

**tips for staying  
healthy over the  
silly season**



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## set yourself up with a healthy breakfast

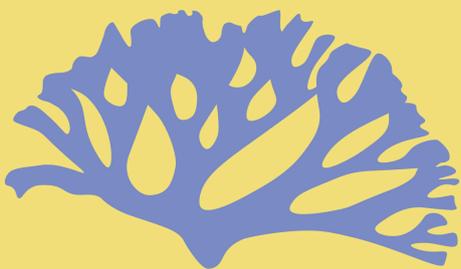
It's just like your nan always said, breakfast is the most important meal of the day. Set yourself up with a healthy and balanced breakfast before indulging. Ensure your breakfast contains a source of protein to help balance your blood sugar levels and help you feel fuller for longer. Eating breakfast also ensures you are getting a big dose of nutrients which may be required for detoxification functions later in the day.

## get enough sleep



Getting enough sleep is one of the most important things you can do for your health. Our brains contain a detoxification system called the 'glymphatic system' which only works when we are asleep. The silly season can definitely bring some late nights, but ensure you are getting minimum 7 hours sleep each night.

If you are travelling for the holidays and staying away from your own bed, consider bringing an eye mask and some ear plugs. These are a lifesaver for making you feel a little more comfortable.



## incidental exercise

Now lets be real, no one is really going to the gym during the silly season. Ensure you stay active during this time to help improve metabolism, detoxification, and mood. Think about doing some fun forms of exercise and if you can rope in your friends and family then even better.

Head for a walk on the beach with your parents pup, play a game of backyard cricket, go surfing with your dad, or play mermaids and dolphins with your niece and nephew.



## give your liver some lovin'

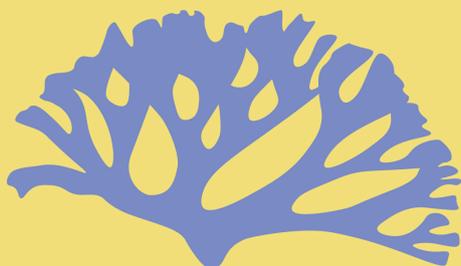
Our liver is our largest detoxification organ and works very hard. We have two phases of detoxification via the liver to process and help eliminate things like alcohol, chemicals, hormones, and a lot more. Increased alcohol consumption over this time puts more pressure on the liver so make sure you are saying thank you by: eating sulphur-rich foods like garlic, eating foods from the brassica family (e.g. broccoli, cauliflower), having a glass of water between drinks, and avoiding exposure to toxic chemicals like perfumes.

## stay hydrated



It is summer here in Australia so staying hydrated should be a priority anyway. Aim for minimum 2L per day. Some tips for staying hydrated:

- have a big glass of water with fresh lemon upon rising
- have a glass of water every hour
- make a jug of 'fancy' water with fresh fruit and herbs
- chop up some watermelon and have a stash in the fridge
- have a glass of water between alcohol beverages
- always take a water bottle on adventures



## set boundaries

For a lot of people this time can be overwhelming. Especially since a lot of us haven't seen their loved ones in a long time. Enjoy this time and soak in the love, but not at the expense of your mental wellbeing. If you are feeling overwhelmed then remember that it is ok to take some time out for yourself to ground yourself.