



HEALTHY

HOLIDAYS



TOPICS:

Gluten | FODMAPs | Heartburn |
Digestive Support

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gluten

Gluten sensitivity, also known as non-celiac gluten sensitivity (NCGS), can manifest with a variety of symptoms, which are typically gastrointestinal or related to other bodily systems. Common symptoms of gluten sensitivity include:

Abdominal discomfort

Fatigue

Headaches

Joint pain

Brain fog

Skin problems

Mood changes

Nausea

Many Thanksgiving foods can contain gluten, depending on how they are prepared. Some common gluten-containing dishes to be cautious of include:

Stuffing or dressing

Gravy

Rolls and bread

**Pies and pie crusts, Other Desserts
(cakes and cookies)**

Casseroles and side dishes

Green bean casserole (mushroom soup)

WheatRescue™ is a unique blend of powerful digestive enzymes and probiotics designed to support optimal gluten digestion. WheatRescue™ combines resilient probiotic spores with superior digestive enzymes to support the digestion of gluten and other wheat-derived peptides within 60 to 90 minutes.

Order your WheatRescue™ here.



Bring this delicious gluten-free treat to your next holiday party!



INGREDIENTS

- | | |
|-----------------------------|-----------------------------|
| 1 cup almonds | 1 tablespoon cacaos nibs |
| 1 cup dates pitted, chopped | 2 teaspoons vanilla extract |
| 1/2 cup almond butter | 1/4 teaspoon salt |

NUTRITION INFORMATION PER SERVING	
Protein 2.46g	Sodium 36mg
Total Fat 6.1g	Saturated Fat 0.69g
Carbs 7g	Fruits 0.17 servings
Calories 87kcal	Non-starchy Vegetables 0 servings
Fiber 1.82g	Added Sugar 0g

No-Bake Almond Cookies

BY EATING BIRD FOOD

🕒 15 MINS PREP | 🍴 24 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

- Place the almonds in a food processor and pulse until it resembles a coarse meal.
- Add the dates, almond butter, vanilla and salt.
- Pulse/process for about a minute until a dough forms.
- Add in cacao nibs and pulse once or twice to combine.
- At this point your mixture should be crumbly but sticky enough to hold together when pressed into Form the dough into small cookies using your hands or by pressing the dough out on parchment paper and using a cookie cutter. Each cookie should contain about 2 teaspoons of dough. Forms about 24 cookies.
- Place formed cookies on parchment paper. Enjoy immediately or place in the fridge for 1 2 hours to firm up. Store any leftovers in a covered container in the fridge or freezer.

FODMAPs

FODMAPs (Fermentable Oligosaccharides, Disaccharides, Monosaccharides, and Polyols) are a group of carbohydrates that can be difficult to digest for some people with irritable bowel syndrome (IBS) or other digestive sensitivities. While many Thanksgiving foods can be high in FODMAPs, it's possible to modify recipes or select alternative ingredients to make the meal more FODMAP-friendly. Here are some Thanksgiving foods that may contain FODMAPs:

- Abdominal pain
- Bloating
- Gas/Flatulence
- Diarrhea
- Constipation
- Alternating bowel habits
- Fatigue
- Nausea

FODMATE™ is an innovative enzyme formula designed for short-term use that can help support digestive health, including relief from occasional cramping, bloating, gas, abdominal pain, diarrhea, and constipation that may result from the consumption of high FODMAP foods.

Order your FODMATE™ here.



- Dishes containing onions and garlic
- Gravy
- Dressing or Stuffing
- Green beans
- Brussels sprouts
- Sweet Potatoes
- Pies and pie crusts, Other Desserts (cakes and cookies)
- Cranberry Sauce

Bring this delightful side dish to your next holiday dinner!



INGREDIENTS

- | | |
|----------------------------|--------------------------------|
| 2 cups kale stems removed | 1 dash pepper |
| 1 teaspoon lemon juiced | 1 tablespoon dried cranberries |
| 1 teaspoon olive oil | 1 tablespoon pecans |
| 1/4 teaspoon dijon mustard | 1 ounce blue cheese |

NUTRITION INFORMATION PER SERVING	
Protein 8.1g	Sodium 351mg
Total Fat 18g	Saturated Fat 6.3g
Carbs 8.8g	Fruits 0.28 servings
Calories 215kcal	Non-starchy Vegetables 1 servings
Fiber 2.14g	Added Sugar 0.01g

Cranberry Kale Salad

BY EVERYDAY EATLOVE

🕒 15 MINS PREP | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

- Tear kale into pieces and add to a bowl.
- Whisk together lemon juice, olive oil, mustard, and pepper. Pour over kale and use your hands to massage the dressing into the kale.
- Top with cranberries, pecans, and blue cheese and toss to combine.

Digestive Wellness

Heartburn, GERD, and peptic ulcers can be treated with antacids, H2 blockers, and PPIs. Antacids work by neutralizing stomach acids, but their effectiveness is short-lived, and raising the stomach pH too high can actually trigger the release of more stomach acid. Bismuth subsalicylate (Pepto-Bismol) can provide temporary relief of indigestion and associated symptoms, but overuse can lead to side effects such as tinnitus, rapid breathing, increased thirst, nausea, vomiting, and severe headache.

H2 blockers, also known as H2 agonists, such as cimetidine, famotidine, and ranitidine, block the action of histamine in stomach cells. However, long-term use can result in a range of side effects including constipation, diarrhea, difficulty sleeping, trouble urinating, and an increased risk of infections.

MegaGuard™ is a novel digestive aid that combines licorice polyphenols, cleansing artichoke leaf extract, and soothing ginger to promote normal digestion, regulate stomach acid, maintain healthy H. pylori levels, and reduce occasional digestive discomforts such as gas and bloating. With the power of these herbs combined, MegaGuard™ provides unique and comprehensive digestive support, bowel regularity, and gastric balance.

[Order your MegaGuard™ here.](#)

PPIs, such as Prilosec or Prevacid, work by blocking the gastric proton pump system in stomach cells. They are often prescribed for 7-14 days to treat peptic ulcers and GERD. However, once the initial course is discontinued, stomach acid production surges, which can result in more severe rebound symptoms. This can create an endless cycle of medication dependency and nutrient depletion. The most commonly reported side effects of PPIs include headache, diarrhea, nausea, and vomiting. Reports of more serious side effects associated with long-term use include kidney disease, fractures, vitamin deficiencies, and an increased risk of gastric cancers.



8 Foods That Ease Post-Holiday Indulgence Heartburn And Acid Reflux

1. **Oatmeal:** Oatmeal, brown rice and vegetables, plus foods that are lower in acidity like bananas, cauliflower and nuts, are helpful to offset strong stomach acid
2. **Watermelon:** Foods that have a high water content, like watermelon, help weaken stomach acid
3. **Low-fat yogurt:** Low-fat yogurt and low-fat milk may help relieve heartburn symptoms as they're happening
4. **Ginger tea or ginger in a smoothie:** Fresh ginger is a great natural remedy to help with digestion
5. **Leafy green vegetables (a nice salad):** Leafy greens, root veggies and even peas are mild, improve digestion and help to prevent GERD
6. **Aloe vera:** Aloe vera can soothe reflux or acid indigestion when taken internally
7. **Chamomile Tea:** The soothing sips and aromas of the chamomile help to soften any post-meal acidic burn.
8. **Fennel:** Fennel is an excellent alkaline food to help blunt elevated acid levels