



## UnDo It! This Holiday Season

By Joy Lenz, RD CD

I just wrapped up another session of **Plant U**. It was an 8 week course to help people eat more plant based to achieve their health goals. One of the fun things we do is pick a book to read and have a special evening where we do a virtual book club. This time the group picked **UnDo It!** by Dr Dean Ornish and his wife Anne.

As we are now in the busy holiday season, I think it is a perfect time to use some of the principles they present in the book. They have helped thousands of people UnDo (prevent and reverse) health problems by using the lifestyle management tips they lay out. Dr Kumar has no doubt spoken to you about these same tips when you have seen her as well.

Imagine using December (when life gets busy, stress goes up, calorie consumption goes in excess, sleep suffers, exercise gets skipped, and the list goes on) **as a month to UnDo** some of the health problems that are affecting you in 2022.

UnDo It! Has 4 pillars.

### 1. **EAT WELL** in December

- Give fruits and vegetables starring roles at meals
- Avoid the holiday pastries at every turn. Make your own date/nut truffles. Try these Cacao Truffles from Dr Kumar's website. Try a pudding with sweet

potatoes, avocado, tofu, or chia seeds. Use whole grain or nut flours and use flax or applesauce to replace the eggs and oil. Another idea would be to top fresh fruit with mint, cinnamon or cacao powder.

- Up your legume intake. Make a pot of bean and veggie soup each week. Try a lentil soup, black bean soup, and Peasant Bean soup with Great Northern Beans for example. Have fun looking for and trying new recipes.
- Eat in versus eating out as much as possible.
- Host a plant based dinner party
- Make a plant based charcuterie board
- Drink tea and sparkling water and avoid alcohol.

*“A whole food plant based lifestyle enhances our well being in just about every aspect we can measure and helps prevent and even reverse the progression of so many different chronic diseases because this way of eating benefits so many biological mechanisms.”* UnDo It!

## 2. MOVE MORE in December

- Pick an activity you enjoy and schedule it like an appt.
- Try walking videos on YouTube if it's too cold outside. I love Get Fit with Rick on You Tube. He has some awesome music that will have you dancing and walking.
- Find a fitness buddy. Work out together or at least be accountable to each other.
- When was the last time you lifted weights? Have you used resistance bands? Start. You can also use things in your pantry as weights. If you need help, schedule a couple sessions with a personal trainer to learn techniques and get started.
- Get in the habit of doing gentle stretching (which is great for stress reduction too)

*“Make it a ‘playout’ rather than a workout.”* UnDo It!

## 3. STRESS LESS in December

- Take time to sit in stillness often. Meditate. Breathe. Light a candle.
- Practice breathing more slowly, deeply, and consciously.
- Take a meditation class or download a meditation app like Calm or Headspace to guide you.
- Create a corner or space in your home that allows you to relax. Drink a cup of tea there or do some gentle stretching.
- Get off social media. Power off your phone.
- Minimize your to-do list. Delegate the list or just cross some things off.
- Practicing #2 will help relieve stress too.
- Laugh more

*“When you take time to relax and relieve your stress on a regular basis, you can experience vibrant physiological health and longevity as well as an overall sense of psychological, emotional, and spiritual wellbeing.”* UnDo It!

#### 4. LOVE MORE in December

- Get off social media and schedule a walk or coffee or tea with a friend this month.
- Participate in a group of your desired interest. Virtual groups are ok. Writing, painting, exercise, music, and plant based cooking are all ideas. If you can't find a group, can you start one?
- Can you volunteer at an organization you love?
- Schedule an event that would bring you joy (concert, play, movie night in, game night, sacred event) and invite a friend to join you.
- Identify your feelings and share them with a trusted friend this month.
- Listen to others with empathy and compassion. Sharing and listening will build your connections with others.

*“Your ability to connect with yourself and others is at the root of what can make you sick and what can make you well, what can cause you sadness and what can bring you happiness, what makes you suffer and what leads to healing.” ~UnDo It!*

So this month rather than do do do... UnDo (It).

I'd love to hear from you when you try some of these tips. Let's connect. Email me at [joylenzrd@gmail.com](mailto:joylenzrd@gmail.com).

Also my next session of Plant U will start on Jan 15th. Keep an eye out for more information and to sign up. I offer 1:1 sessions through The Ommani Center as well. Call to schedule an appt.

Bring joy to your kitchen and UnDo It! this holiday.

Joy Lenz, RD CD

Joy is a Registered Dietitian at The Ommani Center. If you would like to schedule an appt with her call the Center. She includes a cookbook with her first session to help make meal planning easier and give you specific recipes to get you started.

**©December2022, Joy Lenz, RD CD is a Registered Dietitian at Ommani. She sees clients who are free of symptoms on Thursdays. She also offers zoom visitation. Call our office at 262.695.5311 to schedule an appointment.**