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Holifli
Holistic Health

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WELCOME

Hope In Health Newsletter

KEEPING YOUR FOUNDATIONS THROUGH DECEMBER



THIS MONTH

December is not the month to add more rules. It is the month to keep the six foundations underneath everything else standing, with gingerbread granola for breakfast and a smaller, steadier version of your routine.



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Last issue I wrote about making the next choice as well as you can instead of chasing a perfect day. That still holds through December.

But there is a second half to it: the reason one good choice is possible at all is that the foundations underneath it are still standing.

The six we always come back to

When a client tells me everything has fallen apart, I go back to the same six: diet, rest, exercise, stress, supplements and hydration.

Not because they are glamorous, but because when one of them drops, the others start to lean.

> *One good choice is possible because the foundations underneath it are still standing.*

THE SIX FOUNDATIONS

A smaller, steadier December

1 Diet

Keep one meal a day that is entirely yours, eaten sitting down, with vegetables in it. In a season of parties, one reliable meal is worth more than a perfect week.

2 Rest

Protect a consistent wake time before you worry about bedtime. Your body reads morning light and a steady start better than an early night you never quite manage.

3 Exercise

Shrink it. A ten-minute walk after a meal is not a lesser version of your routine; it is the version that survives December.

4 Stress

Name the one thing you are actually dreading and do it first, in the morning, before the day fills up.

5 Supplements

Keep the short list you know works and stop adding to it out of guilt. More is not the answer in a season that already asks a lot of your body.

6 Hydration

Drink water before the coffee, and put a glass beside your plate at every party. Alcohol and rich food both raise what your body needs.



RECIPE OF THE MONTH

Gingerbread Granola

IF BREAKFAST IS THE FIRST THING TO GO

Gingerbread Granola is the season's easiest fix: oats, pepitas and coconut baked with molasses, ginger and cinnamon.

oats · pepitas · coconut · molasses · ginger · cinnamon

It keeps for weeks in a jar, works on yogurt or by the handful, and makes the kitchen smell like the December we all have in our heads. Find it, and eleven more, on the recipes page.

Get the Recipe



Your question, my next issue

No question is too small.

WHAT SHOULD NEXT MONTH BE ABOUT?

I would rather write about what you are actually wrestling with than what I assume you are.

Reply with the question that keeps coming back for you and it may well be next month's topic.

Email casey@holifli.com

Hope In Health Ways to Learn

Monthly Modules

A prerecorded deep dive each month, ready to watch whenever it fits your life. Buy a single module or join the monthly membership and get every new one as it lands; cancel any time.

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Foundations Group

We meet twice a month for three months and cover the six foundations above in depth, with a private group for support and open office hours for your questions. It is the gateway to the Personal Healing Partnership.

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Personal Healing Partnership

One-to-one support built around your body and your goals, with functional lab testing when it will actually tell us something.

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