

Avoiding The Holiday Fattening Season

Overindulgence in food and alcohol during the festive season is common. Of course, you don't have to follow what is common. You may be better off health wise holding back a tad.

Greed and craving are subtle mind states which drive overindulgence. Having just one more serving of dessert to experience taste sensations. Downing another drink or two, for that additional feeling in the mind. Attending a work function where all the food and drink is put on makes it easy to see greed operating on the mind. "Oh it's free! Let's go for gold!" By watching your mind with a bit of awareness you might see the presence of the craving mind states influencing your decisions. When you can see those mind states clearly, they have less power on you. Having "just enough" becomes easier.

There are some cheap tricks you can also use. Demonstrated by



Dr Tat Loo: Chiropractor

research, this is one of the easiest: use smaller plates and glasses. The brain decides what an appropriate serving size is for you to eat or drink, based on external cues. You can pile a smaller plate up to the brim with food, still have the idea that you are overindulging, and it's still going to be much less food than piling a big plate up to the brim. The same applies to

using smaller wineglasses. There you also get the benefit of standing around more frequently with an empty wine glass in between refills, periods when you are not drinking.

If all else fails then think of this. If you don't overdo it on a Thursday night and a Friday night, you'll still have plenty of get up and go for Saturday night. This applies especially to those of us who aren't 19 any more. Pace yourself for maximum fun. After all, the festive season is a marathon, not a sprint.

My weekly advertorials will return in Jan 2009. BodyMind & Spine will be closed from Dec 24, reopening on Tue Jan 6. If you need to contact a chiropractor over this period I will be checking my emails and mobile phone. Thank you very much for your support during 2008 and Happy Holidays!

This content reflects personal opinions of Dr Tat Loo, a Dunedin-based chiropractor.

He may be contacted on 474-0030 or at info@bodymindspine.co.nz. Download a .pdf copy of this ad to keep or forward to friends by visiting our website and clicking "Health News".

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