



“Battle of the Bulge”

Mission:

We at West U Wellness are committed to serving people who want a natural, higher quality of life for themselves and their families. We acknowledge that physical, chemical, and particularly emotional stress has devastating effects on the nervous system. Chiropractic adjustments remove this nervous system interference. Therefore, we go to extraordinary measures in educating society about the benefits of chiropractic care for optimal health.

As commercials advertise more and more products that promise fast weight loss, health experts say nothing beats healthy eating habits and exercise. Over-the-counter weight loss products tend to have caffeine. It is a stimulant, a laxative and a diuretic substance that can reduce water weight gain but cause electrolyte loss.

One of the popular ingredients diet pills used to contain was ephedra. It's banned by the FDA for a number of adverse effects such as hypertension and cardiac arrest in young healthy people. There are two federally approved weight loss drugs, Meridia and Xenical, but even those have side affects such as constipation, insomnia or flatulence. The cost of over-the-counter diet pills and medication can average \$100 or more per month. It would be wiser to invest the time and money making better food choices, trying to eat less and participating 20-30 minutes of physical activity per day.

Feeling hungry? 5 filling fixes:

The resolutions are underway – perhaps you're vowing to save more money, fix up your house, become more organized, eat less (or more healthy) and exercise more. It seems like every person you've seen recently has stated that this will be the year they finally lose those extra 5, 10, 20, or more pounds. And, maybe you've been saying the same thing. Now that the time is actually here to implement those plans you may be having trouble getting started or keeping your focus.

I'm always hungry!

You've got the best intentions– counting calories, including more fruits and vegetables in your diet, choosing low-fat options, etc. But every diet you've tried always leaves you feeling hungry. Well, here are a few ideas to help keep the hunger at bay.

1) Become calorie and size wise. In other words, eat more foods with fewer calories. For example, one-ounce of chips has 149 calories, whereas one-cup of raw veggies (such as broccoli) has just 24 calories. Even though you're eating more (serving size wise), you're eating fewer calories.

2) Fill up on fiber. Foods that contain fiber, such as fruits and vegetables, whole grain pastas and cereals, help keep you feeling fuller, longer.

3) Drink, drink, drink... the water. Water helps you to feel full as well, which means you'll be less likely to feel hungry. So, before you reach for that cookie, try a glass of water. You may find that you were really *thirsty* rather than *hungry*.

4) Snack away. Use snacks to your advantage. If you're feeling hungry, grab a light, low-calorie snack. Don't wait to eat until your ravenous – you'll end up eating everything in sight. Try to eat smaller meals throughout the day. Some people find that eating five small meals works better than eating three large meals.



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5) Eat protein and fat. This isn't a license to eat two chicken breasts at one sitting or your favorite pint of full-fat ice cream. But, if you find that you're hungry soon after you eat, you may want to consider making some changes to your meals. For example, if you eat a plain bagel each morning, why not consider eating just half the bagel with one to two tablespoons of reduced-fat margarine, cream cheese or peanut butter? Or, if your lunchtime salad consists mainly of lettuce, tomatoes and some cucumber, why not also top it with lean chicken or tuna, kidney beans, chickpeas or even some chopped egg? When it's snack time, go for apple slices with small amounts of reduced-fat cheese. Adding small amounts of fat and protein can help you feel satisfied longer. This is because fat and protein are digested slower than carbohydrates, which means you won't feel as hungry as quickly. Remember, it's still important to balance and count your calories. If you add something to your daily intake, be sure to account for it and balance your diet by eating less of something else.

What it's all about:

For many, the single most difficult problem with staying fit is finding the motivation to get out the door each day. Food, family outings and a busy schedule may interfere with daily workouts. Yet it is very important to keep up your exercise motivation, so the "I'll do it tomorrow" excuse doesn't go from one missed day, to a missed week, to a missed month and beyond. If you buckle down now when the timing is tough and stress levels are high, your healthy habits will become stronger and better able to outlast roadblocks over the long term.

How to stay active:

There are many ways to remain active, even during the busiest of days and weeks. While they may not be ideal, they will keep you

moving. If you feel you don't have enough time for your regular work out during your hectic schedules, remember that it is better to do a shortened version rather than skipping it entirely. Do you usually take an hour-long walk, or spend 1.5 hours in the gym? Try a 20-30 minute walk or jog around the block just to get your muscles moving and your blood circulating. Or exercise at home by popping in an aerobics or Pilates video. You'll save time by not waiting to use equipment.

Cleanse and Lose Weight:

Sometimes we just need a push in the right direction. *Isagenix* can give you that push. It is a cleansing product with the wonderful side benefit of fat loss. Cleansing supports and promotes good health. Research has documented that as one grows older, more and more toxic material accumulates in the system. The body produces fat to absorb and hold the chemicals and toxins. *Isagenix* allows our body to get rid of these chemicals and toxins and thus reducing our need for excess fat. *Isagenix* is a safe, easy and totally healthy program that will cleanse, replenish and revitalize your body.

Acupuncture:

Used for over 2,000 years, this ancient form of medicine has helped countless conditions and disorders. Weight loss is no exception. With just a few press-tab needles placed in your ears your appetite can be curbed. The needles re-channel your hunger for food thus keeping you from over eating. Acupuncture is another safe and effective way to lose weight.

And remember one thing will not work for everybody. You have to find out what weight loss plan is going to fit into your life.

For further questions on weight loss call or e-mail Dr. Long and Dr. Yeager.

Fit for Life Program



“As a recently diagnosed diabetic, I needed help with my diet and exercise. I received a newsletter from West U Wellness with the “Fit for Life” class.

Each class focused on a different area, such as cholesterol and glycemic index. The class was presented in a relaxed environment with welcome discussion. We were taught stretches and exercises that could be done in the home or while traveling.

I have lost some weight, but more importantly, my numbers are looking great; my doctor is very happy with my progress.”

- Sandi B.

West U Wellness hosts or participates in numerous events and activities each month. Included in these events are free health talks covering a different topic every **Tuesday at 6:00 PM** in West U Wellness. We believe these talks to be a means of allowing our patients to improve their lifestyles.

***Want to eat better?
Join us this Tuesday, February 8th
at 6:00pm for a Health Talk on Nutrition!**

February Calendar of Events

		1 Arthritis Health Talk	2 West U Walking Club 7:30 am	3	4	5
6	7	8 *General Nutrition Health Talk	9 West U Walking Club 7:30 am	10	11	12 West U Wellness Open
13	14	15 Headache Health Talk	16 West U Walking Club 7:30 am	17	18	19
20	21	22 Low Back Pain Health Talk	23 West U Walking Club 7:30 am	24	25	26 West U Wellness Open



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March Calendar of Events

		1 Acupuncture Health Talk	2 West U Walking Club 7:30 am	3	4	5 West U Wellness Open
6	7	8 Pregnancy Health Talk	9 West U Walking Club 7:30 am	10	11	12
13	14	15 Allergies Health Talk	16 West U Walking Club 7:30 am	17	18	19 West U Wellness Open
20	21	22 Stress Management w/Pilates	23 West U Walking Club 7:30 am	24	25 Good Friday (Open ½ day)	26
27 Easter	28 Closed	29 Cholesterol Health Talk	30 West U Walking Club 7:30 am	31		

Dr. Sherman Yeager & Dr. Caroline Long are available to give free “stress management” lectures to a variety of groups. If you would like us to speak at your company or have us come to offer free spinal screenings at your place of work, your school or your church, please contact our office at (713) 490-2225.