

How to Keep Thanksgiving 2020 from Becoming a Turkey

It goes without saying that Thanksgiving 2020 is going to be a different animal than past *turkey days*, capped this week by the Centers for Disease Control and Prevention's (CDC's) suggestion that we should perhaps cancel this year's holiday travel plans and large family gatherings.

All signs point to a Covid-19 resurgence this holiday season with disturbing numbers of Americans testing positive for the virus in nearly every state, including here in Florida. So, for this holiday season at least, it behooves us all to meet the challenges of protecting ourselves and our families by making health a top priority.



Here at BioDesign Wellness Center, we have several health tips

for those who believe their family circle is small enough – and safe enough – for an in-person holiday gathering.

Healthy tips for Thanksgiving Day feasting

If you have a food allergy or sensitivity, bring food you can eat, so you don't feel left out.

- You cannot go wrong by bringing a gluten-free or dairy-free pie.
- Eat slowly, and you will eat less.
- Eat something in the morning so you are not famished by the time the turkey – or tofurky – is served.

These three simple steps will curtail most digestive issues. However, if you slip up and suffer some digestive distress, below are some helpful dietary aids that you can find at your local health food store or here at our Tampa functional medicine clinic at 4111 West Kennedy Blvd.:

- **Enzymes with lipase and ox bile.** Fat is the key component that is likely to back up your gallbladder – or liver if you don't have gallbladder. Enzymes high in lipase and ox bile can prevent reflux and can be found in most stores that sell supplements. The brand our physicians use is called Designs for Health and we suggest the LVGB and Plant Digestive Enzymes.
- **Use a healthy probiotic** to counter some of the yeast you might grow in your gut given all the sugar you may consume over the Thanksgiving holiday. Culturelle is a product that has plenty of lactobacillus and is found in most drug stores.
- **Use some aloe to soothe the digestive tract.** We suggest George's Aloe Vera Liquids, which is fractionally distilled and looks and tastes like water. If you choose this anthraquinone-free drink, we recommend 6 ounces twice

daily for several days.

Pro Tip: Online videoconferencing platforms Zoom and Microsoft Teams are doing their part to keep everyone connected and safe. Both conferencing platforms are offering free video calls without a time limit on Thanksgiving Day. Visit Zoom and Microsoft Teams get started with a free account.

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