

Episode Summary

Surviving Christmas Feasts – How to Enjoy Without Regret

Video link: [click here](#)



1. The holidays are a metabolic rollercoaster, not “days off” for your body

For us, holidays are an exception. For the body, they are ordinary days with far more stimuli: food, sugar, alcohol and emotions. The body doesn't know it's “just a few days” – it reacts the same way it always does, only more intensely.

Between the first and second plate, real biochemistry kicks in. Hormones, digestive enzymes and the nervous system all speed up, which quickly leads to overload.

2. Overeating quickly triggers inflammation

Eating large amounts, quickly and without breaks stretches the stomach and overloads digestion. The liver, pancreas and intestines are forced to process everything at once instead of step by step.

The result is heaviness, sleepiness, pressure under the ribs or headaches – not a normal “holiday state”, but signals of metabolic overload.

3. Glucose spikes create an energy and mood swing

Large portions of carbohydrates and sweets cause rapid rises in blood glucose. At first, there's a burst of energy, followed by a sharp drop caused by a strong insulin response.

This leads to fatigue, irritability and renewed cravings for something sweet. This mechanism can affect anyone – even without diabetes.

4. Alcohol slows down the entire metabolism

When alcohol enters the bloodstream, the liver puts everything else on hold to neutralise it. Fat metabolism and blood sugar regulation take a back seat.

As a result, fat is stored more easily and glucose stays elevated longer. Even small amounts of alcohol, consumed frequently, make a difference.

5. Sleep during the holidays is lighter and less restorative

Overeating, alcohol, late meals, emotions and disrupted daily rhythms all interfere with deep sleep. Instead of regenerating, the body continues digesting and remains stimulated.

That's why even 7–8 hours in bed can feel like poor-quality sleep, with lower energy and concentration the next day.

6. “Holiday detoxes” are a myth your body doesn't need

The liver, kidneys, lungs and skin detoxify the body every single day. After the holidays, they don't need juice cleanses or fasting – they need fewer stimuli.

Extreme detoxes increase metabolic stress and cause temporary water loss, not real recovery.

7. A walk after meals acts as a natural regulator

A calm 15–20 minute walk after a large meal significantly lowers blood glucose, improves digestion and reduces heaviness.

Muscles absorb excess sugar, helping the body return to balance. It's one of the simplest and most effective holiday “resets”.

8. Food order matters metabolically

Eating protein and vegetables first, and carbohydrates later, can reduce glucose spikes by up to 30–40%. It's a simple strategy that works without calorie counting.

This approach reduces post-meal sleepiness and limits the urge for desserts “to boost energy”.

9. Small habits protect the body during the holidays

Slower eating, smaller initial portions, water before and between meals, and alcohol consumed slowly and with food all reduce digestive overload.

These aren't restrictions — they're adjustments to a pace the body can handle.