



Wellness from the Inside Out

# the Wellness News

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## How Do We Slow Down?

When I slow down, I am happier and I have access to my natural state of joy. Things are easier; what I need seems to just show up. I am able to tap into a deep *knowing*. And I am able to enjoy whatever it is I'm engaged with at the moment.

Slowing down is good for me and good for my business. So why don't I do it more? There must be something that keeps me hooked into my "usual" pace. What could that be?

Our choices are always a matter of gaining something and losing something. When we have a hard time making choices that seem obvious (another example is making good food choices) it helps to look at what we give up.

For me, slowing down means I "can't get it all done". I have to let go of something, which means I "could miss out on something important". When I push myself and stay productive, "I am accomplishing good things". If I don't do it now "I'll lose the opportunity".

Any of that sound familiar? It helps to articulate the beliefs that keep us hooked into our old habits. Once you identify them, ask yourself if it is true. Often our hidden assumptions are not true at all. They lose power when you actually examine them.



I notice that slowing down is hard for many of us. We are a culture that values action and productivity. But living at a constant fast pace comes at a cost. For me the cost is exhaustion and less joy. Other costs can include the impact on health, overeating, and losing ourselves. I talk to so many people who feel guilty when they stop and do something for themselves! Instead they eat to keep going.

So, how *do* we slow down? I'm working on expecting less and avoiding the arbitrary deadlines I set. What about you? What do *you* do to slow down? I'd love to hear what works best for you! If this subject interests you send me an email: how do you slow down?

## Gluten Free

Gluten Free is in the news a lot these days. An allergy to the gluten in wheat, barley, rye (and most oats) is called Celiac disease (CD). It used to be considered a rare disease, but it turns out to be more common than originally suspected. Current estimates are that 1 in 133 people have CD – and many of those don't know it yet. Symptoms vary, but if you have GI problems (especially diarrhea) or someone in the family has it, it is worth getting tested. If you test positive, work with a dietitian or do your research; there is a lot to learn.

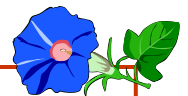
Some people just have an intolerance to wheat, which is different. People with CD need to avoid wheat, rye, and barley entirely. Even a trace amount damages the lining of the small intestine. With a wheat intolerance choices are based on minimizing uncomfortable symptoms.

Lately some people have the idea that avoiding wheat is healthier for everyone. There are actually some nutritional risks with a wheat free diet. Most of the gluten free products are refined – you need to be conscious about getting fiber and the nutritional value of whole grains in your diet. And just because a food is labeled gluten free does not make it healthy. All kinds of desserts and processed foods are available now with a gluten free label.

I think it is wise to get a variety of grains in your diet. CD is a clear indicator to avoid gluten. If you are not sure whether you tolerate wheat or not, it might be worth switching to whole grains first. Eating a lot of refined wheat products does impact how we feel, but it is not necessarily because of the wheat. Eating whole grains tends to limit our quantity—you simply get full faster. It is much easier to overeat foods like French bread, pretzels and cookies.

If you notice that you don't feel good (diarrhea, upset stomach, bloating) even with whole wheat products, get tested for CD. Your doctor can order a simple blood test. For the blood test to be accurate, you have to be currently eating wheat. If the test is negative, then at least you know that you have an intolerance and not an allergy, and that a little bit here and there won't damage your intestines.

If you would like to know more about Celiac disease and wheat free diets, join my free tele-class June 27. See below for details.



### Summer Teleclasses

#### **Gluten Free: Is it for You?**

Wednesday June 27; 7pm PDT (~ 45 min) **FREE**

#### **When It's Not About the Food: How to Stop Eating**

4 Wednesdays, starting July 11; 12 noon -1 pm \$80

*Discover the difference between physical and emotional hunger. What are you feeding? Learn techniques to comfort without food, increase awareness, and find the right fuel that is truly satisfying.*

### Kathy Nichols: Life Coach & Registered Dietitian

Health and Wellness Coaching and Nutrition Consulting. Discover the food *and* non-food fuel that works best for you. Create a healthy lifestyle tailored just to you.

*Discover Wellness from the Inside Out!*



Kathy Nichols is the Healthy Habits Coach. She is a nutrition expert with 30 years experience as a registered dietitian. Her life coach training and certification through the Coaches Training Institute provide the tools and perspectives to change how you think about food. **707 431-7524** [www.healthyhabitscoach.com](http://www.healthyhabitscoach.com)