



Harmony Through The Holidays

Useful tools to create peace, calm and harmony without the drama and stress.
with Joanna Chodorowska of Nutrition in Motion

Holidays can be a time of stress. Tips to lessen the impact and reactions to stress.

Food:

- Stick to your normal routine as much as possible.
- Eat regularly through out the day to help balance the blood sugar and lessen cravings for sweets.
- Avoid skipping meals to 'save up' for a larger meal.
- Choose greens at every meal if possible and half your plate. This will lessen impact of stress. Magnesium, phytonutrients, fiber, etc.
- Green foods feed and open the heart chakra! Root vegetables to feel grounded.
- Avoid or limit sugar – replace with honey, maple syrup or date/fig syrup.

Mind:

- Breathe – get calm to get out of reactive mode (which can trigger comfort eating).
- Be compassionate and loving to self.
- Try to release judgements against self for choice you make. It just is.
- Enjoy where you are and who you are with and the choice you make.
- Be present – do not worry about what future or past.
- Be honest with yourself and the choices you are making – do what brings YOU joy vs obligation.

Body:

- Do what you need to do to get your centered, grounded, present.
- Include your movement therapy even if it is only 20 minutes – some is better than none!
- Honor your need to sleep – either stick to bed time or sleep in a bit.
- If you are on a restrictive nutrition plan, offer to bring food or choose a restaurant to go out to – just mention your needs without embarrassment.
- Breathe, meditate or yoga – connect to your heart center

Essential oils:

- Bergamot – self care and acceptance
- Clary Sage – encourages change in perception to see present as is
- Geranium – encourages trust and loving towards self and others
- Lemongrass – allows release of baggage so can be present
- White fir – encourages healing of generational patterns of negativity so can be present to goodness of life.

Crystals:

- Rose Quartz – stone of self love and attracting love
- Tourmaline or Smoky quartz – absorbs negative energy
- Sodalite – calms mind by cleansing negative thoughts
- Selenite – purifying and powerful chakra opener
- Kyanite – restores sense of peace, provides grounding and stability

Private Path emotional release technique sessions for your specific concern or intuitive nutrition guidance are available after the Tune UP from 1-5 PM.

Sessions can be either 15, 30 or 45 minutes or an hour.

Sessions with Joanna can also be scheduled via phone, video or in person.

Session options include Be Whole Intuitive Nutrition Therapy, Path Emotional Release Techniques, Anti-inflammatory Plan, Nutrition Response Testing (food sensitivities, etc), Wonder Chakra balancing and Space Clearing and Space Blessings.

Joanna Chodorowska, BA, NC, TPTH, METS, SGC is an intuitive nutrition therapy coach, intuitive healer, speaker, ordained minister and lover of life. Please visit www.nutritioninmotion.net or contact her at 215-272-6774 or joanna@n-im.net for more information and how to harmonize your body, mind and spirit.