



Thankful Thanksgiving

The Little Things

As my almost 16-year-old daughter was praying before bed last night she said, "Dear God, thank you so much for the snow day today. I knew you could do anything!" Wow, the snow day really meant a lot to her! Her anything was a snow day—a miracle. God did something really, really big! I guess she needed a break so she could plan more stuff to do.

She spent her day planning her sweet 16 birthday party, planning details of attending a sporting event with friends, planning a sleep-over with friends and organizing yet another get-together with friends. Her day off was all about friendship.

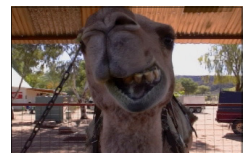
Sometimes what seems like little things to us are really big things to other people.

As Thanksgiving approaches I decided to try to have a thankful heart for the little things—little miracles, like my teenager experienced.

So I started my new mindset this morning with a prayer: "Dear God, thank you so much for the snow day yesterday. I knew you could do anything!" I was given more time with my kids; a very big little thing to be thankful for! Their day off to me became all about family.

I'm thankful for you my family and friends. I hope you enjoy this season of gratitude. May you find joy in the little things and may it bring you happiness and health.

Happy Thanksgiving and Happy Holidays! Darci



DoN't ChEW oN ThaT

Mistletoe, a common Christmas decoration, grows in the wild. The mistletoe sold at Christmas usually comes from Texas and Oklahoma. The white berries that appear on the plant in winter are toxic to children and pets. To reduce the risk of poisoning, some sellers substitute plastic berries for the toxic real berries on mistletoe plants sold during the holidays. Toxins in the berries can slow the heart and cause nausea and vomiting. Keep away from children as swallowing even a few berries can be serious for a toddler. The stems and leaves of the mistletoe also contain toxins, but in lesser amounts. (Source : ehow.com)



Skiing!

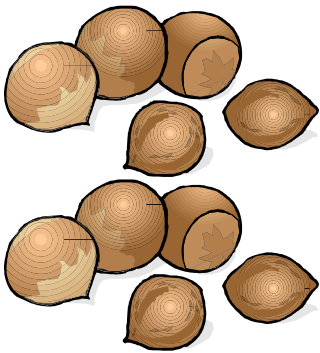
The Edge: Teen Athletes



High altitude sports create extra stress on the body. The greater the altitude, the more challenging it becomes to meet nutrient requirements. High altitudes increase the body’s resting metabolic rate (the energy your body uses while resting). This increases the demand for carbohydrates. High altitudes can also suppress the appetite reducing food intake. Take care to refuel your body with quality carbohydrates including yogurt, dried fruit, cereal bars, fruit, grains, sports bars and sport drinks.

On The Side

Chestnuts



When you hear the word chestnut what comes to mind? Many people spontaneously begin singing Nat King Cole’s “Chestnuts roasting on an open fire...” (Well maybe not the younger crowd).

Did you know chestnuts have the lowest fat content of any nut? So when you put out the bowl of Christmas nuts make sure to crack open the chestnuts first. I’ll bet no one else will even notice your strategy

to watching those Christmas fat grams. The American Heart Association has even given their stamp of approval to this healthy low-fat nut.

Chestnuts are also high in fiber. Give the bran a break and choose chestnuts this Christmas! You can puree them for a soup, add them to stuffing, dressings and vegetable dishes. Very unique, very delicious!

Food Fight!



Did you know that many of the smells associated with Christmas can be used to aid in healing the body? **Frankincense**, one of the gifts brought to Jesus at his birth by the wise men, was traditionally used medicinally as an anti-septic, anti-inflammatory, antidepressant and used to help calm the body and mind by slowing down breathing. Another Christmas scent, **pine**, when used as an essential oil in aromatherapy, may help relieve the symptoms of sinusitis, asthma, allergies and inflammation. It can also be used as an analgesic, anti-inflammatory and decongestant. **Cinnamon** (cinnamon leaf oil, not cinnamon bark) was also used in ancient times medicinally as an antiseptic and used for anti-bacterial purposes. Today aromatherapy scents can be found in candles and soaps and be utilized in a variety of ways. Remember to check with an aromatherapist for guidelines in using essential oils for serious health conditions.

Scents of Christmas

(Source: Shannon Falsetto, certified clinical aromatherapist)

ATTAINABLE NUTRITION provides nutrition and natural health guidance for adults, teens, and children. We will customize an attainable plan for your specific needs and desires. Some of the services we provide include:

- Nutrition assessment and meal planning
- Weight loss/gain coaching
- Disease prevention and support
- Stress and pain management
- Gluten-free and food allergy assistance
- The Edge teen sports nutrition

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