



Lifestyle Letter

Testimonial

This was sent by Kimberly Gerasch, Beach Chiropractic Center, Virginia Beach, VA from Tim Gancy.

Before the program, I was overweight and had little energy. Mentally, I alternated between states of agitation and haziness. I now enjoy more energy, self esteem and I just feel healthier.

As you know, I lost about 24 lbs with the program. With a combination of better eating and more exercise, I was able to lose between 1 and 7lbs a week. Before the program, about 90% of my diet came from processed or fast foods. I ate more like a teenager than an adult. I now am much more aware of portion content and size than ever before and am eating more fruits and vegetables (which is a real accomplishment for a junk food junkie). Even though I've completed the program, I know that I will be able to maintain my weight because of my new eating habits.

Through the program, I also kicked a very severe caffeine addiction in which I was drinking between 1 and 2 liters of diet coke a day. I rarely drank a glass of water. Coke was a staple for me. My withdrawal from caffeine was not easy. I chose to go "cold turkey". The first couple of weeks on the plan were very rough and it took a lot of determination to get through it. I credit you for your help in keeping me on track.

(cont'd on next column)

As far as my mental state, the "psychological" component of the program really assisted me in dealing with my elderly parents and their declining health. "Care giver overload" is how I would

best describe my state of mind (anxiety, guilt, etc.). The program helped me to set mental boundaries that got me out of my state of "total burnout". Your personal support via face-to-face meeting and phone conversations was extremely beneficial. I appreciate your always being available to talk (i.e., just a phone call away).

With the death of my father, which coincided with my completion of the program, I know I was in a much better state of physical and mental health. This really helped me in dealing with

the tragedy. I can't imagine how much more difficult it would have been if I had been my "old self".

I think it is important for those considering the program to know that they will greatly benefit not only from the formal program (CD's, exercise dvd's, written material), but also from the group and individual meetings. Going through a life change isn't easy to do on your own and does require support from others who can relate to what you are going through. Thanks for everything, Kim.



Before



After

Recipe

Breakfast is the most important meal – but not everyone has time to fix it and sit down in the mornings. For those of us on the run – this Apple Cinnamon Muffin is a good choice for those rushed mornings.

Apple Cinnamon Muffins

Serving Size : 12

Prep Time: 15 minutes

Total Time: 25 minutes

Ingredients

- 2 1/4 cups white whole-wheat flour
- 2 teaspoons baking powder
- 1 teaspoon apple pie spice
- 3/4 cup brown sugar
- 3/4 cup egg whites
- 1/2 cup of coconut or olive oil (healthiest options)*
- 1 cup skim milk
- 1 cup diced apples

*Oils that have a high percentage of saturated fatty acids are more stable than oils that contain a high percentage of polyunsaturated fats as the oils containing more polyunsaturated fats contain more free radicals.

Preparation

- Preheat oven to 400°F. Lightly spray muffin pan with cooking spray or line with paper muffin cups.
- Combine dry ingredients in a medium-sized mixing bowl. Add wet ingredients and apples and mix well.
- Fill muffin cups 3/4 full with batter.
- Bake until done, about 25 minutes. Test with a toothpick - it should come out clean when muffins are done.

Nutrition Information: Per Serving: Cal. 170 Total Fat 5 g; Saturated Fat 0.5 g; Total Carbs 33g; Fiber 3 g; Protein 5 g, Sugars 11g

Don't forget to send your favorite healthy recipes to: recipes@creatingwellness.com

Be sure to visit "My Creating Wellness Space" for more recipe ideas!

Wellness Wisdom

- *Goals for the New Year are on almost everyone's mind at this time. If you would like to commit to bringing wellness to your life we would like to recommend a great first step – take a daily supplement. Ask your Creating Wellness doctor about Vitalize supplements today!*
- *The tradition of eating black eyed peas on New Years Day will bring you more than luck. This legume is an excellent source of calcium, folate and Vitamin A.*

Wellness News

Family Resolutions

The New Year is a time to make personal resolutions on how you are going to improve your life and health for 2009. This is an important time to reflect on your personal goals – but don't forget about your family! There are many small changes you can make to bring more wellness to each member of the family.

Cut down on TV time. This is especially for the kids! Children these days spend more time in front of the TV, computer or video games than ever before. An article in the March 2008 issue of the Archives of Pediatric & Adolescent Medicine found that turning off the TV and the computer helps young children improve their health. A group of 70 overweight children ages 4 to 7 were placed into one of two groups. One group (the intervention group) used an automatic monitoring device placed on the family TV and computer to keep track of time in use, along with an intervention program to reward children for reducing TV and computer use. The other group (the control group) had no such device or intervention.

Results after 24 months were quite amazing. Children in the intervention group reduced their television viewing by 17.5 hours per week, as compared to only 5.2 hours for the control group. More importantly, the intervention group also reduced its body mass index (BMI), while the control group's BMI increased. Members of the intervention group also significantly reduced overall food intake compared to the control group. The researchers concluded, "Reducing television viewing and computer use may have an important role in preventing obesity and in lowering BMI in young children."

Keep the junk food out of the house. This includes sodas, chips – the works. When it is in the house it will be consumed. Overall, people do not get enough water in the day. The more you have to drink in the house that is high in sugar, the less water will be consumed. Plan out what you will have for snacks and choose nutritious options that the whole family will enjoy. Make sure the whole family gets breakfast! Breakfast is what jumpstarts your metabolism and is an essential part of everyone's diet. Try to have fresh fruit ready in the mornings and a protein as well. If everyone is on the go – have healthy options that can go in the car with you.

Plan family game nights. No matter how busy your schedule may seem, – making time for your family to get together, laugh and have fun will improve the mood and unity of your family. The psychological (Think Well) benefits will surprise you!

Get creative and think of changes that will best fit your family. Ask your family members for their ideas on how to make life healthier and incorporate them. You may find that your family is excited for the changes too!