



BalanceWorks® Newsletter

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Natural Remedies

The holiday season can be very hectic with multiple celebrations, parties, and events. People are also busy buying gifts, decorating, and trying to plan the perfect holiday for their family. All of these obligations can lead to stress and even illness if you let yourself become too run-down and no one wants to feel under the weather during the holidays.

Fortunately, there are many natural sources that can help keep us healthy throughout the holiday season and year round. In general, a diet rich in fruits and vegetables, probiotics, and plenty of water is a good start. Now let's take a look at a few of nature's best remedies.

Optimal Health

For all around good health, leafy greens are a must. Leafy greens like spinach, kale, and collard greens are extremely nutrient dense, making them nature's multi-vitamin. Leafy greens are full of fiber, Vitamin A, Vitamin C, and B Vitamins. Try to get at least one serving of leafy greens each day.

Immune Support

Snacking on red peppers throughout the holiday season may help boost your immune system. Red peppers offer

mega doses of Vitamin C making them excellent for immune support. Red peppers also provide carotenoids, fiber and Vitamin E. Eating the peppers raw will pack the largest nutritional punch as cooking them too long over heat can cause nutrient loss. However, if you prefer cooked peppers a quick stir fry or charring them on the grill will still preserve much of the nutritional value.

Stress Relief

Parsnips can help ease the stress that accompanies the holiday season. Parsnips aid in brain function and serotonin production, which may help people calm down more quickly. These vegetables are also rich in minerals that support healthy bones, blood cells, and skin. For a delicious snack you can roast parsnips (just like you would potatoes) and eat them like french-fries!

If you do find yourself sick this holiday season, there are also natural remedies that can help cure what ails you.

Cold and Flu Fighters

Unfortunately, the "common cold" and the flu are viruses so antibiotics

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are ineffective against them. To help combat cold and flu load up on food that contains anti-viral compounds like garlic and mushrooms. Garlic contains high concentrations of allicin, which is what provides the anti-viral properties and its pungent odor. Garlic has been shown to reduce the risk of contracting a cold by up to 64% when eaten regularly and may shorten the duration of symptoms by up to 70% when consumed post infection. However, eating fresh garlic is the key as the allicin breaks down shortly after garlic is chopped, cut, etc.

All forms of mushrooms contain anti-viral compounds, but shiitake mushrooms are the most powerful. Studies have shown that shiitake mushrooms contain at least 11 different chemicals which inhibit viral replication, stimulate the immune system and in some instances even envelope viral particles. Mushrooms also promote alkalinity and are a natural source of Vitamin D (when exposed to sunlight).

Nausea Relief

To soothe an upset stomach, reach for ginger, which is a powerful remedy for nausea. Ginger contains a powerful compound called gingerol, which can also help with bloating, indigestion, and cramps. Add ginger to your next stir fry, mix it into a salad dressing, or puree it into a smoothie.

Headache Cure

While there are many causes of headaches, dehydration is often the culprit. To combat this, simply drink plenty of water. For a bonus dose of health, add lemon to your water. Lemon will add flavor to the water and may help detoxify the liver and aid in digestion.

Massaging lavender or peppermint oil into the temples and back of the neck has been shown to ease migraines and even ease the feelings of nausea that sometimes accompany a migraine.

Cool a Burn

If you happen to burn yourself while cooking that delicious holiday meal, reach for your aloe plant. Place the gel that is inside the plant directly on the burn. Aloe is both soothing and anti-inflammatory.

Fight Insomnia

If you find yourself with so much on your mind that you are having trouble sleeping eat a handful of cherries before bed. Cherries are packed with melatonin, which is the same hormone that your body creates to regulate sleep. Drinking tart cherry juice also has the same effect.

As you can see there are a wide variety of natural health boosters and remedies right in our cupboards. These are just a few that may help you stay healthy throughout the holiday season.

Also, remember that eni's work/life experts are available to reduce your stress this holiday season by researching great gifts for your friends and family, researching appropriate venues to host your holiday party, and much more.

Wishing you a happy, healthy holiday season!

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