



### Enhance your health by counting your blessings.

Thanksgiving is a time for all of us to count our many blessings. So, if you haven't begun a gratitude journal, this is a wonderful opportunity to start! Before you go to bed each night, write down 5 things for which you are grateful. Then, if you feel stressed and upset the next day, remember the items on your list, breathe slowly, bring the feelings of gratitude and appreciation into your heart, and focus on those positive emotions. If you practice this each day you'll be surprised how it can change your response to daily events, reduce your stress and improve your health. Relax, enjoy the holiday, friends and family, and remember: **Bring love into your heart and you bring love to the world.**

Have a wonderful Thanksgiving. And, if you like this newsletter and the health information I offer, please forward it to others and/or let them know that they can subscribe to it on the web site. My efforts can only grow by word of mouth so I appreciate your help.

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### Weight control during the holidays? Is it possible?



Whether you're traveling or staying home for the holidays, it's always difficult to ward off those extra pounds when there is so MUCH food available. Holidays don't have to bring extra pounds if you

use moderation and create strategies to handle the challenges. Here are some tips to help you have a healthy and happy holiday that you don't regret when it's over.

**Don't skip your exercise.** Make time to exercise at least three times a week to use up the extra calories you're eating and to relieve stress.

**Avoid temptation.** Don't keep holiday "goodies" out in the open all over your house, or stand by the party buffet table where you'll be tempted to eat.



Your Wellness Coach, Rebecca Cohen

I think these low calorie and fat recipes for quick dinners are really good and so easy to prepare. Let me know what you think: Did you like them? Did you make changes that you want to share?

### 4 ingredient dinner: Spanish Chicken

- 2 cups chunky salsa of your own choice
  - 1/3 cup brown sugar (firmly packed)
  - 2 tbsp. honey dijon mustard
  - 6 boneless, skinless chicken breasts
1. Preheat oven to 350 degrees.
  2. Combine all ingredients and place in a baking pan or casserole dish. Bake at 350 for 40-45 minutes until chicken is thoroughly cooked.

**Don't expect miracles of yourself during the holidays.** Now is not the time to try to lose weight. Instead, try not to gain any.

**Set realistic goals.** Don't think in extremes such as "I won't eat anything". Eat smaller portions.

**Be satisfied with smaller portions.** Think of smaller portions as helping to improve yourself, not deprivation.

**Don't kick yourself** if you accidentally go wild for the day. Move on. Learn from the challenges you faced and make an effort to handle things differently next time.

**Eat slowly and savor each bite.** It takes about 20 minutes before your stomach registers what you put into your mouth.

**If you overeat today, don't overeat tomorrow.** If today is full of calories, eat lighter tomorrow.

**Limit foods high in fat and sugar** and skip those tempting appetizers. Pecan pie, cranberry sauce, and cheese balls have more calories than you really want or need! And each bite of those tiny appetizers is about 100 calories.

But, if you find yourself just wanting to enjoy the day without the stress of watching everything you eat, then enjoy. Make a decision that tomorrow you will get very serious about watching what you eat and making time to exercise.

## Holiday Health Quiz

### 1. **A healthy substitute for mashed potatoes and gravy is:**

- baked potato with sour cream
- mashed sweet potatoes with a drizzle of maple syrup
- twice baked potatoes with cheese



(sweet potatoes with maple syrup is a better choice than mashed potatoes made with cream. However, you can make healthier mashed potatoes by using reduced fat chicken broth or skim milk instead of cream)

### 2. **When indulging in snacks, choose:**

- crackers and the creamy dip
- nuts like almonds, pecans and walnuts
- to skip alcohol and move right to the dessert

(choose the nuts for their health benefits. But be careful, not all nuts are created equal and some are high in fat. Select raw, unroasted, unsalted almonds, pecans and walnuts as the healthier choices).

## 5 ingredient dinner: Cheesy Mediterranean Chicken

- 4 skinless, boneless chicken breast halves
  - 1 bottle of sun dried, julienne cut, tomatoes packed in olive oil with herbs
  - feta cheese
  - Dried basil and parsley
  - Flour
  - about 2-3 tblsp. olive oil
1. Pound each chicken piece lightly until 1/4 inch thick. You can keep them whole or cut them in half for smaller servings.
  2. In the middle of each flattened piece of chicken, layer some of the tomatoes with a little of the oil from the jar, some feta cheese, and about 1/4 tsp. each of dried parsley and dried basil. Quantities depend on your own taste.
  3. Roll up each bundle and make sure that you fold in the sides a little so the filling does not escape during cooking. Secure each roll with a toothpick.
  4. Sprinkle some flour on each to coat lightly all over.
  5. Heat the olive oil in a skillet and add chicken. Cook until brown and slightly crispy on all sides and the meat is no longer pink.

## Partnering for Change Web site:

[www.partneringforchange.com](http://www.partneringforchange.com)

### On the Web site, you can:

**-Subscribe to the Whole Life Wellness Newsletter**

**-Sign up for a 30 minute complimentary coaching consultation**

**-Find Wellness Resources**

**-Complete Wellness Quizzes**

### 3. **The healthier food choices for Thanksgiving include:**

- Turkey white meat breast without skin
- Mashed white potatoes made with reduced sodium, fat- free chicken broth
- Pumpkin pie made with a phyllo dough crust
- Green beans with dill for flavor instead of butter
- Mashed sweet potatoes with orange juice instead of butter and sugar

(all of the above are healthy choices for Thanksgiving. These are ways to reduce the fat and salt in traditional holiday foods.)

### A miracle treatment for insomnia



Do you have mood swings? Anxiety? Fatigue? hot flashes? Are you stressed out most of the day? All of these symptoms could be aggravated by, or due to, insomnia and sleep deprivation. Sleep deprivation is a truly common problem in today's high paced, stressed world. More than half of all adults

in the U.S. experience insomnia for at least a few nights a week and 1/3 struggle with it nightly. More than a simple annoyance, lack of sleep can impair your mood and performance, lead to accidents, and worsen health problems such as hypertension, obesity and diabetes.

In addition, if you are perimenopausal, insomnia can be an even greater problem whether you have hot flashes and sweating at night or not. Insomnia is a common complaint during perimonopause that leaves sleep deprived women fatigued, tense, irritable and moody.

A major treatment for anyone with insomnia is exercise because it allows you to boost the amount of deep sleep that you get. Aerobic exercise done about 5-6 hours before bedtime can help you increase the amount of time you spend in REM sleep so your body can repair and renew itself (don't exercise too close to bedtime or you'll stay awake!). Exercise will boost your mood, ease anxiety, and several studies have found that it can be as effective as medication in relieving symptoms of mild to moderate depression. Also, in case you didn't know this, moderate to vigorous aerobic exercise can enhance sexual desire, performance and satisfaction. So even if you're tired, you need to get out and do some form of exercise to break the vicious cycle of insomnia and fatigue. The first day or two of exercising may be hard, but keep yourself moving! And if your insomnia doesn't improve at all, discuss the matter with your doctor.

Sign up for the complimentary consultation to find out how wellness coaching can help you be more successful than you ever have been before to: de-stress your life, lose weight, be fit and healthy, and gain self-confidence and focus.

*YOGA FOR HEALTH: Yoga improves fitness, lowers blood pressure, promotes relaxation and self-confidence, and reduces stress and anxiety. People who practice yoga tend to have good coordination, posture, flexibility, range of motion, concentration, sleep habits and digestion. Yoga can improve asthma, back pain, depression, and many other conditions. There are many different types of yoga for all levels of ability and needs.*



## Grapefruit alert!



Did you know that grapefruit and grapefruit juice can potentially cause serious drug-food interactions with some of the most common prescribed drugs? This interaction can even cause life threatening problems depending upon age, genetics and the person's

metabolism. Elderly people are particularly vulnerable because they cannot eliminate toxic substances as well as younger people. And, unfortunately, it can take up to 72 hours for the effect of grapefruit to leave the body so waiting to take a drug at a later time is not a good option.

There are more than 50 medications than can interact with grapefruit, including some drugs used to treat:

- high cholesterol
- depression
- high blood pressure
- cancer
- pain
- impotence
- allergies

You should discuss the issue with your doctor to determine if a medication you are taking is on the list of interacting drugs. Grapefruit is high in Vitamin C and lycopene, low in calories, has very low sodium and no fat. It is a healthy food, but one that needs careful consideration if you are taking certain prescribed medications.

email: [rcohen@partneringforchange.com](mailto:rcohen@partneringforchange.com)

phone: 1-815-895-9389

web: <http://www.partneringforchange.com>