



## December 2019 Newsletter



### Stay Healthy this Holiday Season!

The month of December can be busy for many people with lots of holiday parties with family and friends. It may be difficult to stay on track with your healthy lifestyle because of the amount of food and delicious treats at each party! Traveling may get in the way of your daily routines, and the cold weather may limit the amount of exercise you are able to do. It is a busy time for everyone, but we want to help you be a healthier you this holiday season! Below are some recommendations from the CDC.



### Be in Control of What you Eat

- If you are invited to a party, offer to bring a healthy dish
- Eat slowly. It takes at least 20 minutes for your brain to realize you are full
- If you have a sweet treat, cut back on other carbs (like potatoes and bread) during the meal
- Have a small plate of the foods you enjoy most, and then move away from the buffet table
- Avoid or limit alcohol intake to 1 drink per day for women and up to 2 drinks per day for men

### Get your Steps In

- Physical activity is important during this time of year to help make up for eating more than usual
- Exercise is great at reducing stress!
- If you have a busy schedule, try walking at least 10 minutes several times per day
- Walk around the mall; enjoy window shopping and the warm environment!
- Always be cautious when walking outside in the cold, you never know where the black ice may be!

### Take Care of your Mental Health

- The holidays are an exciting time but can also be stressful.
- Make sure to find support with loved ones, as well as time for relaxation.
- Don't be afraid to ask for help - if hosting holiday parties, guests are typically more than willing to bring a dish to share
- Aim for 7 to 8 hours of sleep every night
- With less sunlight during the day, it is important to be mindful of how you are feeling and find ways to enjoy your time. During winter months, it can be common to feel down or gloomy - it is due to the decreased daylight exposure.
- Stay ahead of your symptoms and don't be afraid to ask a loved one or healthcare provider for help.

## Check Out One of Our New Over-the-Counter Products!

### CM Core by Orthomolecular

If you are looking for a product to give you cardiovascular and metabolic benefits, CM Core has been shown through clinical trials to be what you need.

#### What does it do?

CM Core helps to maintain heart function, boost your metabolism, act as a great antioxidant, and stabilize your lipid and glucose levels.

#### What is in it?

It contains Vitamin C, Berberine, and Alpha Lipoic Acid

#### Why should you take it?

This over-the-counter supplement helps to decrease body weight, supports healthy cholesterol and triglyceride levels, and supports healthy glucose levels.

**Ask our pharmacists about this product the next time you visit!**



PAPYRUS 



***This holiday season we are selling Papyrus Holiday Cards and Temo's Chocolates!***

Temo's  
CHOCOLATES



### Holidays, Events, and Special Hours

Wednesday, December 4: **Senior Fair at The Tangier**

Doors open at 11am

532 West Market Street Akron, OH

Sunday, December 22: **Hanukkah Begins**

Tuesday, December 24: **Christmas Eve 9am—2pm**

Wednesday, December 25: **Christmas Day Closed**

Tuesday, December 31: **New Year's Eve 9am—2pm**

Wednesday, January 1: **New Year's Day Closed**

***Happy Holidays from Our Family to Yours***



**Follow us on Social Media!**

