



Beat Winter Weight Gain

The excellence of a gift lies in its appropriateness rather than its value

~Charles D. Warner

When God made time, he made enough of it.

~Celtic saying.

You are never too old to become younger

~Mae West

Make each day count, live it as if it were the last.

For years I wanted to be older, and now I am.

~Margaret Atwood

A kiss can be a comma, a question mark or an exclamation point.

~Mistinquett

When you are not happy with yourself, you can not be happy with others.

All truths are easy to understand once they are discovered; the point is to discover them.

~Galileo
(1564-1642)

Help others as part of your tithing in the Universe.

Eat Drink and Be Merry-

'Tis the season of eggnog and hot chocolate, mulled cider and sparkling wine. 'Tis also the season (between Thanksgiving and New Year) when Americans put on half of our annual weight gain. It is easy to blame the holiday cookies, but the foods aren't the real culprits. The 500 calories for a Starbucks 16 once eggnog latte has almost twice the calories of a Snickers bar. A cup of cocoa is equal to 13 Hershey's Kisses. Sweetened beverages are key contributors to excessive weight gain and overall obesity.

We often concentrate on what we eat, and overlook what we drink when we count calories.

People who eat a handful of nuts tend to eat fewer calories in their next meal (because of the fiber and protein in the nuts). But when people drink the same number of calories, they don't cut back on what they eat next. An apple is more satisfying with its 5 grams of dietary fiber, than the same number of calories in a glass of apple juice. We don't compensate for the calories we take in from beverages the same way we do for those from solid foods.

Fuel your Body

We love it when the temperature drops low enough to bring out the high boots, but the chapped lips, fatigue, and thinning hair are not fun. Here are a few ideas to keep your immune system functioning high.

Hair:

Eat low fat cottage cheese, which is high in protein (14 grams per cup).

Pumpkin seeds: are high in zinc which reduces hair fallout.

You're Brain:

Eat wild salmon, mackerel, and other Artic fish which are high in omega 3 fats and help reduce inflammation in the brain, and regulate feel-good neuro-transmitters.

Eat kale and other dark leafy vegetables and feed the 100 billion neurons in your brain, and slows cognitive decline.

Recipe: Sauté kale with olive oil, garlic, onions and a squeeze of lemon juice for a healthy dish.

Skin: Limit the time you spend in hot water to 10 or less minutes, as it strips the skin of natural oils. Rub with baby oil before or after your bath to re-moisturize skin. Run your humidifier at night to keep from drying out skin conditions.

Fiber and protein don't fully explain why we aren't as satisfied with drinks as solid food. Chewing releases a hormone that makes us feel fuller. But we don't want to spend our time at party's chewing gum. A solution is to be mindful of the number of calories in what you drink so that you can spend more on what you decide to eat. The good news is we don't eat and drink holiday foods and beverages every day, and can work in some treats at this time. Don't forget to exercise!

In This Season of Lights:

"Make a prayer acknowledging yourself as a vehicle of light, giving thanks for all that has come today."

~Dhyani Ywahoo

Let Your Light Shine!

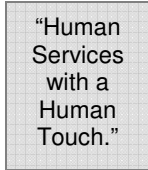
Find Calm in Minutes:
A single 20 minute session of exercise is enough to reduce your stress levels.
Take a power nap to increase your memory, and optimal work output.

**Love many things....
Whosoever loves much performs much, and can accomplish much, and what is done in love is done well.**

~Vincent Van Gogh

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When to go with your Gut Feeling

Don't ignore your hunches! Gut feelings will rarely lead you astray. Your brain uses intuition when there isn't time for in-depth analysis: Lightening quick impressions (or an immediate sense of how to solve a problem) result from instant comparisons to past experiences stored in your memory. There are occasions however when you may want to overrule a hunch.

Go with intuition when you...

- *fear for your safety
- *feel no anxiety over a course of action

Think twice when you:

- *are sleep deprived
- *are angry or emotionally stressed

It is easier to fight for one's principals than to live up to them.

~Alfred Adler
 (1870-1837)

Walk Off Weight

If you are 30 or more pounds overweight or haven't exercised for a while:

1. **Walk in mini sessions** of 10 minutes two times a day. In week one: Week two add 5 minutes and inch up your endurance. (Little sessions add up)
2. **Choose softer surfaces** in low traffic areas (if possible). Walk in the street rather than the sidewalk (Concrete is 10 times harder than asphalt is. Therefore it is gentler on hips, knees and feet).
3. **Use good form.** Squeeze in your butt with every step, walk heel to toe, and try to keep a comfortable pace throughout the workout.

! Paz en la Tierra y en Nuestros Corazones!

Letting Go

As you read this, take a deep breath, and as you exhale. Allow all the tension leave your body. Let your scalp and forehead and your face relax. Your head does not need to be tense in order for you to read. Let your tongue and your throat and your shoulders relax. You can hold a book with relaxed arms and hands. Do that now. Let your back and your abdomen and your pelvis relax.

Let your breathing be at peace as you relax your legs and feet.

In this relaxed, comfortable position, say to yourself, "I am willing to let go. I release. I let go. I release all tension. I release all fear. I release all anger. I release all guilt. I release all sadness. I let go, and I am at peace. I am at peace with myself. I am at peace with the process of life. I am safe."

Go over this exercise two or three times. Feel the ease of letting go. Repeat it whenever you feel thoughts of difficulty coming up. Repeat it when you are overstressed to center yourself and let go of the goop.

The Refinement of Thinking

Affirmations*

I am responsible for my life.

I am willing to change.

I forgive myself.

My parents did the best they could at the time with what they had and knew. I forgive them.

My willingness to forgive begins my healing process.

I am loving and lovable.

My thinking is peaceful calm and centered.

There is significant difference between thinking you know and actually knowing. There is a difference between superficial change and change on a cellular level, which is to rearrange your **"DNA" (Destiny, Nature and Aspirations).**

You change your DNA when you search for your authenticity. As you look for a fresh new life, integrate gratitude, simplicity, order, harmony, beauty and joy into your daily routines.

On paper E=MC2 appears benign. In reality it led to the atomic bomb.

On paper **gratitude/simplicity/order/harmony/beauty and joy=authenticity** appears benign. In reality it can lead to a complete personal and spiritual transformation. Added to your life, these states of being can bring on a refinement of thinking, and wholeness in your life.

Healthy, Happy New Year,
 Patricia C. Vaughan