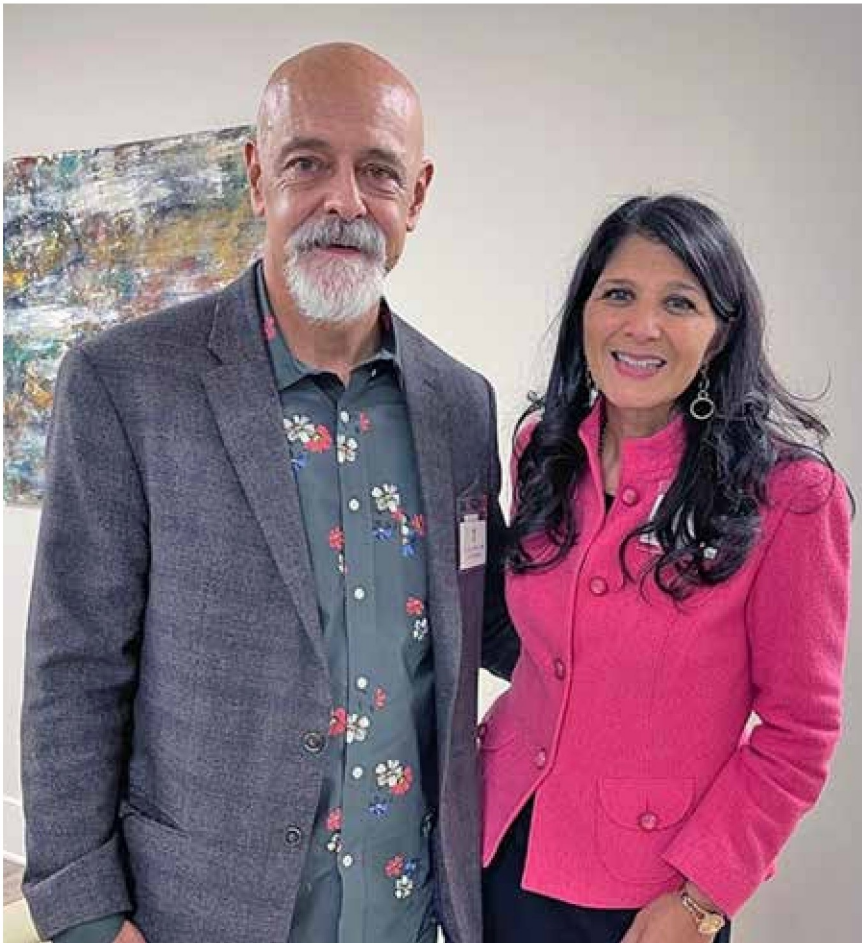


MANAGING STRESS DURING THE HOLIDAYS

BY ANCHORAGE RESIDENTS DR. CARL AND TERRI PAIGE — CO-OWNERS, MEDICAL TRANSFORMATION CENTER



Carl and Terri Paige.

The holidays offer us a wonderful opportunity to reconnect with loved ones and share beautiful memories. However, they can also create a great amount of stress. As parents to eight children and two grandchildren, we've had our fair share of stressful holidays. We'd like to offer you some tips on dealing with stress and making your holidays just a little merrier:

LIMIT SWEETS

There are so many sweet treats available this time of year, but when

you overindulge, your blood sugar rises and then falls quickly triggering a stress response in your body. Try to limit your sugar intake or choose less sugary options.

ADD HEALTHY SUPPLEMENTS

Since we probably won't be eating as well as we should over the holidays, adding supplements to your diet can help bridge the gap by providing the essential nutrients we're missing. We've recently launched a new supplements line, Regenavita, to help support optimal health. Specially curated by Dr. Paige

to provide the critical nutrients we all need, Regenavita can give you that added boost.

HYDRATE

Try to limit your alcohol consumption, as it will dehydrate you, and up your water. Hydration will help keep your energy level high and keep your skin glowing. A good rule of thumb is to drink half your body weight in ounces of water each day.

SLEEP

Adults should get seven to nine hours of sleep each night for overall good health. During sleep cycles, our bodies repair muscles and tissues, build bones, boost the immune system and regulate hormones, including those responsible for maintaining a healthy weight. Getting enough sleep over the holidays is challenging but will help you manage stress.

DOWNTIME

It is important to take a few minutes for yourself, especially during the hustle and bustle of the holidays. Doing something you enjoy or finding a few quiet moments can do a lot to boost your mood and lower stress hormones.

At Medical Transformation Center, we work with our patients to evaluate where they are in their health care journey and then create a Personal Transformation Plan to achieve optimal health. If you need help managing stress during the holidays, come see us at 13111 Eastpoint Park Blvd., call 502-443-9962 or visit www.medicaltransformationcenter.com.

DISCLAIMER: The "Health and Beauty" feature articles are meant to provide the reader with tips from Anchorage residents working in the health, wellness, and beauty sector. Stroll Anchorage does not endorse any particular methods, treatments, or services. Always follow the advice and guidance of your personal medical practitioner first.