

## **Eat, Drink, and Digest Merrily**

With all the festive events and parties, it's easy to get away from our usual diet. Many of us are not as diligent about our diet this time of year. There is so much temptation with a variety of festive foods and beverages, not to mention all those holiday pies, cookies, cakes, and candies.

If you take those kinds of dietary excesses and add in a little seasonal stress, it can be a recipe for digestive challenges that, in addition to being unhealthy, can diminish the merriment of the season.

Of course that doesn't have to be the case. First and foremost, a little dietary restraint will go a long way towards not overwhelming our digestive capacity. Let's face it though, those treats are very tempting and it is the Holidays.

Fortunately, there is a strong array of digestive support products that, unlike their pharmaceutical counterparts that only provide relief, also supports a healthy and optimally functioning digestive system.

For relief of discomfort, here are some useful ones to know about:

- Gastrazyme™ contains an array of soothing and healing nutrients including "Vitamin U Complex", Chlorophyllins, and Gamma Oryzanol. Take (2-3) tablets a day before food.

There's nothing like enzyme support and a little pH to support good digestion if we do overindulge a bit in Holiday meals. Consider:

- Hydro-Zyme™ is a standard to support the digestive process with HCl, Pepsin, and Pancreatic enzymes. Take (2-3) tablets with each meal.
- For an even higher dose of HCl, consider Betaine Plus HP™. Take (1) capsule with each meal.

If the fatty foods are causing distress consider:

- Beta-TCP™ supplies organic beet concentrate with vitamin C to support all the aspects of fat digestion. Take (1-3) tablets with each meal.

Lastly, for an excess of either sweets or stress during the Holidays, always remember:

- Bio-Glycozyme Forte™ is a multiple vitamin for anyone who has blood-sugar issues or stress in their life. Take (2-3) capsules with each meal.

Please visit [www.destinymgmt.com](http://www.destinymgmt.com) and contact us with any particular questions or comments.

**Please review our business at:** [Yelp](#) [City Search](#) [Google +](#) [Angie's List](#)

Trainerly allows you to workout and exercise at home, office, hotel room or pretty much anywhere in the world through live 2-way webcam. [Sign-up](#) for a free class with me today.



Your suggestions appreciated to make our business better. Please take the survey by [clicking here](#) and provide your input.

Want to know your metabolic power? [Click Here](#) to find out if your metabolism is working for you or against you.

Do you know someone who might be interested in our products or services? [Click Here](#) to fill out our referral form and, as our way of saying thank you, you will receive \$15 off and of our products or services. We appreciate your support.

[Click Here](#) to sign-up for our e-mail list so can receive all of our articles & download your free copy of our Dietary Information e-book.

[Like us on Facebook](#)/[Connect with us on LinkedIn](#)/[Follow us on Twitter](#)

[Follow us on Google+](#)/[Pinterest](#)

**(Hold down the Ctrl key & click the underlined words or logos)**

**Make sure to forward to friends and followers.**



Connect with me at [Wizpert](#)