

Living Healthy

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Healthy Habits

- Avoid Convenience and Processed Foods
- Eat Whole Foods – Perimeter of Grocery Store
- Green Tea – Anti-oxidants
- Abrupt Withdrawal of Processed Sugars
- Regular Small Meals Protein, Healthy Fats and Non-Starchy Carbs
- Refined Carbs and Starches Eliminate and Replace with Whole Food Carbs
- Change Your Cupboards and Fridge Items
- Drink Lots of Filtered Water
- Find Activity You Enjoy
- Meditate, Breathing, Walk in Nature, Include Spiritual Time as a Daily Practice
- Cherish You, Your Whole Self

Some Truths About Food Addiction

- ✦ 70% of Americans and 20% of World's Population Are Overweight
- ✦ Obesity is Correlated with i.e. Type 2- Diabetes, Heart Disease, Stroke, Hypertension, Certain Cancers such as Colon, Breast, Gallbladder Disease, and Depression
- ✦ Sugary Foods, Processed Foods, and Refined Sugars Stimulate the Pleasure Center of the Brain (in a Way Similar to Cocaine and/or Heroin Addiction)
- ✦ Being Overweight = "Laziness and Overindulgence" – the Unjust Labels Placed on People Who Are Obese
- ✦ To Promote Food Products, the Food Industry Has Been Known to Create Foods Promoting a Euphoria in the Reward Center of the Brain
- ✦ Myth Continues Obesity Caused by Lack of Willpower – Versus a Food Industry Promoting Highly Addicting Foods
- ✦ High-Glycemic Foods (i.e. Sodas, Baked Goods, Ice Cream, Pasta, Bread, Barbecue Sauce, Ketchup, Marinades, etc.) Simulate the Brain's Reward Center with Increased Tolerance and Need for More Each Time
- ✦ Detox Your Body/Eliminate Addicting Foods and Reset Your Metabolism, Free Your Cravings, and Naturally Lose Weight



Mark Hyman, MD, Functional-Medicine Expert
<https://experiencelife.com/article/beating-food-addiction/>



Stressed about the holidays? If you're an emotional eater, those triggers may be one more thing you're stuck stressing over. While the holidays typically come with a great deal of celebrations and joy, they can also bring up feelings of loss, regret, or depression. And that's the problem; no matter the emotional response, an emotional eater will often turn back to food.

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www.huffingtonpost.com/2012/12/16/emotional-eating-holiday_n_2303761.html

5 Ways to Manage Emotional Holiday Triggers & Reduce the Risk of Binging

- ❖ **Find a Quality Time at the Beginning of the Holiday**
 - Visualize Yourself Finding Moments of Joy and Meaning in the Day
 - Journal What You Like Most and What Are the Challenges Often Faced
 - Evaluate any Choices You Have and Give Yourself Permission to Do Whatever You Believe is in Your Best Interests/Preferences
 - Surround Your Thoughts in Gratitude for the Many Blessings in Your Life

- ❖ **Breathe, Meditate, Practice Yoga, or Take a Contemplative Walk**
 - Live and Be in Your Body, Mind, and Spirit
 - Cherish Your Special Gifts
 - Be Kind, Compassionate, and Gentle With Yourself
 - Restrain from Shaming/Judging Yourself and Replace with Self-Affirming Thoughts

- ❖ **When Eating with Others Equip Yourself with Spring Water (instead of alcohol), Low Binge Foods (celery, carrots, nuts), and some Dark Chocolate to Reduce Cravings**

- ❖ **Have an Exit Plan When Gatherings Become Too Difficult**

- ❖ **Celebrate the Ways in Which You Are Able to Make Choices in Your Life**