treats to share holiday plans is also a great way to lighten up during the holiday season.

Herbal Remedies Can Help You Manage Stress

There are many natural herbal and homeopathic remedies that



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may be of assistance if you feel unmanageable stress levels during the holiday season. A holistic approach to treating holiday-related stress encourages exploring physical and psychological effects of stress, and aims to treat the individual as a whole.

Some herbal remedies for stress are Hypericum perforatum (St John's Wort), Passiflora incarnata, Scutellaria laterifolia (Scullcap) and Valerian. These herbal remedies all serve to relieve the anxiety and tension related to stress and can offer much-needed relief during shopping trips, family gatherings, and even work-related anxiety.

Get lots of rest

- [Serenite Plus](#) promotes a healthy sleep and peaceful night's sleep

Stay calm and relaxed

- [MindSoothe](#) promotes balanced mood and feelings, as well as healthy levels of serotonin and other neurotransmitters
- [PureCalm](#) aids your nervous system in stress resistance for balanced moods and feelings of well-being
- [Nerve Tonic](#) -- promotes nervous system health, maintains balanced mood and a worry-free mind
- [Calm Within CD](#) -- improves relaxation, support balanced emotions and stress levels

Stay energetic

- [Fatigue Fighter](#) helps maintain energy levels, feelings of well-being, and overall systemic and immune functioning, without artificial stimulants

Maintain travel comfort

- [CanTravel](#) helps maintain digestive comfort and balance during air, sea, or road travel
- [PureCalm](#) aids your nervous system in stress resistance for balanced moods and feelings of well-being

Avoid digestive upset

- [Digestion Tonic](#) promotes healthy and trouble-free digestion and digestive balance
- [DigestAssist](#) promotes healthy and trouble-free digestion and digestive balance
- [Gastronic Dr.](#) promotes overall digestive health and functioning
- [Gasolve Relief](#) works for overall digestive health and to prevent embarrassment after meals

Keep colds and flu at bay

- [ImmunityPlus](#) for full immune system support for adults and teens
- [KiddieBoost](#) support healthy immune functioning in children

Keep the kids rested and calm

- [Tula Tantrum Tamer](#) helps reduce tantrums, soothe fiery tempers, and reduce frustration in young children
- [K-OK Kiddie Calmer](#) helps reduce nervous exhaustion and specific fears and phobias in anxious children
- [MindSoothe Jr.](#) promotes emotional and psychological health and balanced mood in children
- [Serenite Jr.](#) promotes healthy sleep patterns and peaceful nights, even for teething babies

*"I tend to get a little nervous and jittery, but after purchasing the **PureCalm**, I felt like I had help - finally! I will recommend these products to all my friends and family." - Heidi, PA, USA*

*"I was always looking for something to enhance my sex drive, and help with orgasms. I am on anti-depressants, have my own business and three children, so I am exhausted a lot of the time. **Thanda** gives me energy and when I do think of sex or intimacy, Thanda seems to boost my libido right away, instead of just knowing sex would be too tiring. I tried it for a while then was ok and didn't take it for months. I kinda found it again in my cabinet, (remembering that since I was not taking Thanda that I was more tired and less interested in sex)and I really saw and felt the difference within hours. I only take two pills or even one a day, it works. Always be happy when being intimate, and comfortable with yourself. Have fun, its a great product. I Love It !!!!!" -*

Anonymous, CA

*"I want to take a moment to tell you how grateful I am to have found your products. So grateful in fact that I am thinking of adding them as a product line to my store. I am not one that puts a lot of value in testimonies. I usually tend to think that the people giving them are paid to say what they say, but here I am now giving one. What compels me to write this is how I watched my husband suffer from everyday stress. Doctors were going to put him on medication. Desperate for a solution that wasn't going to risk addiction, I got on the internet and this site popped up on my first search. I subsequently ordered the **PureCalm** for him. We were willing to try anything at this point. He started taking the PureCalm and seems more at peace with life. I want to thank you, your staff and anyone else involved with these products. You have given me back the man I married. Thank You!!" - Nancy, NY, USA*

*"I can recommend this product... There is a definite difference and the feelings of exhaustion and tiredness have almost completely gone. I will keep taking **Fatigue Fighter** for sure!" - Joe*

"I used to be able to eat anything but as I got older I had to be so careful with my food. Things improved after I cut out dairy products but I was always worrying about stomach cramps, heartburn and gas. One good thing was that I lost weight but I did not enjoy my food and even stopped going out. Since using your products, things have changed for the better and I can control my symptoms by myself without chewing on expensive tablets all the time." - Lydia

*"I have had a problem with wind for as long as I can remember and have tried everything to control it. The older I get the worse it seems. I never touch beans or cabbage (or anything else like that) and still have such an excess of gas that it is embarrassing even around my own family. Since using your **Gasolve Relief** I can honestly say I have far less wind. No more feeling like a blown-up balloon or having to excuse myself whenever I'm in company due to excess wind. This product is really great- thank you!" - Leanne*

*"I feel I must write to tell you what a help **Tula Tantrum Tamer** has been - my daughter became a real terror when she did not get her way (especially around bedtime). We have noticed that she is willing to listen and open to working things out in a calmer way!" -*

Diana

"We have struggled to get our twins to sleep ever since they were born and have always been reluctant to use anything that might harm their health. We tried on a friend's recommendation and have been very impressed from the very first day. Peace reigns in our house in the evenings once again!!!" - Bill and Karen, Cape

Town, South Africa

Don't Let Illness Spoil the Joys of Your Holiday Season

As the holidays are upon us and stress levels are rising, so are the **chances of contracting a cold or virus**. Increased stressors related to the



holidays, amplified by added exposure to illness caused by seasonal travel, as well as being pulled in many directions with added celebration obligations -- can all lead to a **temporary weakening of the immune system**.

Children are also more susceptible to illness this time of year, as changes in weather, daily schedules, and holiday hassles can take their toll on kids as well. In addition, children's immune systems are still developing, also making staying healthy a bigger obstacle than adults with fully-functioning systems.

Given the physical differences between children and adults, **special consideration must be taken into account** when treating illness in little ones, as they metabolize medications much differently.

Recent concerns surfaced regarding over-the-counter cold and flu medications, addressing issues such as the risk of overdose, misuse, and effectiveness in children.

Studies recently conducted by a FDA panel of experts stated that **there is no evidence that widely-used OTC products do any good for common cold and flu symptoms in children**.

According to the New York Times, there are about 800 cough and cold preparations for children available in the United States.

Parents spend almost \$500 million yearly on these medications that total 3.8 billion doses.

With the disturbing new findings, perhaps it is time to take some

simple health measures as well as **consider natural alternatives** to the mass quantities of conventional medications available.

With increased time spent in close quarters, either in crowded shopping centers or just indoors due to inclement weather, be cognizant of your surroundings.

While most airborne germs cannot be avoided, often there are simple yet overlooked health measures to help keep well. For example, if on public transportation, move to another part of the vehicle away from an obviously hacking, sneezing person.

Practice good hygiene and wash hands frequently, especially after contact with doorknobs or communal pens at the cash register.

Especially before traveling, consider adding a supplement booster like [ImmunityPlus](#) to your daily regimen, which promotes healthy immune system functioning and helps fight viral and bacterial infections. [CanTravel](#) is another great product for travel, which helps maintain digestive comfort and balance during air, sea, or road travel.

If symptoms are already present, consider natural remedies to alleviate the duration of your cold or flu. [ComfiCoff](#) promotes relaxation to soothe throat and chest discomfort, irritation and congestion. To encourage easy, comfortable, and normal breathing, try [BronchoSoothe](#).

As with adults, it is important for children to take preventative measures now at the start of winter may help to ensure less illness

and infection, as late December marks the beginning of the flu season peak.

For boosting and encouraging a child's natural resistance to illness and warding off germs, we highly recommend [KiddieBoost](#).

Working to maintain structural integrity of cellular systems against germs and promoting systemic health, [KiddieBoost](#) provides support for healthy immune system functioning.

For alleviating symptoms of the common cold or flu, many natural remedies can provide relief without undesirable side effects.

[KiddieCool](#) soothes a feverish, irritable child, while [KiddieVom](#)

[Sprinkles](#) relieves nausea and vomiting while also calming restlessness.

[Sniffly Sprinkles](#) offers assistance in clearing nasal passages and promoting healthy breathing to help ensure a restful night's sleep.

In addition to natural supplements, old-fashioned home treatments such as drinking plenty of liquids to flush the system, eating chicken noodle soup, using a humidifier to help keep mucus membranes moist, and getting ample sleep can all help to ease the process of recovery.

Is it a Cold or the Flu?

A cold and the flu can have some very similar symptoms. Compare the symptoms you see to the chart below to help determine whether they are indicative of a cold or flu.

Symptom**Cold****Flu**

Fever

Fever is rare with a cold.

Fever is usually present with the flu, in approximately 80% of cases. A temperature of 100°F or higher for 3 to 4 days is also associated with the flu.

Coughing

A hacking, mucus-producing cough is often present with a cold.

A non-mucus producing cough is usually present with the flu (also referred to as dry cough).

Aches

Slight body aches and pains can be part of a cold.

Severe aches and pains are common with the flu.

Stuffy Nose

Stuffy nose is commonly present with a cold and typically resolves spontaneously within a week.

Stuffy nose is not commonly present with the flu.

Chills

Chills are uncommon with a cold.

Chills are fairly common in most flu cases. 60% of flu cases include chills.

Tiredness

Tiredness is fairly mild with a cold.

Tiredness is moderate to severe with the flu.

Sneezing

Sneezing is commonly present with a cold.

Sneezing is not common with the flu.

Sudden Symptoms

Cold symptoms tend to develop over a few days.

The flu has a rapid onset within 3-6 hours, hitting hard. It includes sudden symptoms like high fever, aches and pains.

Headache

A headache is fairly uncommon with a cold.

A headache is very common with the flu, present in 80% of flu cases.

Sore Throat

Sore throat is commonly present with a cold.

Sore throat is not commonly present with the flu.

Chest Discomfort

Chest discomfort is mild to moderate with a cold.

Chest discomfort is often severe with the flu.

"My children in daycare have been very healthy this year (aged 2 & 4 years) The only thing I can [attribute it] to is KiddieBoost as I haven't changed anything else; I started giving it to them 3 months ago. So thank you for a great product." - Nicole J.

"When Tyler was sick last week, our whole family was miserable. Nobody was getting any sleep, and of course, we felt sorry for the poor little tyke. Your Sniffly Sprinkles really helped. Within a few hours, I could hear he was breathing more easily and looked like he was feeling better. After a good night's sleep, he was back to his usual self - what a pleasure! Thank you for a great kid's remedy that really works!" - Becky

"I don't usually write these letters but I feel compelled to thank you and congratulate you on a superb product – ComfiCoff. It was recommended to me by a colleague and, after my initial hesitation, I decided to try it for my daughter. I have always been a bit skeptical of natural remedies but after trying ComfiCoff I am converted! After the first dose I could immediately see the soothing effect on my daughter and things only got better from there. Based on my experience with ComfiCoff, I will definitely be trying some of your other remedies." - **Ms. K. McKinley**

Learn to Love Your Workout!

Did you know that the average American consumes between 5,000-6,000 calories and a whopping 229 grams of fat on Thanksgiving Day alone? There is also a staggering increase in the intake of calories from beverages by 94 percent during the holidays.



With an average weight gain of five pounds (although some studies suggest this could be less) these holiday indulgences are significantly increasing the risk of heart attack, diabetes, and obesity.

While staying in shape is often bumped to the bottom of our "to-do list", it is especially important to avoid gaining weight during the holidays, which can just add to heightened seasonal stress.. In addition, exercise is a great outlet for reducing holiday-related

tensions.

It is important to fit in at least 30 minutes of exercise every day, even during a busy holiday schedule. And, remember don't stop! Establishing a regular workout routine that you can maintain all the way into the New Year can help you improve your stress levels, get into better shape, and be healthier all year round.

Here are *13 Tips to Actually Enjoy Exercising*

1. **Make it a Habit** - Remove the thinking element. If you can make exercise a habit, then it becomes that much **easier to go**.
2. **Get a Partner** - Get someone else to go to the gym with you. Pick someone who is **committed to their health**. Not only can you socialize with someone while you're there, but **you'll have a backup** in case your motivation alone isn't enough to drag yourself out there.
3. **Tune Your Challenge Level** - Here are two bad ways to start exercising. (1) Going out and running until you are winded and dry-heaving into a ditch, or (2) Showing up to the gym, walking around, not doing anything strenuous, and going back home.

In one case you put the challenge level too high; the other wasn't challenging at all. Your goal is to **set a workout routine that is challenging, but not overwhelming**. Challenge is key to enjoyment.

4. **Set Goals** - Not weight-loss or muscle-gain goals, but fitness goals. Set goals to **beat your own past records** in distance run, push-ups or chin-ups you can do, weight you can lift, or degree you can stretch. **Fitness goals** make the gym a game where you strive to beat your previous highest score.
5. **Get Past Your Comfort Zone** - So what if you aren't the most svelte or muscular person in the gym? **Self-consciousness can be a big obstacle** to enjoying your workout. The key is to get used to it. When you continue to show up, you'll **pay less attention to the people around you** and more to your workout.
6. **Experiment** - Don't stick with the same routine. **Mix it up** and try different activities. There are many different exercise routines you can follow or activities to try. If you don't like lifting weights or running, try sports, martial arts, or dancing. Assuming that exercise needs to be pumping iron or jogging may limit you from **finding something you would truly enjoy**.
7. **Music** - This shouldn't come as a surprise, but **music can enhance a workout**. Often running is **more enjoyable** with music than without it.
8. **Short Workouts** - Don't have time or enthusiasm to last an hour? Just go for twenty or thirty minutes. **Shorter workouts can be better** than longer ones if

the intensity is higher, causing you to **become more focused** as a result. After an hour or two of exercise, your body starts to go into a state where more exercise can actually reduce physical improvements.

9. **Daily Challenges** - Make your **workout into a game**.

Sticking with the same type of exercises can get boring, so mix it up by introducing an unusual workout challenge. My gym partner and I have played a game that involves sit-ups and a deck of cards, or one workout day that involves different types of push-ups. If you aren't sure where to get ideas, **look through a magazine** like Men's Fitness, which usually features a variety of different workouts.

10. **Reward Showing Up, Not Weight Loss** - Some

people have gotten the idea that they should reward themselves for losing weight or gaining muscle. I disagree. Instead, I think you should **reward yourself by showing up to the gym and exercising regularly**. There are many ways you can lose or gain weight in unhealthy fashions. **Rewarding yourself through exercise is rewarding your commitment to health.**

11. **Make Exercise Your Stress Relief** - I know many

people that swear by using the gym to relieve stress. Some of them will head to the gym because of a

frustrating day even if it isn't on their schedule.

Exercising can be cathartic and release negative feelings if you get used to using it that way. Then instead of avoiding the gym because of a stressful day, **it will be your reason to go.**

12. **Record Performance Advancements** – I recommend **recording fitness over body improvements.**

Recording weight loss or muscle gain is a good idea, but because of the way your metabolism functions, it becomes increasingly harder to make weight changes as you go to the gym more regularly. But fitness improvements can, if you work on it, continue to rise.

Keep a record of your strength, endurance and flexibility so you can take pride in your accomplishments.

13. **Make Time** - You **can't say you don't have time** to exercise. Exercise **improves your energy levels and mood**, leading to greater productivity, which overrides any time lost. Find your forty minutes somewhere in the day and **make it a commitment.** Get up a bit earlier and go in the morning, or schedule it right after work before you settle down for the day. Once you make time and make it a habit, **you'll actually want to exercise** instead of just feeling you should.

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