

4 Secrets for Stress-Free Holiday Shopping

If you've ever felt overwhelmed with wish lists and retail stores during your holiday shopping, the Juice Lady has some tips for you!

1. Set a budget and make a list. Deciding in advance what you are willing to spend on individual gifts will save you from making impulse buys that put you over your total budget. Make a list of whom you are shopping for and break down your total gift budget into what you can spend for each individual gift.

2. Do your research. Get an idea of your recipient's style and needs before you set out. Browsing their Pinboards, doing a quick search for their Amazon wish list and so forth will give you a good place to start without removing the element of surprise.

3. Comparison shop and check for discounts. If you are shopping online, this is easiest; compare prices between retailers and do a quick search for relevant coupon codes, which tend to be abundant this time of year. I also like to search sites like Etsy to see if I can find a handmade version of items like housewares or jewelry—you tend to get more value at a fair price.

4. Get creative. Waited too long? You can purchase DIY printable gifts like calendars and recipe cards off of sites like Etsy in a pinch, put together a custom gift basket with items from your local specialty food store or pot an easy-care houseplant like a succulent in an interesting vessel. {eoa}

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Fasting. She and her husband offer juice-cleanse retreats throughout the year, 30-Day Detox online and Garden's Best Juice Powder. "What You Can Do When Your Healing Doesn't Come" is one point from her teaching "7 Keys to Your Supernatural Healing." You can connect with Cherie at .