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Podcast Episode # 12

The Beyond The Food Show

Q&A: Healthy holiday gift guide - My personal pick for this year!



the
BEYOND THE FOOD
Show

WITH STEPHANIE DODIER

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Stephanie: Welcome to Episode 12.

And today's episode of The Beyond The Food Show it's all about healthy holiday gift-giving and my picks. It's a special request that came from two different listeners, and Julie asked that during my master class on Healthy Holiday Made Easy. By the way, you can watch the replay which is going to be in the show notes, and also an email from Judith.

So the big question here is what is the holiday mean to you? Is it about the gift, the decoration, the connection, the memories or even the culture? For me, holiday is all about the culture, and the memories that I create for myself, and the people around me. I grew up in a family where my dad had ten brothers and sisters, and my mom had 11 brothers and sisters. So Christmas for me means 50 to 60 people in the same house, singing, dancing and eating food together. That's what the French Canadians are all about.

And for the last 4 or 5 years, I try to reciprocate that in my choice of gift to my friends and family. I wanted to share with them memories and connection, because that's what most important for me and that's what fuel's me as supposed to buying a lot of stuff. And that's what my list is going to be made of, a lot of elements of health, of memory and connection, but not to forget that the holiday is also about food and I know a lot about that, and traditional in the French Canadian culture. And I'm sure in your own culture you have a lot of that and there's a lot of sugar. So if you are just catching this episode for the first time of The Beyond The Food Show, and you need some help with your food cravings during the holidays, I would refer you to go back and listen to Episode 10 where I am telling you everything you need to know about crushing your craving. So if you're ready to do this and get some inspiration for your Christmas gift, let's do this.

Question from Julie, "Do you have any suggestion to provide more health in my Christmas gift choice?" and Judith also asked me. She actually sent me an email, and she said, "What do you give for Christmas, Stephanie?" So this show is all about Christmas gift-giving.

Number one tip: Twist to your Christmas gifting would be to switch from stuff to experience this. And this is something that's barely easy to do because there is a lot of marketed product that are geared towards experiences versus stuff.

So I'm thinking, for an example, of my niece and nephews were going to

Podcast Transcript

do this year, we're going to take a yoga class together. My nephew is nine years old, my niece is 11, and the little one is six years old, and we're going to go to our first yoga class together of actually paying for one hour of solo teaching from a yoga teacher, it's a hundred bucks and we're all going to go together and we're going to share this experience with them.

There's a lot of other opportunity around here for you to create experiences. You could go and bungee dive. You could go and maybe do some race car for the guys out there that love cars, right?

So there are a lot of experiences that you can give, and the beauty of experiences versus stuff is it gives memories. It allows you to connect with the person to whom you're giving the gift in a way that will be remembered for a much longer period of time and a deeper connection.

Now let's not forget that when we give experience it also prevents you from having to wrap and to shop, it's often much easier to do than actually finding the stuff that the person want.

So that would be my number one tips is, shift from stuff to experiences.

Number two tip: it is something that I am in the process of doing right now is making a gift basket of handmade product. Now I totally understand that some of you are like, "Okay Stephanie, I don't have the time to make handmade product." That's okay. Go to a crafts show, there are a lot of people that like to make stuff with their hands. And in most cities, at this time of the year there is crafts show, where those people come out and they're selling you their handmade stuff that you can then take and give as a gift to your loved one. But if you're into making your own stuff, I would encourage you to share your passion for help with your friends and family.

And if you are advancing your journey towards health, you may have a lot of things that you're currently making at home, that are new to your friends and family that you can simply make an extra batch of, nicely wrap it with a little bow and put it in a basket and give that to your friends and family. If you are new to the health scene, I'm going to share in the show note some of the recipes that I will be making for my friends and family this year different things from bath salts that I've colored with hibiscus flower powder. So I took some Epsom salt to pot the white one, and the white one that I added hibiscus flower which made the bath salt come out tread, and then I've layered them into this nice little glass jar. And I'm going to give a hot bath salt to every ladies in my life.

So hopefully no one is listening right now because they've just known what they're getting for Christmas. I'm also making cooking recipe from my

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Healthy Cooking Cookbook, which the link is going to be in the show note. I'm going to be making molasses cookies. I'm going to be making shortbread cookies that are made with ingredient that most of my friends and family have never tried, never consumed.

So it's going to be a totally new experience for them. So recap: making some bath salt, making some cookies, I'm also making some infused olive oil. So I bought a good quality olive oil, and my mom had some time from our garden that she gave me and I've been using olive oil now for the last month and a half, and I'm going to be spreading that into small little jars and giving that away. I'm also going to make chocolate coconut butter. Now, if you have never had coconut butter, you're missing out.

This is, I could compare it to Nutella on drugs, and it's all healthy because it's made with coconut flakes. It's very simple, all you need is four cups of coconut flakes in a food processor, and you process it for 10 to 12 minutes, then you have cacao powder and a sweetener of choice. Whatever be it raw honey, or it could be some monk fruit sugar as erythritol for other folks that are in the low-carb lifestyle.

You add your sweetener, you continue blending and you pour that in the jar, and it's to die for. It goes amazing with pancake on Sunday morning. Last but not least, I am making compound butter. So I went to Costco, bought a whole shopping cart of Kerrygold butter, because it is grass-fed butter, it has more nutrition in it. It tastes better. And then I made compound butter.

Again, all the recipes would be in the show note. I made one with some garlic, and I've made one with cinnamon and sweetener, more of a sweet type of butter. Now, this gift basket filled with healthy food and healthy relaxation item will allow me to share my passion, share my interests with my friends and family. And it will be a great discussion starters because I know many of you are like, "How can I get my sister on the bag wagon? How can I get my neighbor who's really sick on the band bag wagon?" Well, most of them are afraid of changing, of making choices in their life to change. And when you bring health gift basket to them, you're making it easy for them to try new things.

You're making it for them an entry level to health. And that's going to allow you to have a discussion with them about what you've been doing, how it has changed your life, and how it can help them without being pushy. So that's the healthy gift basket that I'm doing for my friend and family, and you don't have to do those particular item. You can change it to maybe some items within your cultures or within your family tradition

Podcast Transcript

that you can healthify and put in that basket.

Number three. And for those of you who'd listen to the Episode 5 with Jimmy Moore, he talked about a gift that he had at Christmas that changed his life. He received a health book from his mother-in-law which was about the Atkins Diet. This is back 15 years ago and that book was that moment where he changed his life. He made the decision to change his life and lose 180 pounds.

Well, giving health book may trigger that for someone in your inner circle. Again, it allows you to share your passion without being too pushy. You just put the book in a nice little box and you wrap it, and you leave it as that. Maybe they won't read it right away, maybe it'll take six months before they read it and that's okay. But you're sharing your passion and you're allowing them place where they can learn something different, and maybe they're going to start asking you question.

Now, if you're going to give health book, maybe buy for many people health book. Go to one place and buy different health book that you've read during the year and that you want to change, make that easy and make that thematic for many people in your life. Make it easy for you, do shopping in one place.

Fourth suggestion: Special gift card.

Now I'm going to do that this year with my brother, don't go and tell him. He doesn't speak English so he's not listening to the podcast, but I'm going to give him a gift card of my time. So I've linked in the show note to a template you can use to create your own gift card for your own time. Maybe you will give your time so you can go and cook a meal for a family that needs to change their nutrition, or maybe you're going to go and take a yoga class with a friend that needs to start moving more. T

ake an area where you're good at, you're passionate, and give your time away to give support, to give help to someone around you. For me, it will be a gift card of time for my brother and his family where I'm going to go and help them and teach them batch cooking.

So they have a family of five with three kids, and so I'm going to give them a Sunday afternoon from one to five, where we're going to plan a meal and go shopping, and do a whole bunch of batch cooking so they know how to do it, so they can have meal ready during the week.

It's called My Special Gift Card and it's your time that you're giving away. It

Podcast Transcript

doesn't cost you anything. it's very easy to do, and again, it allows you to share your passion.

Fifth would be: Take a health focused course seminar and workshop together. Maybe you have a close one who signify to you that they want to start learning about what you're into, maybe you can bring them to a workshop on meditation, on yoga. Or maybe like me, you but an hour of your yoga teacher's time, and you bring your friend to a yoga class that's more personalized so they can have an easier time getting into this new routine. So take a health focused course seminar, pay for your friend or your family member and bring them with you.

Last but not least, how to put that in there, make a reservation at your newest local health restaurant.

Maybe start searching on Google what kind of health restaurant you have around you, but a gift certificate and take your girlfriend, take your sister, your brother, your brother to that health restaurant so they don't have to pay. So they'll not feeling like maybe they're wasting their money, you're paying for it and you're taking them, and you're sharing a delicious and healthy meal, again, introducing them to a new way of looking at food. So as you can tell, most of those optional all experiences, they're about engaging more from an experienced based into stuff based. I hope it helps you.

Come into my community and share your own idea. So if you're listening right now and you have like "Oh yeah I do this and I do this", there's going to be a link in the show note. Come in the community and share your idea because there's still a ton of ladies out there who have not done their Christmas shopping who needs inspiration. Closing thought on the subject of gift giving: Your gift should represent your value and your belief so you can create connection and memory with your close one, your loved one. Your gift should be a representation of yourself.

There you have it, your Healthy Holiday Gift-giving guide for 2016. If you think this was a great topic and I had some great choices, please leave a review in iTunes using the link stephaniedodier.com/ with an "S", and that will take you directly to iTunes so you can share your comments with me and the rest of the listeners. Every links of every recipes, and templates, and gift-giving choices I've given you in today's episode will be available in the show note at stephaniedodier.com/012 for Episode 12.

That's where you can also pick up the transcript and the link to join my private community so you can ask your question for next Thursday's episode. I want to take a moment to thank our sponsor for today's show, and our sponsor for

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today is The Healthy Holiday Cooking Cookbook. You can pick it up for \$4.97 and that's my own cookbook. I created this cookbook two years ago, based on my patient's request on what they could do for the holiday.

So basically what I did is I took all the traditional holiday's recipes and I've healthified them. I've changed some of the ingredients, some of the cooking method to allow you to use healthy ingredients while achieving this same amazing taste in the traditional recipes. It's a 100 percent real food Paleo gluten-free, dairy-free and low-carb, and I've tested them. My friends and family were tests for this book without them knowing, because I wanted true an honest opinion.

So I just brought them over for thanksgiving, and another one for Christmas, and one time for Easter to test those recipes so they can approve it and they did, even the kids loved it. So there's over 40 recipes this entire menu, you can pick that up in the Healthy Holiday Cookbook. Check it out in the show note.

If this is your first time here then welcome. I'm happy to have found you and that you found me. We do The Beyond The Food Show every Sunday and Thursday, make sure to subscribe to this show so you get every episode.

If you've enjoyed this show and believe that someone else would benefit from this experience, please share. It will help me spread the message and help thousand more. If you have a minute and could take a moment to review this show on iTunes with an honest review, I would absolutely appreciate it.

Thank you again and looking forward to serving you in the next episode.