



TRUCKER **SERVICE** **ASSOCIATION**

 **LIVE HEALTHY
DRIVER HEALTH** 

"FLU SEASON OR SUGAR SEASON?"

December 2022

KUHLEFIT
RENEW YOUR VITALITY



FULL SEASON OR SUGAR SEASON?



Are we truly entering the flu season? Or are we entering the season of sugar consumption?

We recently had a holiday in October dedicated to consuming large amounts of candy, followed by another holiday in November centered around food, pies, and alcohol. With yet another holiday to come centered around baking and consuming many cookies. These are all finalized by a holiday to celebrate the new year by consuming large amounts of alcohol and even more snacks!

We've made it halfway through the sugar season with two major holidays left ahead. The past 90 days are great to reflect on how well you upheld your values around these holidays. The next month (or two for some families) will give an opportunity to make significant changes in how to prioritize your health and well-being during this chaotic season even if it hasn't been yet this holiday season.

THE HOLIDAY SEASONS

This time of the year is when many families get run down with colds and flu-like symptoms. This is no surprise when we look at the finer details around how we are treating our bodies. Science shows us that processed sugar found in pops, candies, cookies, and the like all suppress our immune system! This coupled with alcohol and poor quality sleep sets us up to become ill. If we can make some positive changes and prioritize our health first, you will see the ability to get colds, flus or even that rundown feeling subside and go away completely!

Here are some top tips you can do to keep your health and vitality at the forefront for the remainder of this holiday season:



LESS
SUGAR
CREATES
BETTER
HEALTH

STEP 1



Eating healthy is pivotal, but going to parties, get-togethers, and family gatherings are typically where unhealthy food is in abundance. Choosing to make your own healthy meal and bringing it with you to share is a simple and effective technique to make a better choice. Most of the time, people LOVE the taste of it (because it's real food), and ask for the recipe - you get to make yourself healthier and show others how too!

Feel free to bring an extra meal that was made from home with you to heat up and have while at these gatherings so you avoid the temptation for less healthy options. Bring a meal of proteins, fats, and veggies. You can even eat prior to going to any gathering so you aren't hungry for their less-healthy options. Satiation and feeling full are essential to keeping the sugar cravings at bay, and nutrient-dense foods will help you feel full.

STEP 2

Orchestrate a plan prior to going to any gatherings. What will you allow yourself to have and what is off the table, metaphorically speaking? What are the items that you'll 100% avoid? Understanding this and articulating it with a partner or family member is enough to hold one accountable. Choosing to avoid specific foods can be extremely beneficial at maintaining, if not improving one's health!

3 major items to avoid:

1. Seed oils; canola oil, soybean oil, palm kernel oil, etc.
2. Processed sugar; candies, cookies, sugary alcohol drinks, etc.
3. Gluten-containing products; breads, pastries, beer, pastas, etc.

In my practice as a health practitioner, these items listed above are many times the most inflammatory on the individual, causing bloating, immune system depression, brain fog, lethargy and more.



STEPS 3 & 4

Be willing to speak up and value yourself. Inform your cousin, your aunt or uncle, or even grandparent that the food they made with love smells and looks delicious, but every time you have foods of that nature, you come down with digestive issues and have an upset tummy for a week. Framing the conversation this way instead of saying, "I don't eat those types of foods," allows for the recipient to have empathy towards you rather than pressure you into eating more of them or holding grudges.

Prioritizing proteins is KEY. Proteins digest slower and makes you feel fuller for much longer. Consuming large amounts of protein can and will keep you full and satiated so those cravings stay at bay. Consume proteins prior to any snacks or desserts so the temptation to keep going back to the table is unlikely.

Protein sources all have EYES. Pigs have eyes, fish have eyes, cows have eyes, deer have eyes, squirrels have eyes, etc. Choose any food source that had eyes and consume a large portion to keep the sugar cravings minimal.





TRUCKER **SERVICE** **ASSOCIATION**

 — **LIVE HEALTHY
DRIVER HEALTH** — 



CREATED BY
NICK KUHLE
HOLISTIC HEALTH COACH
WWW.KUHLEFIT.COM

KUHLEFIT
RENEW YOUR VITALITY

