

Ann Louise™
Rewriting the rules of nutrition

Healthy
HOLIDAY
SURVIVAL GUIDE



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About The Author

Ann Louise Gittleman, PhD, CNS

As one of the world's foremost experts in functional and integrative medicine, Ann Louise holds an M.S. in Nutrition Education from Columbia University, has the title of Certified Nutrition Specialist (C.N.S.) from the American College of Nutrition and a Ph.D. in Holistic Nutrition. She has also served as the Chief Nutritionist of Pediatric Clinic at Bellevue Hospital and is the former Director of Nutrition at the Pritikin Longevity Center in Santa Monica, CA. She has won numerous awards, including The American Medical Writers Association Award for Excellence.

Continually breaking new ground in integrative and functional medicine, Ann Louise is a top nutritionist who was years before current trends like Paleo and Keto. She is internationally recognized as a pioneer in dietary, environmental, and women's health issues. She is an award-winning New York Times bestselling author of over 35 books on health and nutrition including diet, detox, women's health, men's health, perimenopause, menopause, beauty and the environment.



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Introduction

The Holidays can be a hectic time of year. That can often mean that we put our health on the backburner as we burn our candle at both ends – shopping, celebrating and stressing. We all deserve to have more calm and less chaos in our lives these days, so I've put together this simple holiday survival guide to help you stay calm and keep your health on track throughout the season.

Ann Louise





My 24-Hour Christmas Cleanse

Avoid Holiday Weight Gain, Plus Lose Bloat In A Hurry!

If you tend to overdo it during the holidays – too many goodies, too much wine – and now you're starting to worry about the extra pounds you'll put on again this year, you're not alone. But, I've got some great news to lift your spirits!

Featured in the pages of Woman's World and First for Women magazines, my 24-hr Christmas Cleanse has been a go-to holiday weight loss solution for thousands of fans – many of our testers have lost as much as 5 pounds and 4 inches in one day! And now, I've made it even better with a few super-charging tweaks for the ultimate holiday detox. Whether or not your pants seem tighter, consider this easy one-day juice cleanse — before those holiday leftovers hit your waistline.

How My Christmas Cleanse Works:

For one full day, skip solid foods and alternate between the Holiday Detox Juice (see recipe below) and my signature Hot Lemon Water to unlock your body's natural fat-burning capacity.

The fruit acids and vitamin C in the detox juice can increase the body's ability to emulsify fat by as much as 30%. The natural cleansers – cranberry, pomegranate, lemon and spices help to flush toxins and rejuvenate body systems – like the liver – that have gotten sluggish from all the holiday overindulging.

A popular staple of my **Fat Flush** diet for years, Cranberry is a powerful natural diuretic, and pomegranate is loaded with antioxidants (3x higher than red wine and green tea). Combining these two super-fruits with plenty of water will keep you energized all-day and quickly flush out bloat and excess fluids from cells and tissues – you'll even see cellulite start to disappear!

To help balance blood sugar and curb cravings during this one-day cleanse, I've also included a little cinnamon – proven by scientists to increase sugar metabolism up to 20 times!

For a 24-hour period, you'll alternate between the holiday detox juice and hot lemon water, drinking one serving every waking hour.



Holiday Detox Juice

Makes 9.5 cups – serving size: 8-12 oz (1 to 1.5 cups)

- 8 oz. unsweetened cranberry juice
- 8 oz. unsweetened pomegranate juice
- 7 cups water
- ½ cup fresh orange juice
- ½ teaspoon cinnamon
- ¼ teaspoon ground ginger
- pinch ground cloves

Directions: In a saucepan, heat juices and water to just boiling. Reduce heat to low, add spices and simmer for 5 minutes. Sip warm throughout the day.

Hot Lemon Water

For each serving, mix 8 oz. hot water with juice of ½ lemon and enjoy.





Worried You'll Be Too Hungry?

Some people may feel a bit light-headed on a liquid diet, even if it's just for a day. In that case, add 1 to 2 scoops of **Fat Flush Body Protein** to your one-day menu. With one of the highest protein efficiency ratios on the market, this special vegan blend of pea and rice proteins contains essential amino acids and 20 grams of complete protein. For recipes using this powder, check out **Fat Flush Smoothie Recipes** here.

8 Tips To Avoid Holiday Weight Gain



You're watching what you eat, meticulously investigating ingredients, and staying strong through those late-night snack attacks. Unfortunately, not everyone in your world is following suit. On top of that, it's the holiday season — a time when treats abound and the "spirit of giving" often materializes into gift baggies filled with naughty sweets. Then the holiday party invites start to come in and the pressure really starts to set in. You don't have to hide at home with your head under the covers for the whole season. Come out and join in on the fun! But tuck these tips in your back pocket.



1. Shop Smart

Navigate the grocery aisles like a pro and avoid hidden holiday saboteurs.

Keep things within your control, under control. Your kitchen, for example — keep it stocked with your healthy faves for breakfast, lunch, dinner, snack-time, and any time in between. Having healthy options will help you stay satisfied and less likely to give in when a well-meaning co-worker passes around the plate of cookies. Munching on the healthy stuff before going to a holiday party is also a great way to avoid overdoing it with treats once you get there.

2. Bite Lite

Taste everything, overdo nothing — savor without slipping.

At a holiday party, take a mental inventory of the menu. Making a deliberate effort to notice what is available will help you prioritize. You see a veggie tray (jackpot!)— now what to go with? Homemade Greek yogurt dip? Deal. Store bought salad dressing? No deal.



3. Harness Produce Power

Load your plate with fiber-rich color to balance blood sugar and cravings.

Let's face it, fresh fruits and veggies are a no-brainer. They're the very source of vitamins and nutrients. Plus, no surprises like added sugars or preservatives— what you see is what you get. When in doubt, reach for some fresh produce.

Go Freezer Friendly

Prep and freeze smart meals so you're never at the mercy of holiday chaos.

Although it's cold outside and all you can think about is warm, comforting foods, don't forget your freezer! It can help you save money, time, and trips to the grocery store. Most fruits, vegetables, and even meats, can be frozen. Buy in bulk and freeze in serving sizes for easy use later!



Make Simple Swaps

Trade the usual offenders for upgrades that taste just as good (or better).

Making a few simple food swaps can really help you side-step a holiday weight gain landmine. Some of our favorites include **Spaghetti Squash** instead of pasta or rice and **Mashed Cauliflower** instead of mashed potatoes.

(Get more ideas here)

Indulge in Dessert Delights (Wisely)

Enjoy sweets that satisfy without the seasonal slump.

Fruit has naturally occurring sugars and that makes it the perfect guilt-free dessert! You can enjoy that sweet kick without letting out a notch in your belt. Try **baking it**, eating it raw, or mix it up for a **fresh fruit salad**.





Be a Portion Teller

Keep your hormones and hunger cues happy with balanced servings.

It's important to watch what you eat, but it's also very important to watch how much you eat. Cutting back on portions can impact your body more than you think! At home, use smaller plates. Eating out, box up half the meal before you start eating.

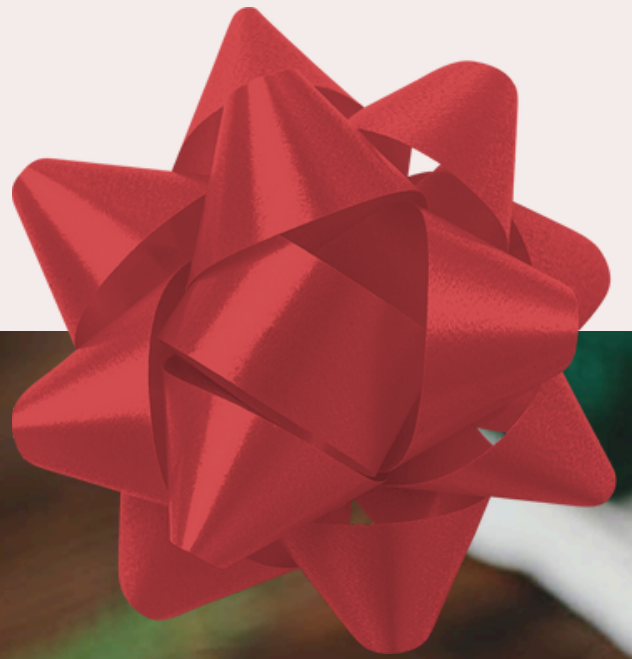
Keep Your Chin Up

Stay confident, stay consistent, and remember: mindset makes the magic.

So you had a little crumb of a cookie, or a sliver of cake. Don't beat yourself up about it! Did you enjoy it? Yes. Will continuing to make that choice keep you from your goal? Yes. If you are going to indulge, savor the moment then leave it behind. Dwelling on slip-ups will only bring down your morale and slow your momentum. Recommit to making healthy choices, then get out there and get to it!



Holiday Helpers





Pump Up Your Lymphatic System

When it comes to detox, exercise acts as a pump for your lymph, getting it to where it needs to go in your body. Your lymphatic system is responsible for “taking out the trash” from your cells, and without exercise, those toxins can’t go anywhere. Unlike your circulatory system, which has the heart to pump blood wherever it needs to go, the lymphatic system doesn’t have its own pump. It relies on the movement of your muscles and joints for its circulation.

Stretching, yoga, tai chi, bouncing on a rebounder, and even walking are enough to get your lymph moving. If you don’t already exercise, start small – park farther away from the stores when you shop, take the stairs instead of elevators and escalators, and take the time to do simple stretches throughout the day.

Sweat Your Way Through Winter



Aside from exercising, I highly recommend sweating it out in a sauna. There are several types of saunas to choose from; everything from traditional dry and steam saunas, to modern ozone saunas, to infrared saunas. As long as it makes you sweat, you'll detox! I personally use the infrared sauna and every time I use it, I feel like a brand new woman.

Find Your Holiday Zen

Despite our best intentions, the holidays often leave us exhausted, frazzled and in a loop of over-indulgence. So this year, I have some self-care strategies in place that I want to share with you to circumvent the usual cycle. One of the most important is to get more restful sleep by taking **Mag-Key** at bedtime. I recommend taking 2 to 4 capsules. Magnesium can do wonders to keep you in “zen mode” and calm your mind so you are able to get a good night’s rest and restore your energy for another busy day ahead. Take on **these daily self care strategies** to commit to self-care this holiday season. I’ll be doing it with you!





Say Goodbye To Sugar Cravings

Get visions of sugarplums out of your head and conquer sugar cravings for good with **Y-C Cleanse**.

A normally harmless yeast, *Candida Albicans* grows out of control when we consume added sugar or even too many natural sugars from fruit, it can become an invasive troublemaker.



Y-C Cleanse is a homeopathic yeast and Candida cleanse that contains ingredients to help neutralize the Candida and enhance immunity, with additional homeopathic ingredients including echinacea.

Keep Blood Sugar Stabilized So You Aren't Tempted To Snack



When your blood sugar drops too low, you can suddenly feel ravenous and reach for unhealthy snacks and treats without a second thought. Supplementing with chromium and herbs like Oregon grape root can help keep blood sugar stabilized so you can stay on track between meals. I developed my **Weight Loss Formula** to help with hard-to-resist holiday cravings, keep your liver functionally optimally and optimize energy levels. It's truly the perfect "holiday helper!"

Keep Your Spirits Bright With Brain & Energy Support



Keep your spirits bright with two of my most favorite products paired together. **Ultra H-3 Plus** is a fantastic supplement to help you feel young again in as little as two weeks! Erase decades of wear & tear from your body with this breakthrough cellular health formula.



Pair that with our **Adrenal Formula** and you'll have the proper building blocks to help support your body's natural energy source!





Healthy Holiday Treats

Gingerbread

A healthy gingerbread recipe for holiday baking festivities.

Directions

1. Preheat oven to 350 degrees F.
2. Grease an 8x8 inch glass baking pan with coconut oil.
3. In a small bowl, combine dry ingredients and whisk until thoroughly mixed.
4. Melt the coconut oil in a small saucepan over low heat.
5. In a large bowl, whisk together eggs, coconut oil, coconut milk, maple syrup and honey.
6. Combine wet and dry ingredients and mix until a smooth consistency is achieved.
7. Pour in batter.
8. Bake for 40 minutes, or until a toothpick comes out clean.
9. Let cool, sprinkle with Flora-Key (for a powdered "sugar" effect) and serve with fresh pasture raised whipped cream or coconut cream.



Ingredients

- 1/2 cup organic almond flour
- 1/2 cup organic coconut flour
- 1/3 teaspoon sea salt
- 1/4 teaspoon baking soda
- 2 teaspoons organic ground Ceylon cinnamon
- 1 teaspoon organic cardamom
- 4 tablespoons organic virgin coconut oil
- 3 large organic pastured eggs
- 1/2 cup organic coconut milk
- 2 tablespoons maple syrup
- 2 tablespoons raw honey

Jammy Thumbprint Cookies

What could be better than a healthy version of a childhood favorite holiday cookie?

Makes about 2 dozen cookies.

Directions

1. Preheat oven to 350 degrees.
2. Mix tapioca starch, almond flour and coconut flour together in a large bowl.
3. With an electric mixer, beat butter, Pure Monk, applesauce, chia seed meal and vanilla until combined.
4. Scoop dough, one tablespoon at a time, and roll into little balls.
5. Place on a parchment lined cookie sheet. Using your thumb, create an indentation on the top of each cookie.
6. Fill each thumbprint with 1 teaspoon jam.
7. Bake for about 15 minutes.



Ingredients

- 1/2 cup organic pastured butter, softened
- 1-2 scoops Pure Monk sweetener, or to taste
- 1/2 cup unsweetened applesauce
- 2 tablespoons chia seed meal, (grind seeds in coffee grinder or Nutribullet) (1/2 tablespoon chia seeds is equal to about 1 tablespoon meal)
- 1 teaspoon vanilla extract
- 2/3 cup tapioca or arrowroot starch
- 2/3 cup almond flour
- 2/3 cup coconut flour
- 2/3 cup pure fruit, unsweetened raspberry or blueberry jam

Festive Holiday Brownies

This healthy holiday recipe replaces regular flour with nutritious zucchini and nut butter and plenty of rich cacao and chocolate. Your family and friends will rave about these for years to come!



Directions

1. Lightly oil a 9" x 9" baking pan.
2. Preheat oven to 350 degrees.
3. Mix all ingredients together in a large bowl.
4. Spread into a baking pan.
5. Bake for 35-40 minutes.

Notes: No need to peel the zucchini before shredding. Try substituting other nut butters and nuts. (We love these with cashew butter and cashews.) Add a little more or use less syrup according to taste. You can also substitute regular Lakanto Monkfruit Sweetener or Sweet Leaf Powdered Stevia for the syrup.

Ingredients

- 1 cup almond butter
- 2 medium zucchini, shredded
- 1/3 cup Lakanto Maple Flavored Syrup
- 1 large egg
- 1 teaspoon vanilla
- 1 teaspoon baking soda
- 1/3 cup cacao powder
- 1/2 teaspoon cinnamon
- 1 cup Lily's brand chocolate chips
- 1/2 cup chopped walnuts (optional)
- Coconut oil or avocado oil spray

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*Wishing you a Happy,
Healthy Holiday Season..*

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