

# *Holiday Health Hints*

## **Eat, Sleep, Be Merry And Healthy**

(NAPSA)—This holiday season, eat, drink and be merry, but not so merry that you wind up with the holiday blues later on.

Staying healthy during a hectic season of overindulgence is a challenge that may be easier to face with a few do's and don'ts from the experts:

- **Do** avoid or limit alcohol consumption. Alcohol is a depressant and depletes the brain's serotonin, a chemical that maintains normal moods.

- **Don't** abandon healthful habits, such as eating nutritious meals—pick foods that stabilize blood sugar as opposed to sugary holiday sweets and high-fat/carb snacks.

- **Do** get enough sleep. A lack of sleep can lead to weight gain. Try to unwind early in the evening and cut down on stimulants such as caffeine and chocolate, especially in the afternoon and nighttime. Natural products such as Natrol® Melatonin 3mg Time Release can be taken to help fall asleep fast and to stay asleep all night.

- **Don't** overindulge—overeating can add to stress and guilt, and it can lead to indigestion. It may be easier to enjoy carb-rich holiday foods without guilt if you use a supplement such as Natrol® Carb Intercept®, which contains Phase 2 Starch Neutralizer® with white kidney bean extract. Also, if you do overeat, Natrol® Papaya Enzyme can help relieve indigestion naturally.

- **Don't** forget to give yourself



**Give yourself the gift of good health. Don't overindulge during the holiday season. Take time for yourself and recharge.**

the gift of “me” time—find a quiet spot to relax and recharge.

- **Do** something altruistic by caring for those less fortunate. The holidays are a great time to give back through charity work and volunteer efforts.

- **Do** enjoy the comfort and company of loved ones. Family and friends can help lift spirits during the holidays as long as you don't overdo it.

If you find that you suffer the blues during the holiday season, it may be that stress and dietary practices negatively affect your body's serotonin metabolism.

Many people find that Natrol® 5-HTP (50mg), a drug-free, plant-derived source of an amino acid, can help promote relaxation, calm and greater appetite control, as well as a more positive outlook.

For more information, visit [www.Natrol.com](http://www.Natrol.com) or call (800) 2-NATROL.