



Whole Life Wellness Newsletter

Coaching you to your B.E.S.T. Life:
Balanced, Energized, with Stamina and Toxin-Free

In This Issue

[If You Love Dessert,
These Low Fat
Recipes Are For You](#)

[Eat This Before Your
Meal To Lose Weight](#)

[Lower Your
Cholesterol With Plant
Sterols](#)

[Quick Thanksgiving
Weight Survival Tips](#)

[5-Steps To Becoming
Powerful](#)

[Can Your Kitchen
Pass The Food Safety
Test?](#)

[Business Eating On
The Run: How To Fill
Up Without Filling Out](#)

[A Drug- Free Cure For
Allergies: The Netti
Pot](#)

[How Much Caffeine Is
In Your Drink?](#)

[One of Nature's Gifts](#)

Issue: # 14 Happy Thanksgiving

November, 2007

5-Steps to Becoming Powerful



When you negotiate a new salary with your boss, do you operate from a position of personal power? Or, do you feel squeamish and weak? When you try to get your kids to see things your way, are you confident in your ability to teach them important lessons from your experience, or do you fear the encounter will turn into a confrontation?

If you feel that you lack personal power, remember that the fundamental principle to improving yourself, including your ability to exhibit more personal power, is *your ability to control your mind*. Gaining more control over the way we think, act and behave is critical to improving our personal power.

Here are 5 steps to enhancing your personal power:

- 1. Self-confidence:** you cannot command personal power without a very strong sense of what is important for you and a knowledge that you can stick to your convictions. If you demonstrate self-confidence, you put people at ease and convince them to follow your direction because you convey a belief in your plan.
- 2. Listen more than speak:** when you think of personal power, you may first think about "powering" your way over other people. This never works. You do need to stick to your convictions, be consistent and unwavering in your positions, but you also must listen. By understanding where people are coming from first, you can better understand their needs and how to fit your message to their situation.

**If You Love Dessert,
These Low Fat
Recipes Are For
You**

[Click here for
recipes](#)

I have written out a wonderful recipe for **Low Fat Cappuccino Cake**. It is made with no eggs or butter. It uses yogurt, chocolate and a small amount of oil (you use a "healthy" oil such as the one made by Smart Balance). This is a wonderfully dense, easy to make and delicious dessert with very little fat.

Also, last month I included a recipe for **Chocolate Chip Cookies with chick peas**. If you haven't had a chance to try it, I am including it again.

The cookie is very moist and you honestly can't even see the chick peas.

The chick peas add nutrition and the kids will love them.

**Eat This Before Your
Meal to Lose Weight**

Eating some healthy fat 20 minutes before a meal can keep you from stuffing yourself by tricking you into thinking you're full. About 70 calories of healthy fat just before you eat (which is 6 walnuts, 12

3. Be consistent: if you are a person who changes your convictions as often as your clothes, don't expect to increase your level of personal power. You need to align your actions consistently with your goals to help increase people's confidence in you and the strength of your convictions.

4. Learn to become comfortable communicating with those above you: overcome the fear of dealing with those you look up to-- whether they are in your organization or in your outside life. Overcome the natural resistance to engage those who have more personal power than you do. Listen and learn from them and build your networking relationships.

5. Have a purpose: people follow heroes with a purpose. What is your BIG purpose?

Can Your Kitchen Pass the Food Safety Test?

What comes to mind when you think of a clean kitchen? Shiny waxed floors? Gleaming stainless steel sinks? Spotless counters and neatly arranged cupboards? These can all help, but a truly "clean" kitchen, one that ensures safe food, relies on more than just looks. It also depends on safe food practices.

In the home, food safety concerns revolve around 3 main functions: food storage, food handling, and cooking. To see how well you're doing, take this quiz and learn how to make the meals and snacks from your kitchen the safest possible.

1. The temperature of the refrigerator in my home is:

- a. 50 degrees Fahrenheit (10 degrees Celsius)
- b. 40 F (5C)
- c. I don't know, I've never measured it.

Answer (B): refrigerators should stay at 40F (5C) or less. The temperature of 40 degrees won't kill bacteria, but it will keep them from multiplying. Freezing at zero degrees F or less stops bacterial growth, but it also won't kill bacteria already present.

2. The last time we had leftover cooked stew or other food with meat, chicken or fish, the food was:

- a. cooled to room temp, then put in the refrigerator
- b. put in the refrigerator immediately after the food was served
- c. left at room temp overnight or longer.

Answer (B): Hot foods need to be refrigerated as soon as possible, within two hours after cooking. If it's been standing out for more than 2 hours, throw it out. Don't taste it, either. Date leftovers so they can be used within 3-5 days. If in doubt, throw it out.

almonds OR 20 peanuts) is about all you need. Eating good fats stimulates the production of a hormone that tells your brain you've had enough to eat and then keeps you feeling full by slowing the emptying of your stomach. You end up eating less.

Lower Your Cholesterol with Plant Sterols and Stanols

Plant sterols and stanols are *phytosterols*--essential components of plant membranes which can only be obtained through dietary sources such as fruits, vegetables, nuts, seeds, cereals, legumes, vegetable oils and other plant sources. The FDA has approved the statement that these additives to food can help reduce the risk of heart disease. The American Heart Association has recommended that people eat **2-3 grams of plant sterols/stanols per day** to gain maximum effects in lowering LDL ("bad") cholesterol levels. Finally, a study reported in the *American Journal of Clinical Nutrition* has found that combining

3. When dishes are washed in my home, they are:

- washed and dried in an automatic dishwasher
- left to soak in the sink for several hours and then washed with soap in the same water
- washed right away with hot water and soap in the sink and then air-dried
- washed right away with hot water and soap in the sink and immediately towel dried

Answer (C): When washing dishes by hand, wash them all within 2 hours. Air dry them so you don't handle them while they're wet. Don't let dishes sit in water for a long time because it creates a "soup" of bacteria.

Business Eating on the Run: How to Fill Up without Filling Out



I have talked to many people who eat out frequently, sometimes all of their meals. Although this is not ideal, and it can result in weight gain, there are ways to make restaurant food healthier.

Here are some tips for making healthier restaurant selections:

1. Delicatessens:

- go light on meat
- choose mustard, vinegar, peppers
- request baked chips or pretzels
- reduce intake of high sodium pickles, olives, chips and smoked or cured meat

2. Pancake/waffle houses:

- ask for butter on the side or leave it off entirely
- request egg substitutes or use egg whites
- fill omelets with vegetables
- use syrup sparingly

3. Chinese:

- choose dishes with more vegetables
- request plain rice instead of fried rice
- order stir fried and steamed dishes rather than fried
- ask for "no msg" and avoid high salt dips made with soy sauce

4. Mexican:

- leave tortilla chips/salsa off the table
- select foods that are not fried or made with lots of cheese
- ask for sour cream and guacamole on the side, or omit it

exercise with the intake of plant sterols/stanols yields even more benefits by lowering LDL, total cholesterol, and triglyceride levels, and raising HDL cholesterol levels.

Sample products with these additives include Benecol spread and some orange juice products.

Quick Thanksgiving Weight Survival Tips

Quick- here are some ideas to have a "thinner" you after Thanksgiving:

- **Get Active:** eat less and exercise more
- **Eat Breakfast** before you go to your Thanksgiving dinner
- **Lighten Up:** make your recipes healthier with less fat, sugar and calories
- **Police Your Portions:** don't waste calories on foods you can have all year long.
- **Skip the Seconds**

5. Italian:

- start with a garden salad to fill you up
- stick with thin crust pizza; avoid cheese stuffed crust
- choose low fat toppings such as: pineapple, grilled chicken, spinach, broccoli, mushrooms, onions, peppers
- avoid extra cheese
- choose marinara sauces
- choose seafood or chicken rather than meatballs or sausage

6. Fast Food Breakfasts:

- choose bagels with spreads on the side
- ask for jelly in place of butter or other spreads
- beware of high fat sausage biscuits and croissants
- order specialty coffees with skim milk and no whipped cream

A Drug-Free Cure for Allergies: The Netti Pot



The Netti Pot is used for nasal congestion, allergies, sinusitis, dry nasal passages and post-nasal drip. It has also been found to help people suffering from headaches and migraines. It can be used once a day or just when needed. It's easy to use and only takes a couple of minutes of your time. You use tap water with a tiny bit of salt mixed in--that's all. You won't believe the results but studies have shown it can be more effective in treating allergies than all the allergy drugs on the shelf.

How Much Caffeine is in Your Drink?

You can easily find out the calorie and sugar content of your can of soda. But what about caffeine? You know caffeine is in your soda, but how much?

A study was conducted at Auburn University, Alabama, to investigate caffeine levels in beverages. You can see some of the results below ([Click Here](#) to see a fuller list of the caffeine content in various beverages). Notice that some of the drinks that are made to help people get a "buzz", or "more energy", actually don't have as much caffeine as coffee ice cream and Starbucks!

- **Brewed coffee** (8 ounce) average 133 mg caffeine (range 102-200mg)
- **Starbucks Brewed Coffee** (grande: 16 ounces) 320 mg caffeine
- **coffee, generic instant** (8 ounces) average 93 mg (range 27-173 mg)
- **coffee, generic decaffeinated** (8 ounces) average 5 mg (range 3-12mg)
- **Starbucks Tazo Chai Tea Latte** (grande 16 ounces) 100 mg caffeine
- **Arizona Ice Tea, green** (16 ounces) 15 mg caffeine
- **SoBe Adrenaline Rush** (8.3 ounces) 79 mg caffeine

- **Choose the Best Bets (healthier) Foods on the Buffet**
- **Eat Slowly**
- **Go Easy on Alcohol**
- **Focus on Family and Friends, not Food**

- **Ben and Jerry's Coffee Heath Bar Crunch frozen dessert** (8 ounces) 84 mg caffeine
- **Haagen-Dazs Coffee light ice cream** (8 ounces) 58 mg caffeine
- **Hot Cocoa** (8 ounces) 9 mg caffeine
- **Excedrin (extra strength)** 2 tablets, 130 mg caffeine
- **Mountain Dew MDX**, regular or diet (12 ounce) 71 mg caffeine
- **Diet Coke** (12 ounce) 47 mg caffeine
- **Diet Pepsi** (12 ounce) 36 mg caffeine
- **7 up**, regular or diet (12 ounce) 0 mg caffeine

One of Nature's Gifts



Rebecca Cohen, Certified Lifestyle and Wellness Coach
Partnering for Change Wellness Coaching
P.O. Box 265
Sycamore, IL 60178

web: www.partneringforchange.com

email: rcohen@partneringforchange.com

phone: #815-895-9389