



Hot Ginger Tea

Need a way to combat cold weather and improve your health?

Research shows ginger can help reduce inflammation, prevent certain types of cancer, and improve gut health.⁵

Ginger also helps strengthen the immune system, something we all need in the fight against COVID-19. And it's easy to make.

Ingredients

- 3 ounces ginger root, thinly-sliced
- 1 C water
- Honey (to taste)

Directions

1. Add 1 C of water to cooking pot or tea kettle.
2. Add ginger root and heat until boiling.
3. Strain to remove any ginger root pulp.
4. Add honey to taste. Stir and enjoy.

Propose a Toast to Avoid or Limit Alcohol During the Holidays

Holidays might be happier without alcohol

The holidays may be a popular time to drink alcohol. But even one drink comes with some risk.³

- Alcohol is loaded with empty calories, stimulates appetite, and may lead to weight gain.
- It interferes with judgment.
- It's a primary factor in driving-related accidents.
- It even raises the risk for cancer.



About one-third of all adults don't drink alcohol, which is the best way to prevent alcohol-related problems. If you do drink, consider what happens when you mix alcohol and the holidays:

6 minutes. The amount of time it takes for ONE drink to impair the brain.

6 to 9. The average number of hours it takes for the effects of alcohol to wear off.

33 Percent of suicides during the holidays that involve alcohol.

37 Percent of all highway deaths on Dec. 25 linked to alcohol.

WHAT IS A STANDARD DRINK?

12 ounces of beer or wine cooler

5 ounces of wine

1/2 ounces of distilled spirits



If you choose to drink, follow these guidelines:



Women: No more than 1 drink per day. Zero if pregnant.



Men: No more than 2 drinks per day if under age 65.



Seniors: No more than 1 drink daily for people age 65 and older.

MORE

Alcohol during the holidays: Sip smarter <https://tinyurl.com/y2crdzhv>

Scratch Summer Sausage Off the Holiday Gift List (continued from page 1)

- Eating just 1.7 ounces of processed meat a day raises the risk for colon cancer by 18 percent.
- Red meat wasn't much better. Just 3.5 ounces each day raises the risk for colon cancer by 17 percent.

Avoid processed meats: Choose healthier options

MORE

How to eat less red meat <https://tinyurl.com/y4uuh79n>

If you want to lower your risk for cancer, avoid or limit processed and red meats. If you're not ready to give up eating meat, replace red and processed meats with lean meats, fish, and skinless poultry.

References

- 1 Helander, E., et al. (2016). Weight gain over the holidays in three countries. *New England Journal of Medicine*, 375(12): 1200-1202. From: <https://tinyurl.com/yy6ge7ln>
- 2 Bouvard, V., et al. (2015). Carcinogenicity of consumption of red and processed meat. *The Lancet*, 16(16): 1599-1600. From: <https://tinyurl.com/ya26wtzx>
- 3 National Institute on Alcohol Abuse and Alcoholism. (2016). Alcohol facts and statistics. From: <http://tinyurl.com/zwtznrw>
- 4 Brooks, M. (2018). How much screen time is too much? *Psychology Today*. From: <https://tinyurl.com/y5s99kvz>
- 5 Khodaie, L., et al. (2015). Ginger from ancient times to the new outlook. *Jundishapur Journal of Natural Pharmaceutical Products*, 10(1): e18402. From: <https://tinyurl.com/y3gnrv3h>



Take the December Health Challenge!

Manage Stress in Healthy Ways: Make time to relax & reduce stress

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question:

How can I prevent COVID fatigue?

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