

Greetings, and welcome to my Fall Newsletter.

I have been thinking about what is important to remember for a healthy fall and planning for 2013.

I hope that you all have your strategies for the cold and flu season. I have all my formulas and nutrients plus my neti pot ready and waiting should a cold try to get me. If we haven't discussed this and you feel exposed let's talk about what you can have prepared on your next visit. Better yet go to my website and look up my past newsletters: <http://www.susanwallaceacupuncture.com/newsletters.html>

This year I'd like to discuss how you would like to feel at the New Year. We have a lot of holidays to look forward to and some of us struggle with eating well while not going into an over indulging pattern. For many of you this will not be a problem but, for those of you who are affected, you know what I am talking about.

Simple Tips for a Healthy Fall or How Not to Gain 12 Pounds during the Holidays

So to start off, my first tip is No Halloween Candy. Let me elaborate. Those little "fun size" candy bars look so innocent, but you find you cannot stop once you have started. Then once you have the taste of sweet sugar and chocolate, you find yourself overindulging and consuming so many extra calories that you gain weight over the holidays. Come New Year's Day and you have a big problem.

You can either work very hard to remove the extra weight or at least stop gaining or you continue on with overeating. This is a very common pattern and statistics show that the average American gains 12 pounds between Thanksgiving and New Year's Day. So if you and I are not gaining the 2 pounds a week then someone else could be gaining even more. (?) I've been there. I have found the only way to not over eat sugar, when there is going to be lots and lots of sweet desserts around, is not to start. Be mindful of what you are putting in your mouth.

Make a Plan

Tip #2 is that you make a plan for where you would like to be at the New Year. I personally don't want to skip the festive foods of the holidays but I also do not want to start a sugar binging pattern that I can't stop and will have consequences. So for me my plan starts with no Halloween candy and then I concentrate on foods that I love in the fall. Persimmons and winter squash and all the warming soups and stews. Think about the foods that are being harvested right now. The apples and pears make such a nice treat, baked or poached or just eaten fresh with the aged cheeses.

If I want to eat a candy bar I will but it will not be mindlessly picked out of a bucket on someone's hall table or desk. I will plan for it and eat it slowly and enjoy it.

Tip #3 is make sure no candy is visible at your house. If we have Halloween candy for the trick or treaters then it only comes out that evening and I'm not in charge of it. Any left overs are taken away the next day.

The next part of my plan is doing any activity that doesn't involve food. I think about getting outside in our beautiful fall weather because when I'm out and exercising or working in my garden I am not eating. It's a strategy that I can count on. I remember years ago I would hike with a friend every week and then we would go out to eat. We finally came to the conclusion that we were both using the excuse of having burned a lot of calories so we could indulge in a celebratory meal every time we saw each other. We decided that we didn't want to link exercising to eating and just changed our habit.

This brings me to my final Tip #4 is I do not link all my activities to an eating event. I also need to emphasize to eat regularly and I always know what and when the next meal or snack will be. I can recommend three different books that may help you think about eating in a new way and 2 of them have delicious recipes. The first book is "The End of Overeating" by David Kessler, MD. He is very familiar with the food industry and how packaged foods and the fast food industry design foods with flavor enhancers that keeps us desiring and overeating. "Full Moon Feast" by Jessica Prentice is a beautiful book describing the seasonal eating practices, month by month that farming or hunting and gathering cultures would follow. She is a great chef and includes delicious simple recipes. "Nourishing Traditions" by Sally Fallon is another book about traditional eating practices with recipes that help you get the most nutrition out of the food that you eat.

Please call me if you'd like to come in for an appointment.
I hope that this year has been good for you and your family.
Have a healthy and happy holiday season.

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Be well,
Susan Wallace, L.Ac.