

Five simple ways to avoid holiday weight gain



The indulgence of holiday has come and gone. But that probably amounts to one major gathering and one big meal, Now comes the real challenge for eating healthy and not putting on extra pounds.

- 1、 **Maintain an exercise routine.** It's not that exercise burns off a lot of calories. Exercise helps speed up your metabolism rate to allow your food to be digested and utilized for energy more than be stored as fat.
- 2、 **Processed foods contain hydrogenated oils which can create fat.** So are huge quantities of low nutrition, high calorie, refined carbs. You know cookies, cakes, candies, etc. So try to minimize your consumption of them by gabbing with others more than grubbing the goodies



- 3、 There are two organs through which the toxins can be eliminated: The skin and the GI (gastrointestinal) tract. If you managed to locate a sauna or

steam room, you can eliminate the formerly fat trapped toxins through the skin.

4、 **Make sure you consume lots of purified water also**. This last procedure is great for detoxing the effects of excess alcohol consumption as well as other residual toxins. And you'll lose some weight too.

5、 It is a conventional wisdom among Chinese people that after a heavy meal, a cup of **Deepure tea** will help to cut the grease and remove excessive fat from the body.

