

APPETITE DOES NOT EQUAT HUNGER

The typical American Diet creates “fullness” without nutrition....we overeat because our body is hungry for nutrients.

Hunger and satiety are physiological responses to nourishment.

Appetite is more closely linked with desire for a specific food.

Eating should be a balance between appetite (choosing the foods you like and those you feel good about eating) and hunger (choosing the best fuel for your body).

It takes 15-20 minutes for the stomach to signal the brain that the stomach is full.

Cluttering your mind with a ton of "don't eat" and "can't have" thoughts can ruin one of life's simple joys.

Banning a particular food is one of the best ways to become obsessed with it.

Choose foods you like, eat modest portions, and take the time to enjoy all food.

HOW EMOTIONS AFFECT HEALTH

Your body responds to the way we think, feel and act. This is often called the “mind/body connection.”

Poor emotional health can weaken the body's immune system, making it more likely to get colds and other infections during emotionally difficult times.

When we are feeling stressed, anxious or upset, we may not take care of health as well.

Abuse of alcohol, tobacco or other drugs may also be a sign of poor emotional health.

Depressive symptoms affect the quality and enjoyment of life.

Depressed people tend to exercise less, smoke more, and eat less healthily.

The stigma of mental illness inhibits many from seeking help.

AUTOMATIC NEGATIVE THOUGHTS---Types of “A.N.T.S”

Always & Never thinking

See the NEGATIVE---the glass “1/2 full”

Fortune Telling---see the worst possibilities

Mind Reading---interpretation

Think with “Feelings”---never question the negatives

Guilt Beating---”should-ing”

Labeling---attach negative labels to everyone + self

Personalizing

Blaming

SOLUTIONS---What We Want!

Regular aerobic exercise 4-6 times wk---limited "sitting"

Eat Breakfast

Manage Stress

Stop smoking & tobacco use

Sleep 7-8 hours

Drop the Pop---drink water (1 oz per pound of ideal body weight daily)

Maintain weight

Eat 3 meals daily

Reduce processed food consumption

Reduce food portion size

INDICATORS OF HEALTHY BEHAVIORS

Do you drive the speed limit and obey traffic laws? If a cop is around?

Do you wear a seat belt?

Do you text, talk or eat while driving?

Do you brush your teeth 2-3 X's daily, do you floss?

Do you have an annual physical exam? Do you do age appropriate screenings?

Do you do body checks for potential cancer?

Do you do regular breast exams? (women & men)

Do you laugh on a regular basis?

Do you have a support network of friends/family who are available if necessary?

Do you do regular acts of kindness or service for others?

Do you have healthy outlets for expressing anger, frustration, or other emotions?

BODY BY NUMBER

We are made up of 70% water, chemicals, elements, and carbon which make us organic.

One thing dominates our life....SLEEP. If we average 7 ³/₄ hours per night we will spend 26 ¹/₂ years asleep.

During sleep the brain is the most active. We spend 55,089 hours or 6 years dreaming. This is the brain's way of tidying up, sorting memories, storing or dumping experiences.

When we are sick our white blood cells triple to over 39,875,000,000 and become cells capable of destroying foreign cells, bacteria and viruses.

We will grow over 113 inches of new fingernails in our lifetime.

We will require 650 haircuts in our lifetime, and grow about 30 ²/₃ feet of hair.

How old is our body....that depends on which area...our skin is new every 3 weeks, that means that we will replace skin 17 X's per year or over 1352 in our lifetime. We get a new stomach lining every 5 days. Our skeleton replaces every decade or over 12 ¹/₂ times over our life. We replace blood every 4 months.

Our actual age is 15 ¹/₅ but we age....this is curious and the focus of much research.

The most complex body part is our brain....it controls all that we do, allows understanding, never sleeps, organizes a multitude of tasks. It demands 1/5 of all the oxygen we breathe, and requires protection. It has over 100 Billion cells and weighs 3#s.

Our brains have over 100 Trillion synapses or connections.

Our hearts beat 2,800,000,000 times in our life, it pumps 2113 gallons of blood a day or 50 million gallons in our lifetime.

We will take 490 million breaths in life, spend 28 years on the toilet, drink 9001 gallons of water, spend 17 weeks laughing, spill 4533 bottles of tears and eat 84854 pounds (42 tons) of food.

WHATS THE VALUE?

One hour of exercise equals two additional hours of life

Women who breast feed during childbearing years have a 65% lowered risk of breast cancer and almost 3 times less likely to have uterine, ovarian or vaginal cancers

An unfit woman can reduce her risk of premature death by almost 50% and an unfit man by almost 40% by becoming fit

Exercise improves the QUALITY as well as the QUANTITY of life

Men who do moderate workouts an average of 30 minutes a day are 33% less likely to die of a heart attack

People who are not active have 3 times the risk of having a heart attack and 3 times the risk of dying as a result of the attack

Exercise is found to reduce complications from kidney disease, glaucoma, and diabetes. Women who exercise cut these risks in 1/2

Exercise increases the body's ability to fight infection as well as handle stress

DiETING Under Stress This diet is designed to help you cope with stress that builds up during the day:

<u>Breakfast</u>	<u>Lunch</u>	<u>Mid-Afternoon Snack</u>
½ Grapefruit	4oz Lean Broiled Chicken Breast	The rest of the Oreos in the pkg
1 Slice Wheat Toast,	1 Cup Spinach	2 Pints Rocky Road Ice Cream
8oz. Skim Milk or	1 Cup Herb Tea	1 Jar Hot Fudge Sauce
Black Coffee/Tea	1 Oreo Cookie	Nuts, Cherries, Whipped Cream

Dinner **Late Evening News**

2 Loves Garlic Bread with Cheese

Lg. Sausage, Mushroom, & Cheese Pizza

4 Cans or 1 lg. Pitcher of Pepsi

3 Milky Way Candy Bars, Entire Frozen Cheesecake Eaten Directly From The Freezer

RULES FOR THIS DIET:

If you eat something and no one sees you eat it, it has no calories.

If you drink a diet soda with a candy bar, the calories in the candy bar are cancelled out by the soda.

When you eat with someone else, calories don't count if you don't heat more than they do.

Food used for medicinal purposes **NEVER** counts, such as hot chocolate, salted peanuts, and Sara Lee cheesecake.

If you fatten up everyone else around you, then you will look thinner.

Movie related foods (such as Buttered Popcorn, Milk Duds, Junior Mints, Big Suckers, & Tootsie Rolls) do not have additional calories because they are part of the entire entertainment package and not part of one's personal fuel.

Cookie Pieces contain no calories. The process of breaking causes calories leakage.

Things licked off knives and spoons have no calories if you are in the process of making something, like peanut butter on a knife or ice cream on a spoon, etc.

Foods that have the same color have the same number of calories. Examples are spinach & pistachio ice cream, mushrooms & white chocolate.

NOTE: Chocolate is a universal color & may be substituted for any other food color.