

# CHRISTMAS, FOOD & FAMILY



*A beautiful sharing from Naturopath Jesabe Warner on Christmas, food and family. What Jes shares here is timeless...that Christmas is the 'perfect opportunity to tell those around us what we love about them, to share our appreciation of ourselves and each other'. With all the Christmas emotions going on at this time of year, it seems apt to share this message as we bring 2017 to a close.*

Christmas is a time to celebrate and appreciate our close relationships, welcome new family members and to reflect on the challenges and achievements of the past year.

For Australians, this time of the year has the longest days, with sunshine that stretches well into the evening. Friends and family gather together to share thoughts, food and laughs, to tell stories and to connect more deeply with each other.

Being able to sit and share delicious food that nourishes our bodies and provides us with a beautiful opportunity to be open and share our reflections on the year with each other, what we are proud of and what we found challenging. It is also a perfect opportunity to tell those around us what we love about them, to share our appreciation of ourselves and each other.

It has been a huge year, with its joyful times and hectic moments and as the year comes to an end and before the new year begins, it will greatly help our peace of mind and sense of well being to take the time to appreciate everything in our lives. Our friends, children, partners and animals, our homes and the places we work. It's a time to reassess what's important to us, to let go of what does not support us and to take care of ourselves and the people we love.