

Review Us on Yelp!

And receive a FREE B12
"Fat Burner" Injection
Or
FREE Box of HealthWise
Protein Bars!

SPECIALS

HealthWise Holiday Hodgepodge

\$35.00

(includes tax)

1 Box Meal Replacements

+

1 Box Protein Bars

+

1 Pack Shake-Shakes

25% OFF

ALL In-Stock Skincare

Thursdays from 1-5pm

B12 Lipotropic Injections 4 for \$44



WWW.GOODBODYDOCTOR.COM

Savannah, GA • 912.353.8188



Premier Medical's The Skinny Minute

Health & Beauty News

November/December 2017

HEALTHY HOLIDAY HACKS

As if staying on track with your weight-loss goals isn't already difficult enough, here come the holidays! Planning family gatherings, shopping for gifts and creating magnificent meals are just a few things that are sure to keep you busy. Here are some tips to help you stay the course through this holiday season:

- * Include protein in every meal. Studies have found that spreading out our protein intake may enhance weight loss and improve muscle health.
- * Drink lots of water. Staying hydrated helps with digestion and removal of waste, improves physical performance, maintains healthy blood pressure, and keeps our skin healthy.
- * Get enough sleep before that holiday party. In one study, people who slept just a third less than they usually did, ate more than 500 extra calories per day.
- * Beware of liquid "cocktail" calories. Try these healthier swaps: ask for sugar-free club soda as the mixer, and use whole foods such as fresh fruit instead of artificially flavored mixes.
- * Just 20 minutes of walking a day strengthens the immune system. Don't stress over finding a parking space up front at the mall. Drive straight to the back of the lot and take advantage of the few extra steps.
- * The first nibble of that seasonal dish sparks the taste buds, but every bite after that has diminishing returns of pleasure. Try the three-bite rule. This satisfies our cravings and lets us indulge without going overboard.
- * Sip detox teas. If we've broken our three-bite rule, detox teas may help flush our systems. Examples of herbal remedies include green tea, dandelion root tea, ginger root tea, and senna tea.
- * Make healthy dinners at home, while skipping the grocery store madness. Try out a delivery service! All of the ingredients, plus the quick & easy recipes will be dropped off at your door weekly. No thinking required. Visit this link for \$40 OFF your first Hello Fresh order:

<https://share.hellofresh.com/x/xmr8MX>

***Are you looking for Professional Office
Space? We have two freshly renovated
suites available! Give us a call!***