



The Be Well Shop
Guide to

Beating the Winter Blues

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Wellness Introduction

It's that time of year again—time to bundle up and hunker down for the long winter ahead. And while you're looking forward to all the snow and holiday cheer, there's a lot of other stuff you probably hope you don't have to deal with: colds, flu, covid and other winter-related illnesses.

Staying healthy in the winter can seem like an impossible task, especially if you're stuck inside for days on end; In the office, kids at school or with nothing but your comfy pajamas and Netflix on the weekends. But we're here to tell you: You can do it! And here are some of our favorite tips for staying healthy this winter:





Eat fruits & veggies

One

Fruits and vegetables are rich in vitamins, minerals, antioxidants, and phytonutrients that are good for your overall health. Fruits and veggies also help keep your immune system strong so you don't get sick as often.

Two

Fruits and vegetables are high in antioxidants, which help fight free radicals that damage cells in your body.

Three

Hack: Keep fresh ingredients to make a salad around and keep fresh fruit on the counter/table. Your family will be more inspired to grab handy healthy snacks if they are already prepared and in their eyesight.

“Let food be thy
medicine and
medicine be thy
food”-Hippocrates



Drink herbal teas

Herbal teas such as elderberry ,green tea, white tea, black tea, red raspberry leaf tea, peppermint tea and ginger root tea are all great sources of antioxidants that help boost the immune system while fighting off colds and flus this winter season!

Tea can also help with stress relief, which is important during the winter season.

Tea Remedy Hacks

- Cinnamon tea- Sore Throat
- Honey Lemon tea-Common Cold
- Turmeric Ginger- Sinus Infection
- Chamomile tea- Insomnia
- Peppermint tea- Bloating
- Green tea-Acne
- Basil tea-Anxiety
- Ginger tea- Headache





Move your body!

Exercising regularly helps keep your body in shape even if the weather isn't cooperating! It's also a great stress reliever, so if you find yourself getting stressed out over holiday shopping or whatever else this time of year brings on your plate, getting up and moving around will help clear your head in no time at all.

Exercise (even just a little)! Even if all you do is take a walk around the block every day before work or after dinner. You can even dance like no one is watching by yourself or with your family in your living room! Just make sure to move your body daily.



Hey Friend,

There you have it! These tips should help you stay healthy this winter season. Enjoy every moment, life is precious. Do one thing daily that supports and uplifts your health and remember you are valued. Take care of yourself!



Thank You for Subscribing



Remember:

Get more vitamin D! Vitamin D can be found naturally in foods like salmon or tuna fish but if those aren't options for you then consider taking a supplement instead.

Getting enough sunlight throughout the winter months can also help boost your levels of vitamin D naturally