

## Surviving the Christmas Cocktail Party

Christmas is a hard time of year to stick to any diet, but the changing habits lifestyle is a great one to stick to around this time of year due to the 'cheating chapter'. Now if you have saved all your cheatings for the year up until now, then it is a free for all for you. (having said that I know you won't do it, as you feel so good, and why feel lousy again by eating too much food). But if you have been steady in everything you have been doing then some cheating during this festive season is allowed without making your self feel like you have failed, or feeling sick after overeating, or drinking for that matter.

Food hangovers are the worse! They are those days when you wake up after a night of eating everything going, at the Christmas cocktail party. Even though you may have slept, the sleep would have been very restless as your body was trying to digest all the different types of foods. When you combine too many foods, different meats, fats, dairy, flours, drinks, additives, preservatives and flavourings then the digestive system has the worse time trying to get rid of it. If it doesn't get rid of it the food begins to putrefy sending out toxins and making you feel worse. The best thing for a food hangover is a bunch of fresh fruit with lots of enzymes (within the fruit), for breakfast in order to help in digestion and drag out as many of the toxins as possible. Continue eating the fruit until you feel better. The hair of the dog does not work in this instance.

So rather than looking at the cure lets look at what you can do in order to survive the Christmas Cocktail party. Prevention is a far better way.

### The Alcohol Side of the Party

The first thing you have to do is to decide on one particular type of drink. If it is wine, then stick to wine, or if you like champagne then only drink champagne. If you enjoy beer then don't mix it with any other drink. Now if you are going to drink spirits, then I suggest you drink them with; soda water, water, straight up or on ice. No matter what alcohol you choose to drink it is important to follow the rule that with every glass of alcohol you drink you must match it with a glass of water, so every other drink have a glass of water.

### The Food Side of the Party.

When you are standing around drinking and talking it is hard to concentrate on the food coming around, the hand just seems to go out and grab whatever is in front of you. An important part of surviving the Christmas cocktail party without ending up the next morning with a food hangover is to think before you grab.

Decide when you get to the party what you are going to eat and not going to eat. Decide on one type of meat, so when the chicken wings circle then decide that chicken will be the only meat you will be eating, (definitely do not touch the fake red little boys) do not mix your proteins, this is a sure way to end up with a food

handover. Another good choice would be to have the vegetables and the dips, this will ensure that the chicken wings will be well digested and you'll get a good night sleep. It is good to avoid the fried foods, as the fat slows down the digestive process. By making good choices you'll avoid feeling horrible the next day and on January 1<sup>st</sup> 2005.

I know I know it's great to try everything, but face it, you have probably tried most of the food out there and it won't be much different, so why suffer the next morning. It is your choice!

I use to love trying everything at a cocktail party, but I decided one day that the love of trying everything was not worth the way I felt the next day, or at the end of the silly season when I had a protruding stomach and couldn't fit into my jeans. Once you've made the decision then it's easy.

So have a wonderful Christmas and be kind to your body, it is the only one you have and if you ruin it, it won't take you far into this life. My aim is to be like a gentleman I see every morning on my walk along Alexander walking track. His name is Andy he is 84, rides his bike every morning, beginning at 5.00am from the Cod Hole to the top of Alexander Headland and back. He loves life and his body keeps up with his mind.

Have a great Holiday Season and I'll see you in the New Year ready for a great 2005, full of energy, health and some new steps to change your life.

Just one more thing (I sound like Anthony Robbins), thankyou to everyone for your support throughout 2004, and to remind you that you can purchase life changing Christmas presents (books, cookbooks and audios) on my website any time of the day.

Happy Changing Habits  
Cyndi O'Meara  
[www.changinghabits.com.au](http://www.changinghabits.com.au)