

The Healthy Weigh

April/May/June 2003

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www.thehealthyweighonline.com



"You gotta have a dream. If you don't have a dream, how ya gonna make a dream come true?"
Bloody Mary, South Pacific

"You may be disappointed if you fail, but you are doomed if you don't try."
Beverly Sills

"Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment."
Buddha

"Every exit is an entry somewhere."
Tom Stoppard

"The most wasted day of all is that during which we have not laughed."
Sebastian R.N. Chamfort

"Imagination is more important than knowledge."
Albert Einstein

THE HEALTHY
WEIGH
713-622-6422

Eat When Hungry—Stop When Satisfied

By Caryn Honig RD LD

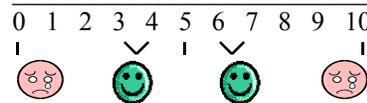
Have you ever watched an infant or a child eat? It's the most fascinating thing. They eat when they are hungry and stop when they are satisfied. They do not count calories, fat grams, or amount of carbohydrates. They do not deliberately starve themselves, nor do they overeat. They listen to both their hunger and satiety cues and eat accordingly.

The older we get, the more distorted our views of eating become. We begin to control (or lose control of) our food intake, and our eating habits become anything but natural. We diet, lose weight, gain weight back, binge, starve, and then start the whole vicious cycle again. How does this craziness stop? How can people figure out when to eat and when to stop eating?

Being aware of hunger and satiety cues and eating in response to them is the first step in figuring out how much you need to eat. Hunger cues might include a feeling of emptiness, fatigue, slight irritability, or a rumbling in your stomach. Feelings of satiety can include physical satisfaction, disappearance of the hunger cues, and sudden energy. Each person experiences individual hunger

and satiety cues. It's up to you to identify and become aware of when you are hungry and when you are satisfied.

A good tool to use is the hunger scale, which starts at 0 and ends at 10. The number "0" is feeling beyond hungry, light-headed, famished, cranky, and weak. "1" is *really really* hungry. "2" is *really* hungry. "3" and "4" are normal hunger. "5" is no feeling. "6" and "7" are satisfied. "8" is full. "9" is really full. "10" is miserably full, such as Thanksgiving dinner full.



Practice rating your hunger level before you eat and then again when you are finished eating. If you do this each time you eat, you will become more familiar with your eating patterns. When you eat in response to physical hunger, you gradually experience a sense of satisfaction. This is your body telling you that the hunger is gone. You may not be attuned to your body's signals, or you may choose to continue eating for other reasons, but then it is your mind deciding how

much to eat, not your body. If you listen to your body, it will reliably "tell" you when it is hungry and when it is full.

For the most part, start eating when you are at level 3-4 and stop eating when you are at level 6-7. This is considered "normal" eating. If you find yourself consistently falling out of this range, you might want to take a good look at your eating habits. Are you eating (or not eating) for emotional reasons? Are you eating enough food to meet your physical needs? Are you in touch with your hunger and satiety cues? Do you need a more structured meal plan? Is eating a pleasant experience? All of this information is important to ensure healthy and pleasant eating.

In summary, eat when you are physically hungry and stop when you are physically satisfied. Do not allow yourself to get too hungry because that could lead to overeating later on. Do not allow yourself to overeat because that does not feel good mentally, emotionally, or physically.

Put food in its place as a very small part of your life.

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\$\$\$\$ THE \$20.00 BILL \$\$\$\$

A well-known speaker started off a seminar by holding up a \$20 bill. In the room of 200, he asked, "Who would like this \$20 bill?" Hands started going up. He said, "I am going to give this \$20 to one of you, but first, let me do this." He proceeded to crumple the \$20 dollar bill up. He then asked, "Who still wants it?" Still the hands were up in the air.

"Well," he replied, "What if I do this," and he dropped it on the ground and started to grind it into the floor with his shoe. He picked it up, now crumpled and dirty. "Now who still wants it?" Still the hands went into the air.

This story teaches us a very valuable lesson. No matter what was done to the money, it did not decrease in value. It was still worth \$20.

Many times in our lives we are dropped, crumpled, and ground into the dirt by the decisions we make and the circumstances that come our way. We feel as though we are worthless. But, no matter what has happened or what will happen, you will never lose your value.

Dirty or clean, crumpled or finely creased, you are still priceless to those who love you. The worth of our lives comes not in what we do or whom we know, but in WHO WE ARE.



*THE HEALTHY WEIGH
AND ASSOCIATES
SUPPORT AND PRAY FOR OUR
AMERICAN SOLDIERS
AND THEIR FAMILIES!*



The Healthy Weigh & Associates Proudly Announces The Addition Of Leticia Dibitanto, Aesthetician

Leticia has been an aesthetician in Houston for the past 12 years and specializes in Brazilian waxing and extractions. Her services for women, men, and teenagers include:

*Facials Stress relief massage
Body waxing Facial waxing
Lash/brow tinting Peels*

For an appointment, call Leticia at 281-701-6589.
(mention this ad for 15% off your next service)



Run for the Rose

In March, 2002, I had the honor of meeting Marnie Rose, M.D. when I presented grand rounds at Hermann Hospital with Marnie's mother, Elaine Rose. At that time, Marnie was a second year pediatric resident at The University of Texas-Houston Medical School. She was also suffering from brain cancer.

Marnie appeared on Houston Medical, the nationally acclaimed ABC television series, where she gave a human face to brain cancer and gave strength and optimism to those who were ill. Throughout her illness, Marnie planned to return to Memorial Hermann Children's Hospital, where her passion was working with young patients.

Dr. Marnie Rose died on August 23, 2002. Brain cancer robbed her of her career, her mobility, and ultimately her life. Brain cancer, however, could not crush Marnie's sense of humor, her spirit, nor her will to survive. Throughout her illness, she never gave up hope.

The Dr. Marnie Rose Foundation has been established with a two-fold mission. Half of the money raised will be used to increase the awareness of brain cancer and to fund research at The University of Texas M.D. Anderson Cancer Center. The other half will be used to better the lives of sick children at Memorial Hermann Children's Hospital.

An inaugural 5K walk/run, "Run for the Rose," benefiting the Dr. Marnie Rose Foundation, will take place on Sunday, May 18, 2003. The Rose family is asking as many people as possible to participate in this annual event. All money will go directly to the two hospitals.

Although I met Marnie only once, I will never forget her. Her enthusiasm, spirit, and courage were truly remarkable. My husband, Scott, our two daughters, and I will be participating in the 5K walk/run. It will be an honor to participate in her memory.

Caryn Honig

www.runfortherose.com

713-993-9288



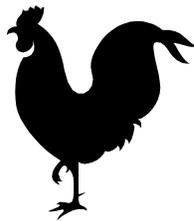
SPRING RECIPES



Grilled Chicken Salad with Goat Cheese and Raspberry Vinaigrette

Ingredients

- 4 boneless, skinless chicken breasts (approximately 4 ounces each)
- Non-stick cooking spray
- Salt to taste
- Freshly ground black pepper to taste
- 1/4 cup raspberry vinegar
- 1/2 teaspoon sugar
- 2 tablespoons extra virgin olive oil
- 8 cups mixed baby greens
- 1/2 cup golden raisins
- 4 tablespoons goat cheese
- 1 cup raspberries



Directions

1. Preheat an oven or grill to medium-high.
2. Spray the grill grate or broiler pan with nonstick cooking spray.
3. Season the chicken breasts with salt and pepper.
4. Grill or broil the chicken until it is cooked thoroughly. Let chicken cool.
5. Slice the chicken into strips.
6. Whisk the vinegar, sugar, and olive oil together in a large salad bowl.
7. Season with salt and pepper.
8. Add the greens and toss to coat the greens with the dressing.
9. Arrange the sliced chicken, raisins, goat cheese, and raspberries on top of the greens.
10. Serve and enjoy.

Serves 4.

Nutrition Facts Per Serving

Calories: 406

Fat grams: 14.6

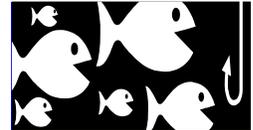
Fiber: 5 grams

Recipe from www.foodfit.com

Salmon Filet with Sesame Seeds

Ingredients

- 1 1/2 pounds fresh salmon
- Nonstick vegetable spray
- 2 teaspoons sesame seeds
- 3 tablespoons sherry
- 3 tablespoons brown sugar
- 2 tablespoons water
- 2 tablespoons soy sauce
- 2 tablespoons vegetable oil
- 1 1/2 teaspoons minced ginger root
- 2 teaspoons crushed garlic



Directions

1. Preheat oven to 425 degrees.
2. Spray baking dish with nonstick vegetable spray
3. In a bowl large enough to hold the salmon, combine sherry, sugar, water, soy sauce, oil, ginger, and garlic.
4. Divide fish into 4 serving size pieces; place the salmon in marinade for 20 minutes.
5. Transfer salmon to a baking dish and pour the marinade into a sauce pan.
5. Boil marinade for 3-5 minutes until thick and syrupy. Pour the sauce over fish.
6. Sprinkle fish with sesame seeds.
7. Bake for 10 to 15 minutes (or 10 minutes per inch of thickness or until fish flakes easily when tested with a fork)

Serves 4.

YOGURT PARFAIT

Ingredients

- 1/2 cup plain yogurt
- 1 tablespoon honey
- 1/8 teaspoon vanilla extract
- 1/3 cup topping (nuts, crushed graham crackers, etc.)
- 1/2 cup fresh or frozen fruit, chopped



Directions

In a small bowl, blend yogurt, honey and vanilla extract. Using a tall glass, layer the yogurt, fruit, and topping in any order or combination. ENJOY!

The Healthy Weigh

2801 Bammel Lane
Houston, Texas 77098

The Healthy Weigh

etceteras

EATING DISORDERS SUPPORT GROUP

Who: Those suffering from an eating disorder are encouraged to come for help and support.

1st timers: Please call for an initial screening and to reserve a spot.

When: Mondays at 6:00 p.m.

Where: 2801 Bammel Lane

Call: Caryn or Ronda @ 713-622-6422

Cost: Free

OVEREATERS SUPPORT GROUP

Who: Those suffering from compulsive overeating are encouraged to come for help and support.

1st timers: Please call for an initial screening and to reserve a spot.

When: Tuesdays at 6:00 p.m.

Where: 2801 Bammel Lane

Call: Jennifer @ 713-622-6422

Cost: \$10.00 per session.



**THANK YOU ALYSSA MATHIS FOR
CONTRIBUTING TO THIS EDITION OF
THE HEALTHY WEIGH NEWSLETTER**



Beautiful Me! An Eating Disorders Conference on Friday, February 28, 2003 was a huge success.

Approximately 100 therapists, dietitians, nurses, counselors, parents, and clients showed up for the day of lectures. Special thanks to speakers Jon Divine MD, Cheryl Verlander LMSW, Catherine Kruppa MS RD LD, Caryn Honig RD LD, Ronda Eisenbrook RD LD, and Teresa Fassihi PhD. Thank you also to Emily Yarrell, Crystal Flowers, and Emily Allen for sharing their stories. Final thanks to everyone who helped put on the event: Irene Patriyot, Alyssa Mathis, Leicia Roche, Sharon Walters, Arleen and Morton Honig, Jennifer Lindsay, Kicha Mazique, Scott Schepps, Remuda Ranch, EDAH, Rebecca Compton, Sharon McClendon, The Radisson Hotel, Image in Action, Sprint Digital Print, and The Healthy Weigh volunteers. Watch for a bigger and better **Beautiful Me! Conference** in 2004!

Cocktail Party and Jewelry Show at

The Healthy Weigh

Saturday, May 10, 2003
11:00 a.m.—2:00 p.m.

Come enjoy wine, cheese, and desserts while jewelry shopping for Mother's Day. Gift certificates will be available for purchase for facials, massages, nutritional consultations, and more. DON'T FORGET MOTHER'S DAY MAY 11, 2003.



THE HEALTHY WEIGH T-SHIRTS \$15.00—20.00 each!

Women's shirts: medium, large, and extra large

Men's shirts: small, medium, large, extra large

Quantities limited. Call 713-622-6422 to reserve a shirt.

The Healthy Weigh accepts cash, checks, and credit cards.

