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During this very busy time of year, we hope that you will remember to keep yourself top of the list and a priority through healthful eating, proper hydration, adequate rest, and destressing. Self-care is of utmost importance at this time and checking in on yourself is key!

Skipping meals, forgetting to drink water, and staying up late to get to all your "to-do's" adds to the stress of the holidays and we hope that you will take a pause today as you read this newsletter and listen to our great content, to take care of you - your highest priority.

From all of us here at Inner Health Nutrition Consulting, we wish you a very Happy and Healthy Holiday season. We are extremely grateful for the opportunity to bring you credible evidence-based nutrition information each month paired with delicious recipes in this Newsletter format. We would love to hear your feedback as to what you would like to see in the coming year. Please reply to this email with your feedback!

May you experience the light of laughter, the warmth of love, and the joy of gratitude this season and beyond.

**Happy Holidays,**

**Filomena & Gabriella,** Newsletter Editors

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here](#)



## Keeping Healthy "On The List" This Holiday ...

Are you anticipating your upcoming holiday gatherings, wondering how to tackle them all without overindulging?

Are you not sure what to eat before your holiday celebrations?

Are you planning on skipping the meal before to save your calories?



*For all your holiday questions, check out the two videos and article posted below, to help prepare you for this holiday season!*



Still struggling with finding that perfect gift? I know I am...while we all know that Christmas is not about gift giving, I know I like to give gifts that are meaningful and show that someone special that I put some thought into their special gift.

Giving the gift of wellness is usually not something that most will think about this time of year. Gift cards to LCBO, restaurants, spas, and yes, the same old shirt & tie are great and there is nothing wrong with those, consider something that could really make a difference in your loved one's life!

**Why not consider one of the services available through Inner Health? Give the gift of personalized, next-level nutrition services including:**

- Nutrigenomix genetic testing with 70 genes linking health to specific dietary parameters

- Eatlove membership to an intuitive digital meal planning & recipe app that provides next level nutrition guidance completely personalized to nutrition goals and preferences
- Inner Health's own 70+ Digital Recipe Cookbook with yours truly approved recipes ranging from breakfast to snacks and everything in between!
- Nutrition counselling with any of our Registered Dietitian team members with expertise in most areas of nutrition therapy
- Psychosocial counselling with our resident Social worker to help support lifestyle changes

Gift certificate of any denomination to have your special person choose for themselves

This year, give the gift of vitality, wellness and health.  
We are open to serve you until Dec 22nd.

I'm Ready To Order My Gift  
!



Are you hosting a holiday celebration and in need of **appetizer ideas** that are healthy alternatives and fun?

Check out this [video](#) featured on Global News earlier this month!

*Spoiler alert: A fruit inspired Christmas tree may be the star of your buffet!*

From swapping out a few ingredients in your favourite recipes to being a guest at a holiday party, click [here](#) for **helpful and healthy holiday party tips!**



## Holiday Recipes

*Click on the image for the recipe*



**No-Bake Coconut Truffles**  
*From eatright.org*



**Apple-Blueberry Crumble**  
*From eatright.org*



**Root Vegetable Smash with Coriander**  
*From Heart and Stroke*



**Bean, Sweet Potato and Garlic Stew**  
*From Heart and Stroke*



**Maple Roasted Vegetables**  
*From Heart and Stroke*



**Carrot and Edamame Salad**  
*From Heart and Stroke*

Interested in the top nutrition and fitness trends to watch for in 2024, according to experts?

Click [here](#) to find out what 2024 may have in store for us!



## Nutrition Updates: Fatty Liver

Have you heard of the term non-alcoholic fatty liver disease or NAFLD?

NAFLD is "the build-up of fat in the liver in people who drink little or no alcohol." <sup>(5)</sup>



Recently, there has been a change in its name. Long gone is the term NAFLD. Now, we will be hearing and seeing the term MASLD (metabolic dysfunction-associated steatotic liver disease). [Why the name change?](#)

"Nonalcoholic liver disease is an exclusionary diagnosis...You're saying what it's not – 'It's not alcohol, but what is it?'" <sup>(4)</sup>

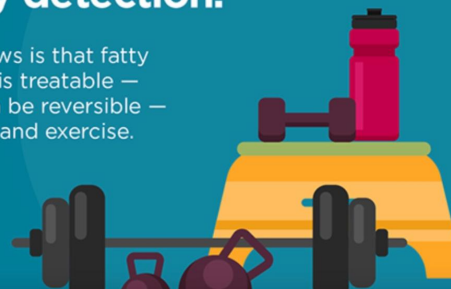
To learn more about this name change, click here to read "Fatty Liver Gets a New Name"

People with these medical conditions are more at risk:

- **Obesity**
- **Type 2 Diabetes**
- **Hypertension**

### The benefits of early detection.

The good news is that fatty liver disease is treatable — and can even be reversible — through diet and exercise.



### What is the best diet plan for a healthy liver?

"The Mediterranean diet is everything you would expect a dietitian to recommend – more fruits and veggies, more whole grains, more nuts and legumes, lean meats, less red meat and less sweets/added sugars." <sup>(6)</sup>

Click [here](#) to read more about the Mediterranean diet!

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