



TREATS WITHOUT TRICKS

how to enjoy the
treat-filled holidays
without the guilt

By now, you probably know the prescription for faring well
through the holidays:

manage stress

spend time in positive community

dial in your nutrition (a few treats are ok, but don't go overboard)

prioritize sleep

keep up with your regular fitness routine

*We'll spend this
month setting up
for a holiday
season without
autoimmune flares,
joint pain, wacky
hormones and
depression*

