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# Nourishing Heart and Soul: A Holistic Guide to Thanksgiving Well-Being

As we embark on the journey of the holiday season, filled with gratitude and familial connections, if you're struggling with **High Blood Pressure**, it's essential to approach Thanksgiving with a mindful and holistic perspective.

This guide is crafted to infuse your celebration with heart-healthy feasting, a nourishing dinner experience, balanced portions, and stress management strategies.

Alongside these practices, discover the soothing support of our signature teas and a delightful blood pressure tea elixir recipe, offering a holistic approach to well-being during the festive season.

## Heart-Healthy Thanksgiving Feasting:

**In the heart of your feast lies the centerpiece, the turkey.** 

- Opt for a heritage or organic turkey this year for a richer nutrient profile and higher levels of omega-3 fatty acids—supporting heart health.

- DHA, a specific omega-3 found in turkey, contributes to neuroprotection and heart health

## Experiment with heirloom vegetables and herbs

- Explore the world of heirloom vegetables like Romanesco broccoli, a visual delight, and a nutritional powerhouse.
- For a touch of stress modulation, infuse dishes with adaptogenic herbs like holy basil, known for balancing cortisol levels and promoting a sense of calm amidst the holiday hustle.

## What is Thanksgiving without cranberries?

- Opt for cranberry relish made with whole berries, preserving their vibrant color and antioxidant properties.
- Anthocyanins, responsible for the cranberries' rich hue, contribute to heart health and flavor your festive spread.
- Be mindful of using natural sugars when crafting your cranberries and shy away from using overly sweetened canned cranberry sauces.

## Food for Thought

- Replace traditional mashed potatoes with a blend of cauliflower and sweet potatoes for a nutrient-rich alternative with a lower glycemic index.
- Consider using cashew cream in creamy dishes; it provides a velvety texture and adds a dose of healthy monounsaturated fats.

## You Can Still Enjoy Those Creamy Side - Use Healthy Fats

- Experiment with avocado oil as a cooking oil alternative; it's rich in monounsaturated fats and has a high smoke point.
- Try Ghee, which provides a nutty flavor and contains butyric acid, known for its potential anti-inflammatory properties.

### **Managing Portions and Ingredients:**

- Explore intermittent fasting with a focus on circadian rhythm alignment; consuming meals during daylight hours may positively impact metabolism.
- Utilize smaller, elegant plates to encourage smaller portions and create a visually appealing presentation.

### **Balancing Alcohol and Heart Health:**

#### **Moderation Matters:**

- Stick to moderate alcohol consumption, allowing enjoyment without compromising heart health.
- Consider refreshing alternatives like mocktails or infused water.

#### **Smart Choices:**

- Opt for lighter options such as wine or clear spirits over heavy cocktails.
- Explore low-alcohol or alcohol-free alternatives for a mindful choice.

#### **Stay Hydrated:**

- Alternate alcoholic drinks with water to manage blood pressure and prevent dehydration.

## Try Drinking This to Balance your Blood Pressure Along The Way

### Blood Pressure Tea Elixir:

- Steep 3 cups of Blood Pressure Tea.
- Mix in 1/4 cup of apple cider vinegar (with 'the mother').
- Add 3-4 teaspoons of honey for sweetness.
- Squeeze in fresh lemon juice for a burst of flavor.
- Sprinkle a pinch of cinnamon for an extra touch.



## Blood Pressure Tea

from \$15.00

Size:

Quantity:

ADD TO CART

## Stress Management Strategies:

### Starting on a Serene Note:

- Begin the meal by serving our Stress Relief Tea, carefully crafted to infuse calmness into the atmosphere.
- The blend of soothing herbs creates a serene ambiance, allowing family and friends to unwind and savor the moment.





## Stress Relief Tea

from \$15.00

### **Deep Breathing:**

- Begin by finding a quiet and comfortable space. Sit or lie down in a relaxed position.

- Inhale slowly through your nose for a count of four, allowing your abdomen to expand.
- Hold your breath for a count of four.
- Exhale slowly through pursed lips for a count of four.
- Pause for a count of four before starting the cycle again.
- Repeat this process for several minutes to promote relaxation.

### **Setting Boundaries:**

- Before the gathering, identify specific topics or situations that may be challenging.
- Communicate your boundaries calmly and assertively. For example, "I appreciate your concern, but let's focus on positive topics during our time together."
- Use "I" statements to express your feelings and needs, fostering a constructive conversation.

### **Short Breaks:**

- Find a quiet corner with a comfortable chair or cushion.
- Prepare a cup of calming tea, such as chamomile or lemon balm.
- Take slow sips, allowing the warmth and aroma to soothe your senses.
- Practice mindfulness by focusing on the taste, aroma, and sensation of warmth.

### **Physical Activity Boost:**

- Encourage family members to join in a brief post-meal stretch session.



- Begin with gentle neck and shoulder stretches, gradually moving to full-body stretches.
- Incorporate light, fun activities like a family dance or a short walk to enhance mood and promote physical well-being.

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