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## ***Game Plan For A Pre-Holiday 'Pretox'***

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A "pretox" is done prior to an upcoming holiday or event, kinda like a pre-game pep rally! Doing a "pretox" before a food-focused event can help you bounce back quicker, digest better with little or no damage done!

Let's begin with Metabolism and how to boost it, pre-game, then we will get into the game plan.

Increase metabolic function. Overeating leads to a short-term decrease in metabolic function. Stimulating metabolic function before you plan to overeat, can balance out this effect. Small, frequent, portion-controlled meals, approx 8 hours of sleep/night, and daily interval training, are a few ways to boost your metabolic burn!

- Plan your "Pretox". If you plan to go overboard with alcohol, then plan ahead. Do your math. there are 4 kcal/g of carbohydrate, 4 kcal/g of protein, a whopping 9 kcal/g of fat, and 7 kcal/g of alcohol. As evident in these striking numbers, alcohol is closest to a fat than anything else! Having a mixed drink with added sugar and calories only digs you deeper into the slow-spiraling metabolic hole. So be conscious of what drinks you choose!

- Add on the Acai. Acai berry is a metabolic booster that can stimulate metabolic function, promote weight loss, increase both energy and immunity, and improve digestion. All great for your "Pretox"!

- Don't forget your breakfast. A recent British clinical study showed that eating breakfast may increase a person's resting metabolic rate by 10%, while reducing the risk of obesity and diabetes.

-Max out on magnesium. Magnesium is a mineral needed by every cell in the human body, and used in over 300 biochemical reactions (energy metabolism being one of them). Adding in some high-magnesium foods to your "pretox" is a great way to boost your metabolism in preparation for your food-fest!

Since a "pretox" is not a severe or drastic diet or change, to achieve optimal results your "pretox" should last between 3-5 days. A 24-hr "pretox" will not do much at all, because the "pretox" itself is a safe and slowly-stimulated series of actions.

### ***Here Is Your "Pretox" Gameplan:***

-Cut your caloric intake by 500 calories. (A deficit of 3500 kcal = a weight loss of 1 pound. After 5 days of cutting out 500 kcal, you will have lost approx. 3/4 a pound-possibly more due to the "pretox" exercise component)

-Divide your meals into 6-8 small meals

-Eliminate all trans and hydrogenated fats, processed sugars, and limit dairy intake.

-Fill up on heart-healthy fruits and vegetables, high quality lean protein, whole grain carbohydrates, and only healthy fats from nuts, avocados, etc.

-Drink moderate amounts of water throughout each day. Limit or eliminate stimulant drinks such as sports drinks and coffee. End each day with a cup of chamomile tea. This tea calms the nerves, and supports proper function of the pituitary and adrenal glands, which play an integral role in metabolism.

-Engage in a different form of interval training for 45 minutes to an hour daily. The interval training itself (variations in training zones) coupled with the variation in the type of training (choose kickboxing one day, and indoor cycling the next), offers a great metabolic boost!

-Get some Z's! Believe it or not studies have proven time and time again, that sleep is directly related to both immunity and metabolism. Get approximately 8 hours of sound sleep each night, for additional metabolic benefits.

-Do not start your day without breakfast!!!!

-Add 1 cup of Acai berry juice to your daily eating plan.

-Try to incorporate magnesium rich foods into your diets. Foods high in magnesium include: flax seeds, cocoa powder, brazil nuts (which are high in selenium as well), almonds, cashews, halibut, artichokes, pumpkin seeds, spinach, edamame, and swiss chard.

Follow this "Protective Pretox", and go ahead and enjoy that fantastic wedding, party, or holiday meal! Your body will thank you!