



Addicted to Fast Results

We have been taught to expect immediate results: we work hard and we want our earned reward. Now! Unfortunately it just doesn't always work that way and it can get in the way of our success. We hear the stories of friends who have lost lots of weight on the latest diet. Advertisers make big promises. So we try one diet after another and for a while we look better and feel better - until we slip back to our old habits. Then we gain back that weight and more.

Most diets are too restrictive to be sustainable over time. Eventually we go off of them. We have birthday cake or splurge on vacation and then suddenly we can't stop eating.

The worst part of very low calorie diets is that rapid weight loss depletes muscle. Conversely, when you *regain* weight it is mostly fat. Your body composition changes: you have less muscle and more fat even if your weight is the same. Less muscle means lower metabolic rate and lower calorie needs, so now you gain weight faster. It's a vicious cycle.

To lose weight and keep it off requires a different approach. You need to change your basic habits and how you think about food. Sustainable life-style changes are slower and less sexy than the typical diet promises, yet you might actually feel sexier over time as you stay with it and feel better about yourself.

New habits feel awkward at first and can be hard to stick with. Clients often tell me they are still doing the old behavior. Yet, upon questioning, we find that while they *are* doing some of the old habits, it is different. They are in-between, not fully in the new, but no longer stuck in the old either. Now when they revert to the old habit, they eat less and return to the new habit sooner. It makes a difference! This is progress!

Living a healthy lifestyle is not about being perfect. It is about making different choices more often. Progress takes time, but it is sustainable, enjoyable, and you feel better. The amazing thing is how much easier it gets as you stay with it. As you develop new habits, they just become what you do. It requires less effort as it becomes natural.

Giving up the need for a "quick fix" and taking the slow but steady route is a radical change. It is a commitment to health and a satisfying way to honor ourselves and our bodies. *And* it takes getting used to. Most people find that they have to keep remembering and *re*-committing. After all, we have spent years with our addiction to fast results. That doesn't go away overnight. Fortunately we are quick learners, especially when we find a way that feels good *and* is healthy!

New Information about Fats

There is fascinating new research on fats. For years we all used polyunsaturated fats. With the recent emphasis on a Mediterranean style diet, most people have switched to the monounsaturated fats olive and canola oils. This turns out to be a wise move in some unexpected ways. Up until recently polyunsaturated fats were considered good but just not *as* good as monounsaturated fats. Now it looks like, due to the high volume we get, they might be harming us.

Polyunsaturated fats are found in most vegetable oils, such as corn, safflower, sunflower, and soy oils. While these contain the essential omega-6 fatty acid called linoleic acid, some researchers think we are over-doing it. Too much omega-6 could have an inflammatory effect in the body, contributing to our risk for heart disease, arthritis, and even headaches and PMS. The National Institute for Health (NIH) speculates that we often take pain killers to relieve the symptoms of too many omega-6 fats. We can change this with diet!

Conversely, it is helpful to get more omega-3 fatty acids. These essential fats decrease inflammation in the body. Omega-3 fats can be found in fish, fish oil and in some plant foods like flax seeds and walnuts.

Join my free teleclass on May 22 to find out more about the surprising ways omega-6's show up in your diet and what you can do to reduce them. We'll talk about how to increase your omega-3 fatty acids.

There are many products available and we'll review what to look for. You'll be seeing more about this controversial topic in the news—call in on May 22, 5:00 pm, and be ahead of the curve!

May Teleclasses

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

4 Tuesdays, starting May 8; 11-12 noon \$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.

New Info About Fats that could Change How you Feel

Tuesday May 22; 5-6pm **FREE**

Register: kathy@healthyhabitscoach.com or 707 431-7524

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