

How To Survive The Holiday Party Scene

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Tis the season to partay! What better way to showcase your joyous holiday spirit than by attending the endless happy hours, gift-giving exchanges or festive celebrations. Let's admit it, during this time, the calorie conscious regimen one would usually partake in becomes a thing of the past. We often tell ourselves one or two more drinks won't hurt or we make the decision to overindulge on the delectable, mouthwatering cuisine. The end result eventually leads to one or two things: a food coma or a boozed up hangover, possibly both!



What if we let you in on a little secret? There is a method behind the madness and you can still have plenty of fun partying until the sun comes up but in a healthy way. Not to worry because Dr. Gabrielle Francis has the best solutions to help you survive the holiday party circuit this season! With a career spanning more than 30 years practicing natural medicine, the acclaimed Rock 'N' Roll doctor to the stars has worked with A-listers from Aerosmith to Courtney Love and Mötley Crüe.



Are you ready to take the Dr.'s advice? If you're thinking of going hard at the bar, think again. Going gluten-free is a much healthier alternative, it is cleaner and also a lot smoother on your liver. Champagne, gluten-free beer, organic wine, ciders, Junmai sake, potato-grape or corn based vodka are all great options to add to your holiday beverage list.

We can't forget about the grapefruit trick! Dr. G suggests, "When grapefruit juice is mixed with spirits, the naringenin in the citrus causes the liver to slow its metabolism of alcohol, keeping it in the bloodstream longer. This means you need half the amount of alcohol to feel the same socially lubricating effects." This is a cool, fun fact to keep in mind, not just during the holidays but all-year round. One last thing, if you're in dire need of a hangover remedy, don't go for the burger. Foods such as oatmeal, soup, and rice are easy on your digestive system and helps alleviate symptoms. A few additional tips to keep in mind:

- Treat your body to a good night sleep with at least 8 to 10 hours
- Hydrate your body with a daily dose of 8 to 10 glasses of water
- Give your body the TLC it deserves with acupuncture treatments which are known to relieve pain and improve sleep
- Last but not least, don't forget your body's need for Vitamins B and C and also drink herbal teas

Hopefully Dr. Francis' useful tips will help you stay on the right track and sustain a healthy well-being this holiday season.