

The Real Holiday Problem

No One's talking About



**THE HIDDEN HABIT THAT
SNEAKS INTO JANUARY
(AND HOW TO STOP IT)**

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THE CARRYOVER EFFECT

Around the holidays, you'll hear a lot of experts warning about weight gain — *but they're all focused on the wrong thing.*

The real issue isn't the holiday meal.
It's what happens after...

The quiet pattern I call the carryover effect.
And once you see it, you can't unsee it.

Here's what I mean.

Back in the early 2000s, NIH researchers went searching for the source of that infamous claim:

"The average American gains 5-10 pounds during the holidays."

Major organizations repeated it — CNN, universities, medical groups — but no one could find the actual data.

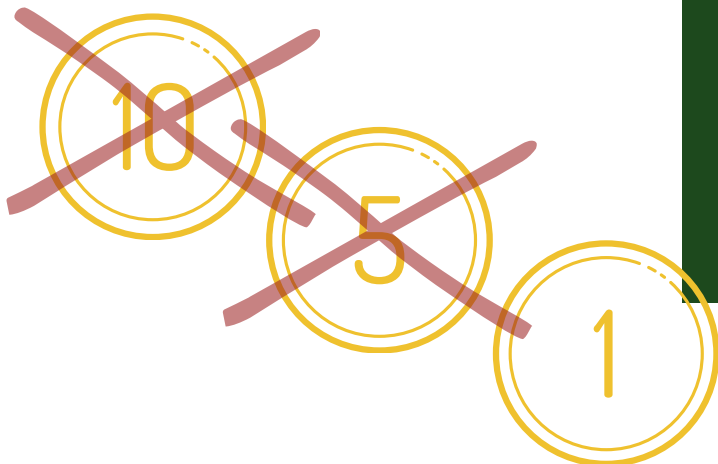
So the NIH ran their own study.

The truth?

Most people gained about one pound during the holiday season.

Not ten.
Not five.

One.

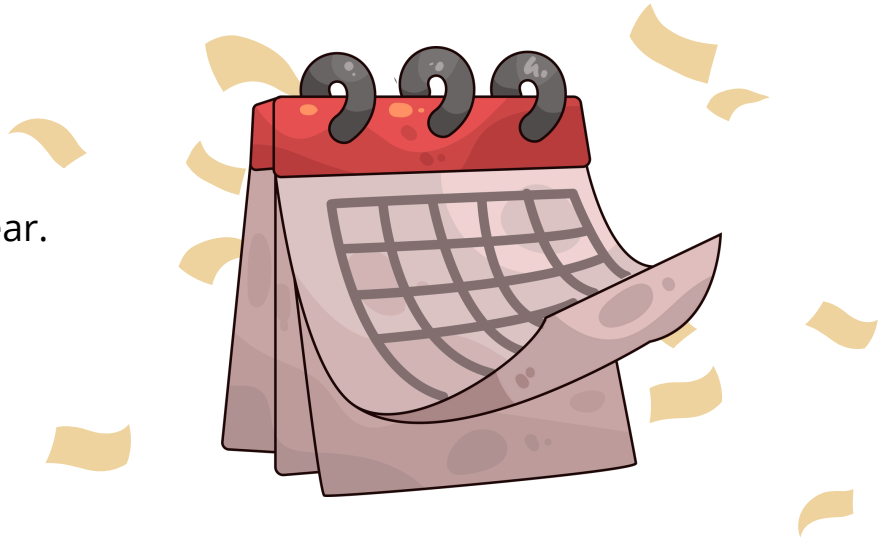


BUT HERE'S WHERE IT GETS INTERESTING...

They didn't lose that pound after the holidays....

Not in February.
Not in July.
Not by Thanksgiving the next year.
That one pound stayed.

And the next year?



They gained another....And the next, another.

It wasn't the big holiday dinner causing long-term weight gain...
it was the habits that carried over into January, February, March, even into summer.

**More
sugar**

**Heavier
meals**

More alcohol

Late nights

**Less
movement**

**More "I'll start
again Monday."**

THE NEW “NORMAL”

And because those habits feel like “just the season,” women don’t realize they’ve quietly become their new normal.

That’s the carryover effect.

And it’s what keeps so many women feeling stuck, inflamed, exhausted, and disconnected from their bodies long after the holidays are over.

But here’s the good news:

You *can* enjoy the season and stop the carryover effect before it starts.



And it doesn’t require perfection...just simple, doable shifts that bring you back into your body.

Let me show you the three I teach my clients:

HABIT 1: SLOW DOWN WHEN YOU EAT

When your routine is disrupted, slowing down is one of the simplest, most powerful tools you have.

In studies, people *naturally ate 16% fewer calories* just by taking fewer bites per minute — no dieting, no rules, no restriction.

Try this:

- Put your fork down between bites
- Take a breath
- Sip water
- Look around the table



These micro-pauses reconnect you to your fullness cues so you stop eating on autopilot.

HABIT 2: STOP AT “ABOUT 80% FULL”

Most women aim for “comfortably full,” but your fullness signal is always a few minutes late.

That’s why it’s so easy to eat past the point of feeling good — especially during the holidays.

Ask yourself near the end of your meal:

“Would I feel good dancing right now?”

If yes...you’re probably in the sweet spot.



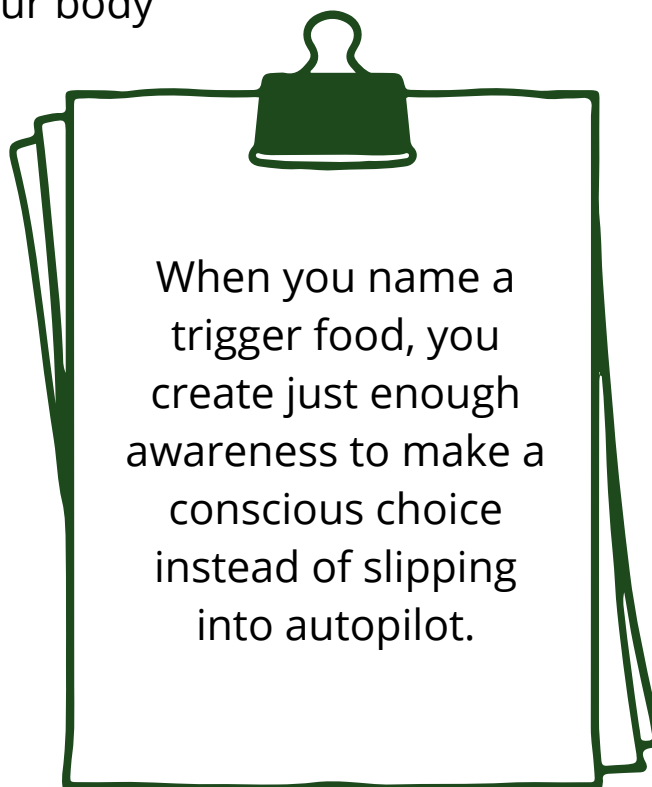
Stopping around 80% full gives your body time to catch up... and almost every time, you realize you already had enough.

HABIT 3: KNOW YOUR RED-LIGHT FOODS

These aren't "bad" foods...they're foods that:

- are impossible to stop eating once you start
- trigger bloating or inflammation
- spike your cravings
- leave you feeling guilt or regret
- or simply don't feel good in your body

**Make a short list.
Truly, *write it down.***



**This alone can change your entire holiday season...
and protect your January from turning into April, then
August, then another year of feeling stuck.**

HOW TO STOP THE CARRYOVER EFFECT COMPLETELY

Even when you're aware... getting back on track after the holidays can be hard.

Your body is often inflamed.
Your energy is low.
Your routine feels off.
Your cravings feel louder.



That's why I created **The Lazy Girl's Guide to Gluten-Free Comfort Food** — it resets your system gently and gives your body what it needs to feel better quickly.

If you need a simple plan to help your digestion calm down, your energy return, and your symptoms quiet down...

👉 Explore the [Lazy Girl Gluten-Free Course](#)
(The easiest way to reset without restriction, stress,
or starting over every Monday.)

I'M HERE TO HELP

Meet Brenda

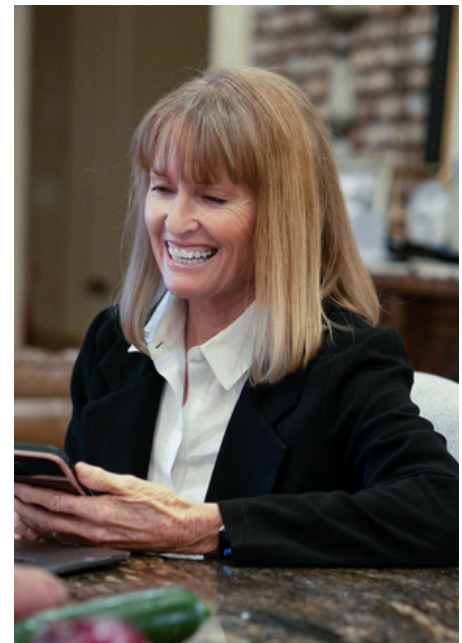
If you know you'd thrive with real support — women walking alongside you, bi-monthly coaching with me, and a place to ask the "is this safe?" questions...



The course you've been waiting for — the one that makes gluten-free living simple and doable — is officially live. Inside **The Lazy Girl Comfort Food Course** you'll learn the swaps, comfort-food makeovers, and no-stress recipes that make gluten-free feel normal again — not confusing or restrictive..

👉 **Get the Course Here:**

<https://www.highwindshealth.com/offer-455019-872791-1912>



And if you want deeper support as you put everything into practice, the **Gluten-Free Made Easy Community** gives you real-time guidance, accountability, and women who truly get what you're going through. The course gives you the tools; the community helps you use them with confidence.

👉 **Join Here:**

<https://community.highwindshealth.com/community>