

# Surviving the Holiday Season the Smart Life Way!

As you continue on your holiday adventures, I wanted to be sure you were armed with 3 of my favorite supplements. They are especially helpful for digesting heavy meals and keeping your blood sugar balanced if you're eating things your body might not be used to.

My 3 favorite supplements for digestive health:

1. **Chromium Picolinate** – This trace mineral can boost your insulin's response, so is especially good for meals heavy on the carbohydrates.
2. **Cinnamon** – This power-food has been proven to reduce blood sugar levels and triglycerides in patients with type 2 diabetes, which means that it can be super-effective for those of us with hormonal blood-sugar sensitivities. Sprinkle it on your meals, or pick up a supplement packed with the good stuff.
3. **Digestive Enzymes** – These enzymes help you break down the food you eat and absorb nutrients better. If you experience indigestion, gas, or bloating, try them out! Rainbow Light is one of my favorite brands.