

# Make Calocurb your holiday helper this winter



*As the holidays loom, Americans are about to embark on their annual three-month potlatch. The result is invariably unwanted weight gain, which is hard to reverse. Following are some practical tips from the folks at Calocurb to help you avoid the holiday threat to your waistline. For a limited time, my audience can save 10% with code DH10 at Calocurb.com*

*—Dr. Ronald Hoffman*

*This article contains content from one of our trusted sponsors.*

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Will this holiday season leave you feeling joyful, energized, and ready to kick off the new year at your best? For many, staying healthy during the holidays seems impossible—especially when January rolls around with its surge of cleanses, diets, and resolutions to “do things differently.” But what if you could enjoy Halloween treats, Thanksgiving feasts, and all the festive meals *and* still start the new year feeling great?

Despite our best efforts, the holidays bring an extra 500-1,000 calories a day from indulgent food and drinks. Alcohol consumption also jumps by up to 40%! But with a

few smart strategies, you can have your holiday cake and enjoy better health too.

Here are some pro tips from Ashley Koff RD, Nutritionist and Founder of the Better Nutrition Program, to help you win this holiday season without overindulging...

### **Pro Tip 1: Make Every Bite Count**

During the holidays, it's easy to indulge in foods that aren't truly satisfying. Those extra calories often come from the average bites we don't even enjoy! Instead, focus on what's truly delicious to you in the moment. When your senses are satisfied, your body naturally signals that you've had enough.

**Action:** Before you take that next bite or sip, pause and ask yourself, "How much am I actually enjoying this?" If it's a 7-10 on the delicious scale, savor it! If it's less than that, consider finding something more enjoyable or simply stopping. It's all about quality, not quantity, so you can enjoy your favorites without overindulging.

**Tip:** Pair your mindful eating approach with **Calocurb**, your perfect holiday partner. Clinically shown to reduce cravings by 40%, hunger by 30%, and lower calorie intake by an average of 18%, Calocurb helps you feel full faster, making it easier to stop after enjoying those truly delicious bites. Just take two capsules on an empty stomach one hour before your meal—easy!

### **Pro Tip 2: Better to Do, Not Overdo**

Even when making delicious choices, it's easy to overdo beverages, especially during the holidays. From alcohol to mocktails, sugary drinks, and coffee, these can sneak in extra calories, sugar, and alcohol without us realizing. Stick to about 9 sips to enjoy the flavor without overwhelming your body.

**Action:** Use the "9 sips" rule for any holiday drink that passes your deliciousness test (as above). This way, you can still enjoy a variety of beverages without counting glasses or overindulging.

**Tip:** Remember, alcohol can inflame the gut and disrupt hormones that regulate blood sugar and appetite. Sugar, caffeine, and alcohol also impact sleep quality, so balancing these drinks with healthier choices will keep you feeling your best!

### **Pro Tip 3: Prioritize a Better Bedtime to Manage Hunger**

The holidays are full of late nights, but getting consistent and early sleep is crucial for staying healthy. Sleep helps your body recover, especially during busy times. Even just two nights of poor sleep can impact your immune system, mood, and did you know that lack of sleep can actually make you hungrier?

**Action:** Set a doable bedtime, ideally before 11pm, and create a sleep plan to help you stick to it. Start with pre-bed activities and winding down early to improve sleep quality.

**Tip:** Lack of sleep can increase hunger by raising ghrelin levels (the hormone that triggers hunger) and creating less leptin (the hormone that signals fullness). This

makes it harder to resist those holiday treats.

By incorporating these simple tips and using **Calocurb** as your holiday partner, you can enjoy all the special foods of the season without the guilt. Stay in control of your cravings, savor every bite, and head into the new year feeling your best!