

WHAT'S UP DOC PETE?

The holidays are supposed to be an enjoyable time, but I do not look forward to them; and I usually ended up sick by January. What can I do to stay healthy?



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The holiday season can take a toll on us as it can add to an already full plate of stress. Following are five suggestions to lighten your load and perhaps provide more opportunity for pleasure during this season of the year.

1. **REFRAME** expectations. Remember that “Rockwellesque” holidays only exist in Norman Rockwell paintings. Choose for you and your family what is important, not what the outside retailers may imply.

2. **MAINTAIN** your daily habits. Strive to maintain all of your healthy habits including food choices and exercise throughout the season.

3. **SPEAK** the word “No” without guilt. Graciously tell others “no” when they have expectations that you cannot meet without self injury.

4. **ENJOY** in moderation. Denying you the pleasure of holiday events, foods and spirits usually results in a backlash of indulgence. Savor the experiences one by one.

5. **BREATHE**. Oxygen is an essential element for all healthy cell function. When ever you stop at a traffic signal or stop sign, slowly take in three, full, deep breaths and exhale slowly. Not only are you nourishing your cells but relaxing your spirit at the same time. You will be surprised at how such a small activity can have such a soothing impact. This can be the beginning of a life long gift of relaxation.

We at the Longevity Healthcare Center know that health encompasses the body, mind and spirit, and well-being is only experienced when we attend to all three aspects. This month, our guests on “Quantum Health” will focus on managing stress. Listen in on Saturdays at 1:00 on KVEC, 92.0am to hear local experts on this topic.



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