

JANUARY NEWSLETTER

HAPPY NEW YEAR!!

So many people make New Year's resolutions that involve their weight or getting into shape. We make big promises to ourselves that are difficult to carry out once we get back to our routines. Here are a few easy tips that we can make into new habits in the New Year and will help us without major sacrifices.

Most of us eat while doing other things and we don't realize when we are truly full. People who eat quickly are more likely to be overweight and suffer from digestive problems. If you follow the tips below, you can lose those few extra pounds and feel better with very little work.

Stop eating before you feel full. It takes 15 to 20 minutes for your digestive system to tell your brain that you've had enough. The gut sends a hormone called CCK to the brain to deliver the message. It takes a while to arrive- if you stop eating before you feel full, you'll do just fine. One of the longest-lived societies in the world (Okinawans) have a saying: *hara hachi bu*, which means "step away from the table when you're about 75% full".

Turn utensils into allies. Make a habit of putting down your fork or spoon after each bite; don't pick it up again until you've swallowed. If you're eating hand-held foods, place them on your plate between bites. This helps you with number one (above), giving CCK more time to make the journey to the brain.

Chew well. Take small bites of food and chew each one about four or five times before swallowing. Don't take the next bite until your mouth is empty. You also can take a sip of water between mouthfuls. You'll be amazed at how helpful this is.

Take breaks. Once or twice during a meal, stop eating for about a minute. Talk, drink some water and take note of how full you're getting.

Relax. Try to schedule mealtimes when you can sit down and not rush. Stressful dinners make digestion difficult. Those stress hormones prepare the body for fighting or running, not for sitting down and digesting.

Concentrate on your meal. Distractions such as TV can keep you from noticing how fast you are eating.

Try different dishes. If you have the same meals all the time, you're more likely to eat quickly and mindlessly.

It's such a pleasure to help those closest to us become happier and healthier. Please forward this newsletter to friends, family members or colleagues who might be interested and inspired by it.

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