

● Ask America's Ultimate Experts

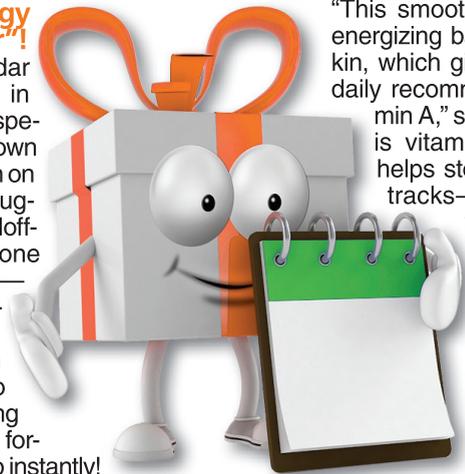
“Help! I need more energy this holiday season!”

Thanksgiving is near, and Hanukkah and Christmas are close behind it! Thankfully, with our experts' energy-amping tips, you'll be able to get through the holiday season with a smile!

1 Festive pep!

Create an “energy advent calendar”!

An advent calendar marks each day in December with a special treat. Put your own energy-amping spin on that sweet idea, suggests expert Syd Hoffman. “Pencil in one rejuvenating treat—be it an hour of me-time or a warm bath—for each week leading up to each holiday.” Having something to look forward to peps you up instantly!



Celebrate pre-holidays!

“I have a holiday lunch with my best friend early in the month,” says Hoffman. “We let each other know how grateful we are for each other, which is like our own little Thanksgiving. Our gift to each other is our *time*, and that lets us cross one ‘present’ off our holiday list early.”

2 Nature's Rx!

Take the “gold medal” super berry!

“Schisandra is a berry from China,” says “medicine hunter” Chris Kilham. “It’s made into a powerful extract, which at least a dozen human studies show improves everything from memory to stamina. Because it doesn’t interfere with hormones, Olympians from China routinely take it to enhance performance.” Aim for 150 mg. daily, he advises. One to try: Kroeger Herb Schisandra Capsules, \$8.39 at LuckyVitamin.com.

Snack on the holiday nut!

“Protein-packed almonds keep your energy high throughout the day,” says Hoffman. “Plus, this seasonal nut contains compounds that help limit the amount of fat absorbed by your body, staving off holiday weight gain!”



Sip a pumpkin-power smoothie!

“This smoothie contains both energizing banana and pumpkin, which gives you half your daily recommendation of vitamin A,” says Hoffman. Why is vitamin A so vital? “It helps stop viruses in their tracks—perfect for fall when you can start to feel a little run-down.” Her recipe: Combine 1 frozen banana, peeled, 1/4 cup unsweetened canned pumpkin, a dash of cinnamon, 8 oz. skim, almond or soy milk, and 1 tsp. honey or stevia. Blend and enjoy!

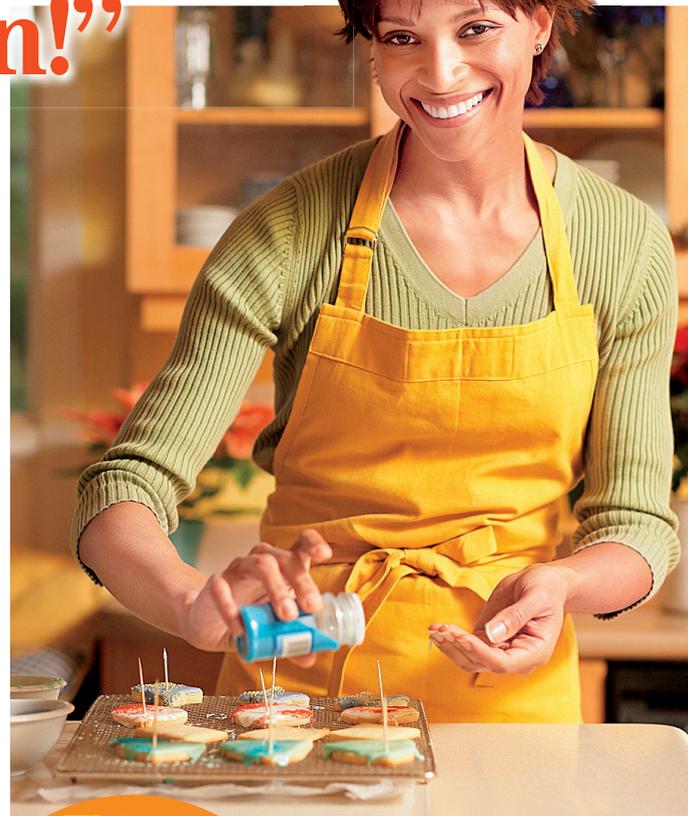
Melt stress with maca!

“Maca—a root from the Peruvian Andes—really boosts energy,” says Kilham. Sprinkle a spoonful of the powdered form in smoothies or take a 1,000 mg. capsule of maca extract daily, he advises. One to try: EuroPharma Andes Organic Maca Capsules, \$24.76 at LuckyVitamin.com.

3 Get a jumpstart on holiday to-dos!

Make a target list!

Instead of starting a to-do list as long as Santa’s naughty and nice list, “jot down three to five ‘targets,’” suggests expert Daisy Sutherland, “like, ‘start getting out the holiday decorations.’ Making progress gradually gives you a sense of energy-amping satisfaction.”



Write a two-sentence “letter”!

Sending a brief e-mail telling a loved one what he or she means to you is a great way to celebrate the spirit of the holidays—and give yourself a mood-boosting energy lift at the same time!

Set the timer, then dance!

Devoting shorter spurts of time to holiday planning keeps your energy revved. “In my house, we set the timer for, say, thirty minutes and see how much we can get done,” says Sutherland, explaining that it’s a great way to get little “elves” involved. “The kids get excited; if I want them to clean their rooms for holiday guests, we set the timer, do some cleaning, and when the timer goes off, we turn on holiday music and do a little dance. Breaking up tasks into shorter blocks—with a reward like dancing at the end—will help everyone accomplish things much faster.”



—Kristina Mastrocola

Our expert panel



Health and wellness educator **Syd Hoffman** is the author of the award-winning book *All-Day Energy: 100 Ways to Boost Your Energy . . . Now!*



Nationally recognized ethnobotanist **Chris Kilham** is The Fox News Medicine Hunter and serves on the medical advisory board of *The Dr. Oz Show*.



Founder and CEO of Dr. Mommy Online, **Daisy Sutherland** is the author of *21 Ways to Enjoy a Stress-Free Holiday Season* and *Letting Go of Supermom*.