

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.

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 Americans now have.

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. . All grains, flour and cereals are converted to sugar in the body in the same manner as when sugar is eaten.

The B complex is used by all parts of the body and is very important for overall health. Ideally it is best to limit the amount of sugar and carbohydrates in the diet. This is sometimes difficult over the holidays. Adding foods high in the whole B complex can help to prevent the development of a B complex deficiency.

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 the outer part is where all the nutrients are that would allow the proper digestion of the sugar.

This is a similar process to what is done with brown rice to make white rice. The outer part of the brown rice is discarded. Yet it is the hulls of the brown rice that are high in the B complex. People in Japan know to use brown rice hulls to help fight the symptoms of the B complex deficiency. In America the hulls are made into brown rice syrup. This brown rice syrup is high in the B complex, just as molasses.

It is best to ingest B vitamins from food rather than from a synthetic source. The body needs genuine replacement parts that occur only in real food. Getting nutrition from whole food allows the body to rebuild and repair. Vitamins that are synthetic force a chemical reaction in the body and are only effective short term. Synthetic vitamins can easily be identified on the vitamin label as they are chemical names instead of food items.

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

Depleting the B complex by consuming sugar and carbohydrates will result in symptoms of a B complex deficiency. These are just a few of the symptoms of a B complex deficiency: sugar cravings, fatigue, irritability, depression, acne, insomnia, inability to think clearly, tingling in the hands and feet, dizziness, eye strain, 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.

There are many different companies offering vitamins and digestive enzymes. The best sources of these items have always been from food sources. Read labels when comparing products. Consult with a knowledgeable holistic wellness health care professional to end the confusion on what products or foods would be best to help enhance the holiday season.

Disclaimer: The recommendations in this article are not to be taken as medical advice. If your health is not what it should be, consult a qualified wellness consultant to determine the cause of your distress, and for specific recommendations on your personal health issues.

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