HOLIDAY HEALTHY EATING
John Myers, MD, Family Medicine, Baylor Scott & White Health

{**ON CAM**}
HOLIDAY CELEBRATIONS OFTEN MEAN ENJOYING GREAT FOOD AND DRINK- BUT DOES HOLIDAY WEIGHT GAIN AUTOMATICALLY COME WITH IT?

{**TAKE VO**}
TRT: ???

FAMILY MEDICINE DOCTOR JOHN MYERS SAYS ‘NO’- NOT IF YOU BALANCE YOUR BITES WITH SMART CHOICES AND EXERCISE.
LOOKING FOR A SIMPLE WAY TO CUT BACK WITHOUT FEELING DEPRIVED THIS WINTER? HE RECOMMENDS COMMITTING TO ONLY DRINKING WATER THIS SEASON… AS A WAY TO IMPROVE HEALTH AND MAINTAIN WEIGHT.

{**TAKE SOT**}
John Myers, MD
Baylor Scott & White Health
TRT: 15
SOT
“We've had people come in with like uncontrolled diabetes, extremely high average blood sugar, who just stopped drinking sodas or sweet tea and their sugars normalized. I mean, it's amazing, but that's one very straightforward thing that can be done.”

{**ON CAM**}
ACCORDING TO HARVARD HEALTH- PEOPLE TEND TO GAIN AN AVERAGE OF ONE POUND A YEAR- MOST OF IT AROUND THE HOLIDAYS.