

NUTRITION 4 ALL BODIES, LLC
HOLIDAY NEWSLETTER 2021

Family Food Fun & STRESS!

While holidays can bring us joy with family and friends, it can also bring a lot of body and diet talk and worry about eating too much. However, it doesn't have to be this way. Living the past two years in a pandemic, bodies have changed due to stress, sickness, physical, mental, and emotional health challenges. Everyone experiences stress in different ways. Please have kindness and compassion for others and yourself. We never really know somebody else's journey. A weight loss "compliment" can be fuel for an eating disorder, an insult to their previous body size and perpetuates weight stigma. Any comment on somebody's weight increase or decrease can fuel shame, discomfort, anxiety, and depression in that person or someone else listening as well as perpetuating weight stigma.

Experiencing food and body freedom is the best gift you can give yourself and others. Click on this link to bring you to a [free Holiday Guide](#). Topics include *How to Deal with the Holiday Food Police*; *Guilt with Eating*; *How to Navigate Triggering Conversations*; *The Holidays are Hard During Eating Disorder Recovery* and much much more!

If you want more information on Intuitive Eating, watch my [free webinar!](#)

Follow me on Instagram and facebook
[@Nutrition4ALLBodies](#) for more resources too.

Best wishes for the New Year!

Alison St. Germain MS, RD, LD

