



Upcoming events at WNM:

February 6, 2010 10:30-12 noon-
Group sessions begin at [Healing Ways Spa](#) in Bethlehem, Pa. This is the introductory meeting. Come talk and learn about eating and living for optimum well-being! Space is limited, so contact Patti early—the cost is \$45 and includes notes and refreshments! 484-505-8352.

Individual counseling sessions available with Diane. Spend 90 minutes discussing your place on the continuum of wellness, and learn what steps you can take to move forward! Individual sessions are specially priced through February at \$75 which includes notes and recommendations!

www.womensnutritionmatters.com or
herbalgem@gmail.com

Winter is in full swing, and the first month of 2010 is almost history! Where does the time go??

Winter is not the favorite season for most women, but those of you that know me know that I love winter. The air is cold and fresh, the food is complex and fulfilling—and there are no ticks or mosquitoes! But winter weather can dry us out, and it does keep many of us inside and sedentary. It can also encourage us to eat more than we need, creating the “winter weight surplus” so many of us battle every year.

In this issue, I'll help you get your bodies ready for the depth of winter which we are now entering—with tips on eating, exercising, and body care. Read on!!

Winter Eating By now, you have probably recognized an increase in your appetite. Cold weather has a tendency to do that. Cold, wet weather can keep us indoors, as can lack of daylight hours, and this can lead to emotional eating—eating when we are bored, tired, stressed. To avoid packing on the extra pounds this winter, you need to have a plan! Through WNM, I teach women how to plan ahead so you don't get caught in old, unhealthy eating patterns. Here is an overview of things to consider:

- **Cook extra.** Grains are healthful, satisfying winter foods, but take longer to cook. Make a batch of pilaf, kasha, or rice that will last you all week.
- **Stock up on fruits.** Winter citrus is delicious, portable and full of fiber and vitamin C to help prevent constipation and colds! Keep oranges, tangerines and their colorful relatives in your kitchen, office and car—they are easy snacks for every member of your family.
- **Take out the Crock Pot.** I know you have one—dust it off! In the mornings, 10 minutes of prep work will have you coming home to dinner plus leftovers!