



***I ate the turkey and it was great,
the casserole I did not hate,
so I tasted the stuffing and the yams
cranberries were good, not from a can
the hot rolls and gravy were a treat
then on the couch I laid in a heap
now days later I feel like a zombie
I wish for something to revive me!***

Your wish is our command! Over indulgence is very common on Thanksgiving Day (and the next day, and the next day...). For many families, passing out on the couch in a food coma is part of the tradition. And after a nice nap, you get up and celebrate with another tradition: Leftovers! The leftover feast can continue for days flooding the body with large amounts of carbohydrates and sugars that can lead to a hard-to-shake sluggish feeling.

Ready to perk up and kick off the holiday season with energy? The i spa team has compiled their Top 3 remedies for that all too familiar sluggish feeling after Thanksgiving:

1. Drink lots of water. It may sound too simple, but it works. Many of us walk around every day in a mild state of dehydration. The key is to drink 8 to 10 glasses of water a day, throughout the day. Avoid waiting until you are thirsty. By the time you feel thirsty, your body is already low on water content and operating at less than full capacity. Start when you wake up and keep up a steady stream of water consumption through the day. Being properly hydrated can flush toxins from your system, keeps you more alert, and give you more energy.

2. Massage. Need to get back in the swing of things after some sedentary time off? Get a massage from a licensed massage therapist. Massage can restore a sense of wellness by reinvigorating muscle tissue, cleansing toxins, and restoring energy and vitality. Massage is also known to improve circulation and mood – the perfect antidote to the Post-Turkey Slump!

3. Yoga. Yes, yoga. Many think that yoga is for thin, limber, masochistic people who want to forcefully contortion their bodies into pretzels. Dispel this myth! Yoga is a gentle practice of placing the body in soothing poses while practicing natural breathing techniques. Most importantly, yoga is for everyone. A sixty to ninety minute yoga class can boost your metabolism and stimulate muscles for optimal health.

Try one of these methods or better yet, do all three! Certainly, you can easily take steps to drink more water. It's a free, easy way to do something wonderful for your body and immediately reap the rewards. So, go get a glass of water, then call your massage therapist and make an appointment. Ask him or her to recommend a yoga class near you.

If you don't have a massage therapist or need to know of a great yoga class that welcomes beginners, call i spa health studio at 727.386.4004. We will be delighted to answer any questions you have and schedule you for a great [massage](#) and a fun [yoga](#) class.

***I got a massage and I perked up
at i spa, they hooked me up!
did some stretching and breathing
now in yoga I am believing
My slump is over! My slump is done!
I have the energy to skip, hop, and run!***