

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.