No.111

Holifli
Holistic Health

November 2026

WELCOME

Hope In Health Newsletter

PRACTICAL HEALTH TIP: SURVIVING THE HOLIDAYS



If you indulge, embrace the satisfaction that you get! Love that you leaned in and then move on with a new boundary. Beating yourself up about having something that you enjoyed is just layering on more stress. It's ok to live a little. Move on with acceptance and an intention to mack better choices next time.

As the holidays approach, it is so easy to throw in the towel on eating well. We are constantly bombarded by delicious treats and drinks and gifts. It can seem like it is impossible to succeed. I want to pass on some practical tips for making good choices and giving yourself some grace.

1. You don't have to be perfect.

We are so good at putting things into good and bad boxes.If it's not perfectly done then we give up. Let's change the perspective. What if we stop looking at the whole day as the goal? What if we break it down to one choice at a time? Make the next choice as well as you can. Pass on dessert or share it instead of having a whole serving yourself. If you don't make a great choice, set your sights on making the next one a better one. The hollidays last for months, if you're making better choices one at a time, they add up!

2. Make a boundary everyday.

Intention is what drives success. If you wake up each day and set your goals and boundaries, they are far easier to manage. Know where you are going before you leave!

3. Know your weaknesses

If your weakness is bread or booze, acknowledge it. Know that is where you will likely give in and try to do the best on all of the other things. If you know that you will likely drink a bottle of wine at your in-laws, skip the cookies or don't have the extra serving of potatoes.



SUPPLEMENT FEATURE

**These products are not intended to diagnose, treat or cure any illness and are not evaluated by the FDA. Please consult your physician before beginning any supplement.

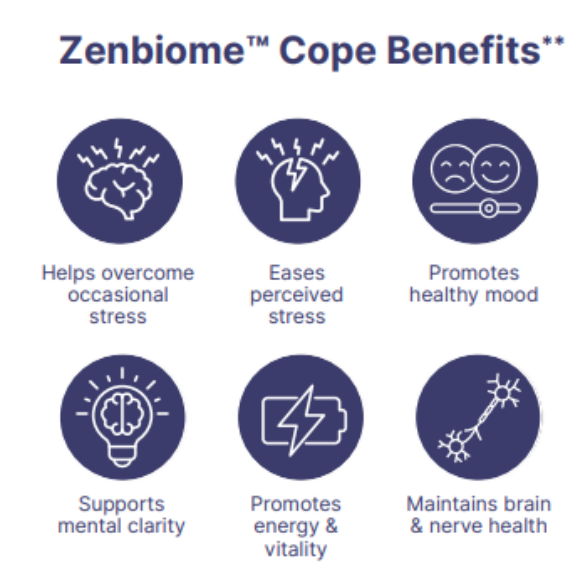


We live in a supplement swamp and often are left with a graveyard of bottles that we never finish. Any products that you will find here and on my website are ones that I have personally used and recommend to my clients. Everyone's product has claims and we chase symptoms endlessly. These products are effective and worth the cost.*

Zenbiome Sleep & Cope, Microbiome Labs

Powered by Bifidobacterium longum 1714™, a groundbreaking psychobiotic, Zenbiome™ Cope and Zenbiome™ Sleep are designed to help you navigate occasional stress, mood shifts, and/or sleeplessness.** Q: What are pyschobiotics? A: Psychobiotics are special types of probiotics that support your digestive and brain health. Psychobiotic Bifidobacterium longum 1714™ balances the gut microbiome and impacts the gut-brain axis, promoting a calm mind, balanced mood, restful sleep, and mental clarity. This makes it particularly beneficial for addressing everyday stress and fostering emotional well-being.**

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Choose vs. Decide

Words are powerful, and we often underestimate them. I see this all the time in my cancer coaching, where we're constantly asked to decide what comes next.
"Decide" belongs to a family of words where something ends (think pesticide, insecticide). To our psyche, that makes deciding feel heavy and final.
But when we choose instead, everything shifts. We choose, and if it isn't right, we choose again, and again. Nothing dies. It's lighter, and it makes even the biggest situations feel more manageable.

GIFT OF GRACE

We often hear (and I often say), "give yourself some grace. We are human. We make mistakes." But what does that actually mean?

We're human, and we're made to seek happiness and fully experience this physical life. Eating, drinking, and celebrating are all part of that. This section is here to help you be gentle with yourself and stop beating yourself up over your choices. Our inner conversation shapes our perspective, and our perspective shapes our experience. When we're kind to ourselves, we make room for more love, joy, and happiness. And ***joy is the foundation for healing.***



Hope In Health Ways to Learn

Monthly Modules

Learn at your own pace. Each month, Ill release a prerecorded deep dive on a new health topic, ready to watch whenever it fits your life. It's an easy, affordable way to start building your knowledge and understanding your body. This month is ***Healthy Holiday Choices for $33***

Foundations Group

Heal alongside others who get it. In this intimate group we meet twice a month for 3 months to cover the foundations of health: diet, rest, exercise, stress, supplements, and hydration. You'll get access to my private Facebook group for sharing and support, plus bi-monthly open office hours to ask questions and connect. This program is the gateway to one-on-one work. Space is Limited.

One-on-One

Support built around you. Once you've completed Foundations, you're ready for personalized care. Together, we'll dig into what's really going on, use functional lab testing when needed, and create a plan designed specifically for your body and your goals.

Sign Up Here

910-319-1246 holifli.com casey@holifli.com