



HAPPY BELLY HOLIDAY GUIDE



FROM NADYA ANDREEVA OF
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Happy Belly Holiday Guide

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Holidays are exciting and fun but oftentimes excitement can seamlessly turn into stress and over-extending ourselves.

It is also the time when healthy eating habits are challenging because of the endless parties, cocktail hours, family dinners, and travel.

Stress, fatigue, eating out, and less time to engage in regular self-care can lead to re-emergence of indigestion, bloating, constipation, and all associated symptoms, including, fatigue, breakouts, poor sleep, anxiety, and mood swings.

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Our digestion determines the health of each cell in our body.

Strong efficient digestion = great energy, glowing skin, deep sleep, and good mood. Bad digestion = low energy, breakouts, poor sleep, mood swings

During stressful times we need to prioritize taking care of our body even more than usual. It is our responsibility to support it as much as we can. If we don't support our body, nobody else will.

Here are some simple tips to keep your Belly Happy throughout the holidays:

To Do

- **Eat warm & nourishing foods:** soups, stews, warm grain dishes, stewed fruit, and casseroles.
- **Eat regular meals:** Skipping meals and ignoring physical hunger is a sign of disrespect to your body's cues. It creates imbalance in metabolic function, digestion, and emotions. As a result you can end up overeating later, having mood swings, and experiencing indigestion. If you can't eat on time, have a sweet juice fruit, almond milk (can get it very easily if you are in NYC), or at least sip on fennel tea.

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- **Carry thermos with herbal tea:** it will help your digestion and keep you warm.
- **Prioritize self-care:** you can celebrate and give others energy only if you are rested, nourished, and filled with good energy.
- **Early to bed, early to rise:** let your nervous system rest and rejuvenate every night.
- **Bring healthy dishes to the parties:** Be an example for others and provide a fall back dish for yourself. Roasted vegetables, butternut squash side dishes are perfect examples.
- **Focus on the social aspect of parties:** friends and connection over stressing out over food.
- **Practice mindful eating:** savor, breathe, feel your body.
- **Keep your diet simple and light the day before the feast.** Agni, the digestive power, is like any other muscle – it works better after a rest period. If you push yourself really hard one day, you will have less muscle strength available to you the next day. Marathoners don't run the day before the marathon to save up the energy before a major push. Have a light meal the day before the party so your digestion is strong the day of. A light meal day does not mean that you have to starve yourself. It means sticking to easy-to-digest foods and simple food combinations. A sample light day can be: oatmeal for breakfast, lentil soup with a little bit of rice and cilantro for lunch, a baked apple for a snack, a vegetable stew or another soup for dinner.

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- **Encourage family members and friends to set up early dinners or better yet lunches!** The earlier you eat the more time your body will have to digest the food. Our digestion is the strongest during the daytime but gets weak and sluggish after the sundown.
- **Visualize how you want to feel every morning and choose activities throughout the day that support that vision.** Connect to the image of you that you love and want to bring into reality. Feel the way you would feel in that body. See how that version of you behaves, eats, walks, interacts with others and bring it into your life.
- **Do some Happy Belly Yoga [here](#)**



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At the party:

- **Drink a glass of warm water twenty minutes before a meal.** It can improve digestive function by as much as **24%** because warm water will increase the blood flow to the stomach. The better your digestion, the less likely you are to feel heavy and sleepy after a meal.
- **Avoid cold drinks with your food.** Cold drinks contract blood vessels and reduce the blood flow to the stomach, which is essential for healthy digestion.
- **Get your heart rate up before sitting down to eat.** Throw your niece or your brother up a few times (they'll love it), do 50 jumping jacks and squats before the meal. Ayurvedically speaking, it will enkindle your digestive fire and prepare your body to digest a meal. Tim Ferris of 4 HOUR Body swears by this technique.
- **Be an inspiring role model.** Don't lecture or look down upon anyone not following your rules. The only way to create change is by inspiring people to experiment and explore new ways, it is never done through force.
- **Sprinkle sweets and cake with cinnamon.** It balances blood sugar and adds flavor.
- **Chew every bite and don't compete with others on cleaning up your plate first.** Focus on enjoying the flavors, colors, and the smell of food. Stay mindful of how you feel and how full your stomach is!
- **Enjoy the connection with other people not just the food.**

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Make social events about being social. When you are absorbed in an exciting conversation, it will be a lot easier to ignore the greasy food

- **Relax for fifteen minutes after the food and then move.** John from Joyful Belly advises to guard your digestion and relax after eating. He says that after eating, blood rushes to the stomach to supply stomach glands with fluids. The food is mixed with acids and slowly digests. About fifteen minutes after eating, the food is fully hydrated and blood flow to the stomach relaxes somewhat. To ensure a proper supply of blood, rest at least fifteen minutes after eating. Avoid any strenuous exercise or difficult mental tasks like studying for two hours after eating.
- **Sip detoxifying magical ginger tea.** Fresh steeped ginger tea with lemon will help settle your stomach. If there is no way to get a fresh ginger root, take a few ginger tea packets with you to the party. Yogi's tea has a huge selection of detox and digestion stimulating teas, such as Stomach Ease. Don't forget to share it with your suffering friends!
- **Help your natural detoxification mechanism.** If you notice any signs of indigestion such as gas, bloating, burping, acid reflux, constipation, and feeling tired after eating, it means that you overloaded your stomach. Be kind to yourself and help the natural detoxification processes. [Triphala](#) is a wonderful age-proven science supported bowel tonic. It is not a laxative like many over the counter

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detox packs. It is popular in Ayurveda due to its unique ability to gently cleanse and detoxify the system while simultaneously replenishing and nourishing it, this traditional formula supports the proper functions of the digestive, circulatory, respiratory and genitourinary systems. Tea can be another good option – any mixture of Licorice root, Cardamom seed, Fennel, Coriander, Ginger, and Black Pepper will alleviate indigestion and reduce heavy feeling in the stomach.

- **Make it a light meal day the next day**, if your stomach is still not back to normal. See above for details. Signs that you body is back to normal – healthy pink tongue, no swelling on your face and fingers; no heavy feeling in the stomach and a true hunger.

Not to Do

- **Eat cold, dry foods, and leftovers**
- **Do not skip meals and binge after:** Physical hunger is to be respected as all other urges from your body. The more you ignore your body's needs, the more internal distrust and struggle there will be. You relationship with your body is life-long. Why live in disrespect and abuse?
- **Drink endless cups of lattes:** your nervous system is already hyped up during the holidays. The last thing it needs is more caffeine and stimulation. Make herbal tea

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instead and have it in a thermos with you all the time. Make it a habit!

- **Stay up until the wee hours several times a week:** lack of sleep will lead to cravings, fatigue, exhaustion, and worse digestion.
- **Complain that your friends and family are unhealthy:** help them to become healthier without whining and being grumpy.
- **Overthink the food aspect of the parties:** Pay attention to how you think about the upcoming party or dinner. Are you dreading a meal, are you afraid that you won't be full after it, are you scared that your willpower is not strong enough? If you are not eating certain foods due to a food sensitivity, don't think of it as restricting food. Instead think of it as preserving energy that would go to digesting difficult foods for healing. The food that you might be craving will be there later when your digestive system is healed.
- **Multitask while you eat:** Remember: your body is not your enemy, it is your only life long partner. She deserves love and respect. She deserves celebration, beautiful food made with love, not fast fed. She deserves to have fun.

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Happy Belly Helpers

- **Herbs:** Cook with Cardamom, cumin, ginger, cinnamon, sea salt, cloves, mustard seed, and black pepper. These spices will bring wonderful flavor and healing properties to your foods. More on Happy Belly herbs [here](#)
- **Foods:** Favor cooked asparagus, tender greens like peas, green okra and green beans, beets, carrots, sweet potato, cauliflower, green chilies, mustard greens, chickpeas, and zucchini. Have sweet fruit, avocado, healthy oils such as ghee, coconut oil, sesame oil, olive oil.



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Pumpkin Spice chai

- 2 cups almond milk
- 1 cup unsweetened coconut milk
- 1 ½ TBL maple syrup (or to taste)
- ¼ tsp vanilla extract
- ¼ cup pumpkin puree (canned or fresh)
- ¼ tsp pumpkin pie spice (or to taste)
- chai spice mix to taste (choose caffeine free, just spices)

Boil almond milk and coconut milk with spices. Add pumpkin, maple syrup, and vanilla and blend. Taste and adjust maple syrup and spices to your liking. Enjoy!

Quinoa Burgers

Adapted from Simple Healthy Tasty

- 1 cup Quinoa Grain cooked in 2 cups of water (may be cooked ahead of time about 3-4 cups or the cooked grain)
- ½ cup spinach, chopped
- ½ cup carrot, grated
- ½ cup zucchini, grated
- 1/4 cup tahini (sesame butter)
- 1/4 cup rice milk
- 1 Tablespoon Lemon Juice

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- ½ teaspoon dill weed
- 1 teaspoon salt
- ½ teaspoon pepper
- 1/4 cup whole grain flour of choice

Mix the first 4 ingredients together. Then in separate bowl mix the rest of the ingredients together. Add to first mixture if they seem too dry you may add more rice milk 1 Tablespoon at a time.

Using 1/4 cup drop onto oiled and heated frying pan. Press into a patty cook until golden brown then flip and cook the other side. Try to only turn over once because they tend to crumble if you turn too much.

Enjoy with avocado slices, onion and pepper slices, sliced tomato, a big piece of green leaf lettuce, zucchini slices or cashew sour cream.

Ayurvedic Hangover Cure

- 1 glass of water
- 1 tsp lime juice
- ½ tsp raw sugar
- pinch of salt

Just before drinking add ½ tsp baking soda

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- **Abhyanga:** Massage oil all over body after a warm shower while skin is still slightly damp. Apply long repetitive strokes to the limbs and soothing, circular strokes along the joints. Start at your feet and move upward towards your heart. Use sesame oil or Vata oil from Banyan Botanicals [Order here](#)
- **Relaxation:** Try this yoga nidra ([Yoga Nidra recording](#)) or find any other recording on youtube. It's free and invaluable for our nervous system! You can also do this Body Awareness meditation [Mp3 download](#)
- **Dancing:** move in a way that's fun but not exhausting
- **Watch this video interview** to learn more about Fall way of eating to help your body stay nourished and balanced [Healthy Fall interview](#)

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Happy Belly Gift Guide

- **Banyan Botanicals:** resource for Ayurveda and premium quality Ayurvedic products made from certified organic herbs sustainably sourced and fairly traded. Banyan Botanicals is providing the largest selection of certified organic Ayurvedic herbs [Order here](#). You can get your loved ones massage oils, organic Pukka teas, spices, or herbs.
- **Fabletics:** Kate Hudson's lifestyle and fitness clothing brand with cool outfits, great colors, and affordable prices. EXCLUSIVE Fabletics Offer: Your 1st Complete Outfit for only \$25 (Top + Bottom) with Free Shipping & Free Exchanges. Comfortable, Casual, & Simple Quality Workout Clothes. [Check it out!](#)
- **Lissa Coffey's Perfect Balance club membership:** Want to get weekly recipes, shopping list and healthy ayurveda inspired tips? Join Perfect Balance Diet club curated by the ayurvedic expert Lissa Coffey and with regular contributions from me:)
Membership includes:
 - "Food For Thought" – the Club's weekly e-mail newsletter with links back to the site's updated content
 - Weekly menus, shopping lists, and recipes, mP3 meditations
 - Monthly Teleseminars with Lissa Coffey

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- Access to the 28 Day Plan with video, inspiration and activities for body, mind, spirit & space.

1st month is FREE, then it is \$9.95/month. It's a great value! And you can cancel at anytime, there's no obligation. [Join Now!](#)

- **Happy Belly favorites:** check out healthy amazing products from spices, to cosmetics, from books to teas at the Happy Belly Amazon store [Happy Belly goodies](#)
- **Packages with me:** If you want individualized support, I would be happy to support you on your journey. Whether you are still looking for foods that will help you alleviate bloating and irregularity, or having hard time letting go of the habits that are not serving you, there are few things more effective than working with a coach. You can read about packages [here](#) and book a free 30 min consultation by filling out [this form](#)

Here is what my past clients have to say:

*Nadya's take on food and wellness as well as her coaching style are so unique and special. Particularly in a fast paced city like NYC **Nadya's calmness and deep intuition create a space where I can really listen to my body and explore it in a way that allows me to find out exactly what works for me as an individual.** I really feel like I can open up to Nadya and discuss whatever I'm struggling with because I know that her responses and advice are always genuine, sincere, and on point. Doing this work is so instrumental in the way I*

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*feel on a daily basis and having Nadya there as a resource, guide, and literally 'well of inspiration' has been enormously helpful in my journey to a happy and healthy mind and body! – **Caroline Zwick***

*I have learnt so much & I think I have done everything you have suggested to help my digestion along & to bring my Vata back into balance. **I have noticed a big change in my bloating, I haven't had it for a long time now. I have also noticed that this ovulation I did not have ANY bloating or pain associated with it all!***

*I feel so much better in myself, **I have my flat belly back.** I loved learning how I can help my body function at its best by nourishing it with the right types of food to aid my digestive system back to normal healthy function. I loved learning how read my tongue & really listening to how my body reacts to certain foods & food combinations. – **Emma***

*Thanks again for all your lectures. The tips have been really useful and **I have been able to get rid of most of my digestion issues. I don't get bloated or gassy as much,** in fact rarely these days with a few simple changes I made.*

Started having herbal teas (cumin, coriander, fennel, ginger) almost daily, simple food combining and digestion rules and morning pranayama has helped A LOT! AND my cycle is back as well, which was the best thing out of this. I have also reduced some of my belly fat..so all is going well.

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I feel great, not just physically but there have been psychological changes too. Lesser mood swings, negative feelings like anger, stress are slowly disappearing.

Better motivation to keep myself and my husband healthy and happy 😊 – Tanvi

*Thank you Nadya! Your email came in at the perfect time! I'm sitting here at dinner with my husband telling him all about what I am learning from you. **He is shocked that I'm not finishing everything on my plate, or ordering dessert, which I used to ALWAYS do!** I just feel satisfied with the half of my dinner I did eat. So happy and peaceful with this! - Kim Wepler*



Nadya Andreeva is a certified wellness coach professionally trained in mindful eating and yoga. Nadya's mission is to support women in reconnecting to their bodies and creating a trusting mind-body relationship. Through mindfulness, ancient wisdom of Ayurveda, and positive psychology Nadya helps her clients to live in alignment of desires and action when it comes to achieving their personal image of best self. She holds an MA in Organizational Psychology from New York University and she is a Wellcoaches Certified Health and Wellness Coach

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endorsed by the American College of Sports Medicine (ACSM). Nadya also completed residential trainings in yoga and Vedanta, Anatomy for Yoga Teachers, and multiple workshops on Ayurveda.

More at <http://www.spinachandyoga.com/about/>