

Holiday HARMONY

Thriving with Autoimmunity Through the Holidays

If you're navigating the complexities of an autoimmune condition, the holidays can often feel overwhelming – but it doesn't have to be that way! This mini-guide offers a few practical stress management techniques and an autoimmune-friendly recipe for a healthier holiday season. For more in-depth strategies on nutrition, exercise, mindfulness, and more, check out the full version of my guide, [HOLIDAY HARMONY - Thriving with Autoimmunity Through the Holidays](#). It's crafted to help you enjoy a balanced, joyful holiday experience.

THE POWER OF NUTRITION

In managing autoimmune conditions, diet is key. It directly impacts inflammation and immune function. Eating the right foods can help manage symptoms and improve overall health,

while the wrong foods may trigger inflammation.

Emphasizing whole, nutrient-rich foods really is essential, especially during the holidays.

Enjoy this festive, nutritious recipe!

LEMON-HERB BAKED SALMON WITH ASPARAGUS

Ingredients:

- 4 salmon fillets (about 6 ounces each)
- 1 bunch of asparagus, trimmed
- 2 tablespoons olive oil
- 2 lemons, one sliced and one juiced
- 1 tablespoon fresh dill, chopped
- Sea salt, to taste

Instructions:

1. Preheat the oven to 400°F.
2. Arrange the salmon fillets and asparagus on a baking tray. Drizzle with olive oil.
3. Sprinkle the salmon and asparagus with fresh dill and sea salt. Squeeze lemon juice over the salmon and place lemon slices on top.
4. Bake in the oven for 15-20 minutes, or until the salmon is cooked through and the asparagus is tender.
5. Serve immediately, enjoying the harmony of flavors and the health benefits of this simple, nutritious dish.



My free, full 18 page guide covers:

- Understanding Autoimmunity
- Physical Self-Care
- Nutrition
- Exercise
- Mindfulness, Prayer & Meditation
- Stress Management
- Time Management
- Social Connectedness

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Stress Management

Managing stress is not just about feeling calm; it's a critical component of managing health. The holidays, while filled with joy and celebration, can also be a peak time for stress, which can have a profound impact on autoimmune health.

The Impact of Stress on Autoimmune Conditions:

- **Immune System Activation:** Stress can trigger the immune system, leading to inflammation and potentially exacerbating autoimmune symptoms.
- **Hormonal Imbalance:** Chronic stress affects hormonal balance, impacting the body's ability to regulate immune responses effectively.
- **Gut Health:** There's a strong connection between stress and gut health. Since a significant portion of the immune system is located in the gut, stress can directly affect autoimmune conditions.
- **Overall Well-being:** Beyond physical symptoms, stress can impact mental health, sleep patterns, and energy levels, all of which are crucial for managing autoimmune conditions.

Navigating the Holiday Season:

The holiday season often brings additional stressors such as social commitments, family dynamics, financial concerns, and the pressure of holiday preparations. For those with autoimmune conditions, it becomes even more important to have effective stress management strategies in place to navigate this season while maintaining health and well-being.



Here's a great tip for you!

SET REALISTIC EXPECTATIONS

It's easy to get caught up in the idea of a 'perfect' holiday. Remember, it's okay if things don't go exactly as planned. Setting realistic expectations can significantly reduce stress and allow you to enjoy the festivities without undue pressure. I've got more great tips to share with you in the full guide!

Unlock Your Guide to Thriving

Enjoyed these insights? Dive deeper with your free copy of HOLIDAY HARMONY - Thriving with Autoimmunity Through the Holidays. This 18-page guide covers everything from nutrition and exercise to mindfulness and social wellness, specifically for those with autoimmune conditions. Elevate your holiday season from surviving to thriving! Get your guide now by clicking [here](#) or find out more about me by visiting www.dillmanwellness.com

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*I'm Dr. Jen, ND, FNT, AIP Coach.
I'm passionate about supporting people
with autoimmune conditions.*