



### **Feeling Harried?**

#### **Try these Wellness Show Tips to Keep You Balanced this Holiday Season.**

December 17, 2007 (*Vancouver, BC*) The holiday season is in full swing! 'Tis the season to rush, rush, rush; with endless holiday preparations, shopping to do, children's plays to see, work events to attend, and family dynamics to magnify, it can all be very overwhelming, and life can become quickly out of balance.

The **Wellness Show**, February 1 to 3, 2008 has always been a great source for people to find what they need to restore. Here are some helpful tips from some of the show participants for getting through these crazy weeks:

#### *Eat Well*

"Try to eat fresh, organic food in its 'whole' form whenever possible, including fruits, vegetables and whole grains," says Choices Markets' Nutritional Coordinator, Christine Borgstad. "To help maintain energy levels and fight off the holiday sugar cravings," she continues, "include a source of protein with each meal and snack, such as lean meat, seafood, nuts and seeds or almond butter."

David Khang, a Certified Holistic Nutritionist, also offers the following: "Even if you eat well, stress can deplete important micronutrients, such as vitamins A, B6, B12, C, D, E, folate (folic acid), and omega oils. A daily supplement," Khang suggests, "can help fill in any gaps. A high quality multivitamin, such as the Active EasyMulti Plus by Platinum Naturals, would be ideal."

#### *Exercise*

It can be hard for people to maintain their regular fitness routine with so many demands on their schedule, so Lisa Northrup, a strength and conditioning coach for Twist Conditioning Inc, provides the following advice: "Don't think of your fitness routine with an all or nothing mentality. Don't let one missed workout discourage you. Do what you can and remember that the little things do add up. When meeting up with friends plan to go for a walk rather than sit, walk up the escalators in the mall, or take a 10 minute walk for your coffee break." She continues "don't let the colder temperatures keep you indoors; stay connected with nature and you will not only be treating your body, you will also be feeding your spirit. Exercise and fresh air are wonderful de-stressors."

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*Try to stay rested*

It can be hard to stand still and put up your feet at this time of year, and parties keep a lot of people up past their bedtime. "Inadequate or irregular sleep often occurs during the winter holidays and can have a strong adverse impact on the body," says Dr. Arjuna Veeravagu ND RAc, a naturopathic physician, registered acupuncturist and founder of Sage Clinic in Yaletown. "The lack of rest combined with stress can take its toll on the body's adrenal function. Taking adaptogenic (adrenal balancing) herbs can make one's body more resilient during periods of elevated stress like the winter holidays. The main herbs that contain adaptogenic activity are holy basil (*Ocimum sanctum*), ashwaganda (*Withania somnifera*), cordyceps (*Cordyceps sinensis*), rhodiola (*Rhodiola rosea*) and licorice (*Glycyrrhiza glabra*)."

*Stay in Touch*

Stress due to the holidays can lead to symptoms such as muscular tension or pain, headaches and anxiety. Saul Rosenbaum, education director of the Shiatsu Therapy Association of BC, suggests being kind to yourself by booking a Shiatsu treatment. "The Shiatsu techniques of manual pressure and gentle stretching aid in the release of stress and tension, helping you realize a healthier and happy holiday season."

*Give the Gift of Wellness*

To learn more about these tips, plus many, many more, the Wellness Show is the place to go! On February 1, 2 and 3 at the Vancouver Convention & Exhibition Centre, the Wellness Show is one of Canada's largest health and lifestyle showcases, offering a stimulating range of guest speakers and close to 300 exhibitors, all sharing knowledge on the latest in nutrition, fitness and health.

Tickets to the show are a great holiday gift idea: \$12 general admission, \$10 for seniors (65+) and students, \$5 for children 6-15, and free for the young ones. Save and purchase a 3-day pass for only \$27. More info: [www.thewellnessshow.com](http://www.thewellnessshow.com)

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