

# Women's Nutrition Matters Monthly

January 2009

## Starting the New Year Right!

*Living and loving those resolutions!!*

### Happy New Year!!

Another year is finished, a new one has begun! Okay, realistically, this year might be following in the path of 2008, with high unemployment, rising consumer costs, deflated real estate values and high taxes. I am afraid we have to ride this one out: a lot of it is out of our control. But what IS in our control is our health—to a very large degree! Do you realize that how we live and what we eat has everything to do with how we feel and how healthy we are? And the sad thing is that our doctors don't get it yet. The answers to good health are not found in the pharmacy. They are found in the cupboard, the fridge, and between your ears! Why not spend 2009 becoming the healthiest individual possible?

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## Combat Winter's Dryness

*Nourishing foods and self-care keep us in tip-top shape!*

Winter is truly here, and to prove it, they are forecasting six to eight inches of snow for today! Yippee!! I love snow! But I don't love the dryness of winter, and the way my skin and hair feel dull and unruly. Let me share with you some things I have learned to help beat winter's dryness.

### Moisturizing from the Inside Out

First we need to look at the quality and quantity of our beverage choices. With so many choices, what do we do? In a word: water. Even though we don't feel the thirst sensation like we do in summer, water is still the best way to assure that we are getting the hydration we need.



How much do we need? Take your weight in pounds and divide by 2: this is the number of ounces you need to drink per day. Cold water not exciting enough? Now is the time to experiment with herbal teas. Tea is a great way to increase your fluid intake, warm your body from the inside out, and explore the many flavors of herbs. The next time you go shopping, pick up a few new flavors to try!

Fat intake should increase in winter, but that doesn't mean  
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## Why Resolutions Fail and How to Fix Them

I doubt that there is anyone out there that hasn't made a New Year's resolution. I doubt that there are many of you that have actually kept them past February. Face it: change, no matter how worthy, is difficult. It is much easier to stick with the status quo. We are creatures of habit and creatures of comfort, and change brings with it trepidation and self-imposed discomfort.

Why do our well-intended plans to lose weight, exercise and eat well fail so quickly? From what I have been reading, it is all about having specific goals and specific plans to reach those goals. Waking up on January 1 thinking "boy, this year I am going to eat right!" will not last much longer than the next meal, if you don't know what to cook and the old standbys of mac and cheese are in the fridge. Also, setting broad goals are too vague—we need to be more specific. You see,

Intentions are wonderful, but plans of attack are BETTER.

Let me explain:

- Establish your goal as specifically as you can. Instead of planning to exercise more, how about this: "I will exercise 30 minutes a day everyday."
- Decide on your exercise options: what will you do for 30 minutes, and will it change on different days? "I will walk every morning, from 7-7:30, before work. I will use my treadmill when weather is bad. On the weekends, I will bicycle or hike at the park."
- Will you exercise alone, or with a friend? "I will set up a time to meet Sally for our Saturday hikes."
- Have the right gear: if it's running, have the clothes and the sneaks. If it's whole foods, clear out the cupboards and replace with whole foods BEFORE you begin your eating well plan!

Every great intention has to be backed up with a well-thought out plan of attack. As I said in my blog, teams don't just decide to go out and win the game: they have an offensive and defensive plan! You need to

have one too!

## Take Advantage of the Group

It's wonderful to have someone who will be there to support you on your quest for healthy change. Maybe it could be your spouse, or a work buddy. But often, people become a bit jealous of our efforts and can consciously or unconsciously sabotage our best efforts to succeed. I have a feeling it is because they know that we are trying to do something that they probably should be thinking about, too.

Many of you have received my email regarding a group program I am holding at my home starting later this month. It will be for a small group of 6 or 7 women who want the support and encouragement to attain their health goals. Whether it is to eat healthier foods, or to learn to live a less stressful life, this could be the perfect place to create and establish habits and to learn the skills for a lifetime of health. I anticipate extraordinary things happening!!! Please take advantage of this offer—6 months of group support and health knowledge here for the taking, [all at a reduced rate of \\$45 per session. And, if you sign up with a friend, the program is even cheaper!](#) I hope you will contact me soon--- either at 908-377-0773 or at [www.womensnutritionmatters.com](http://www.womensnutritionmatters.com).

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that you load up on fries and burgers! Add healthy fats in the form of coconut oil, avocados, nut butters and seeds, and not only will it provide you with essential fatty acids, it will also help to satisfy your appetite. The addition of fatty fish (think wild salmon, herring, sardines), fish oil and flaxseed offer the benefit of omega 3 fatty acids, known for their broad-spectrum anti-inflammatory properties. All of these are critical for optimum overall health and will moisturize you from the inside out!

## Moisture from the Outside

I don't have to tell you to moisturize-if you're a woman, you probably have a drawer full of product, in varying scents. My

## CALENDAR OF EVENTS

### GROUP PROGRAM NEAR CLINTON, NJ

#### NEW YEAR'S RESOLUTION GROUP!!

Meet with me and several other women for a 6-month program which will empower and support you to reach your goals in a friendly and safe small group setting! Sip tea and relax while you taste new foods and learn new skills that will last you a lifetime!! **Special rates now in effect:**

\$45 per session ! And, sign on with a friend and get a buy 1 get 1 free!!! Call 908-377-0773 or [herbalgem@gmail.com](mailto:herbalgem@gmail.com)

#### NEW!!! KITCHEN CLEAN UP!!!!

Let me come into your kitchen and help you clean it up!! No, not with the broom and mop, silly! Let me peruse your cupboards and fridge and help you learn to make better, healthier purchases. I will provide everything you need from product brand substitutions to cost comparisons. Let me help you become a healthy foods consumer!!

90-120 minute session in your home--\$95

### INDIVIDUAL HEALTH COUNSELING SESSIONS

Meet with me, one on one, for a full 90 minutes where we will discuss your health concerns in a relaxed and private setting. I will help you to set up a plan to fulfill your health goals in a step by step approach. This comprehensive, direct and affordable option is perfect for the do-it-yourselfer who just needs to find the right path to follow! I will show you the way! 90 minutes and a complete printout of recommendations-- \$95.

**For more information and to sign up for any of these programs, contact me!!**

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job is to help you to pick a moisturizer that does the job and is safe for you, too. It's important to remember that anything we put on our skin is absorbed into our bodies, just like the food we eat. Don't believe me? Think about all the transdermal medications that are out on the market now—everything from estrogen to nicotine is available as a patch. So it is important to know what we are putting on our skin!

Many of the ingredients in products here in the U.S. are not legal in Europe because they are proven carcinogens or hormone disrupters. Unfortunately, in the U.S., ingredients are deemed safe until proven otherwise. Let me tell you a few ingredients to avoid, and this will make your choices safer for you. First, avoid all fragrances unless they are specifically from essential oils. Fragrances contain phthalates which are hormone disrupters. Avoid mineral oil, in favor of shea or cocoa butter, jojoba or other natural oils. And, avoid sulfites and sulfates—they are known carcinogens that appear all too frequently in mainstream products. Take a look at natural product companies like [Burt's Bees](#)- I love their complexion mist and their facial scrubs. [Jason](#) also has some good products—you have to read the ingredients. I love their vitamin E cream- it has 25,000 IU of vitamin E in the jar! (continued page 4)

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*Pay attention to what you put on your body as well as what you put into your body!!*

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## Food Focus—CITRUS!!

CITRUS IS A WONDERFUL FAMILY OF FRUITS. THEY ARE PACKED WITH BIOFLAVENIDS AND VITAMIN C. HIGH IN FIBER AND FULL OF FLAVOR, CITRUS FRUITS ARE A STAPLE IN OUR HOUSEHOLD. THE WINTER MONTHS ARE THEIR TIME TO SHINE WHEN OTHER FRUITS ARE PALE AND TASTELESS. TOSS THEM TOGETHER IN FRUIT SALADS WITH HANDFULS OF SHREDDED FRESH COCONUT. SQUEEZE LEMON AND LIME OVER THEM, OR WHIP UP A YOGURT-BASED DRESSING. THE SKY'S THE LIMIT!!

### GRAPEFRUIT

Grapefruits are one of my favorite fruits. Tangy and filling, they are a dieter's dream. The red ones are sweeter, and high in lycopene, the flavonoid found in tomatoes. Peel them or cut in half and eat them plain for a juicy pick-me-up. Or for a dinner treat, sprinkle lightly with brown sugar and broil them. And while you have the broiler going, toss on some halved lemons and limes---these broiled fruits are all the latest rage, squeezed over cooked fish and chicken!

### NAVEL ORANGES

The perfect snack, oranges are powerhouses of energy! Peel them or quarter them, kids and adults alike love these goodies. Blend them up in a Vitamix (add a handful of greens and a lime or lemon!) and make a luscious green smoothie that is full of nutrition! Remember to leave on some of the white pith which is the somewhat bitter part of citrus fruits—it contains the most flavonoid activity!

### Clementines and other Mandarins

These little goodies are perfect pocket food: easy to peel and bursting with juicy flavor. And like most citrus, this is their season for good deals in the market. Don't leave home without them in your pockets! Put them in your children's coat pockets for a nice surprise!

## Putting it all Together

In winter we really have to pay attention to our bodies, even if they are covered up in layers of clothing! Feed your body warming, nourishing and moisturizing foods—and then go outside and play in the snow!!! (There's nothing like that rosy-cheeked glow!) Keep your baths short, and moisturize like crazy! If you have some time to yourself, indulge yourself in a warm oil massage—any oil will do, and you can add a few drops of your favorite essential oil. I use warmed olive oil with a few drops of lemon oil. Rub it all over your skin and then take your shower. Soothing and moisturizing, it's an Ayurvedic ritual that I hope catches on here. Then put on the kettle and make yourself a lovely cup of tea. Go on: you deserve it! Love your body—it will treat you well.

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*The food you eat is like fuel. It gives our bodies the energy they need to function well. If you don't make sure that the fuel you pump into your body is of the right quality or quantity, you just won't feel as good as you could.*

*Dr. Gillian McKeith Ph.D*

