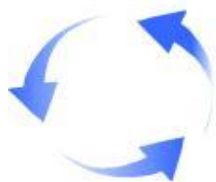


# Turning Your Life Around



by Linda Fiverson

Are you ready to turn your life around? It's simple! Just decide which change you will make. Will you eat right, quit smoking, get fit, watch your weight, drink less or just plain take some time for yourself?

Do you think it's too late to reverse a lifetime of bad habits? A lot of our thinking can be contradictory. We think that we can undo any damage we have inflicted upon our bodies any time we decide to clean up our acts. Then we start to wonder whether we can really repair the damage if we finally do start doing the right thing. Can we?

Compare the average American body with those of the Greek statues. Which human form do you feel looks more ideal? Hard question? Well, the good news is the body does have an amazing ability to heal itself providing that the underlying damage is not too great.

We're not stupid. Some of the body's chemical abuse can haunt us for decades. Stopping the habit is like slamming on the brakes...we do not need a certain amount of "skid distance" but that's okay – starting once and for all is better than talking about it for (what seems to be) forever!

More than 60% of people are overweight. Twenty years ago it was 47%. Did you know that? The incidence of Type 2 Diabetes has jumped up 6% to a whopping 39%. That's ridiculous! Can you imagine the possibility that we will start to see this in all areas of health soon? We probably do already.

Did you know that women who consume one fish meal a week can cut their risk of stroke in half? Eating more fruits, vegetables and fibrous foods cuts the blood's sensitivity to insulin within two weeks. That helps cut the risk of Type 2 Diabetes. A sedentary woman in her 40's who starts walking for half an hour a day, 4 times a week can become as risk free as women who have exercised their entire lives. How's that?

The day, yes *the day*, you quit smoking, the carbon monoxide levels drop dramatically. Within a week your blood becomes "less sticky" and your risk of dying suddenly from a heart attack starts to decline. Even more incredible is the fact that four or five years later your risk becomes comparable to someone who has never smoked...

Most sensible changes in lifestyle can help ward off 70% of all chronic diseases – no cures, but a big help, that's for sure. Why not start now?

Don't think of "fat-free". Some fats such as the omega-3 fats commonly found in fish are good for you. They reduce the risk of clot formation and mobilize triglycerides and other fatty substances in the blood as well. Watch for the saturated fats found in meats and whole milk products and the trans-fatty acids found in crackers and cookies that are prepared with hydrogenated oils. These are even worse than the "animal fats".

Changing your eating lifestyle in this way can reduce your blood pressure as effectively as taking a prescription anti-hypertension drug. Exercise is very important too so put a little fitness in your life. Make a promise to make one new change...

Did you know that your blood vessels become more flexible lowering blood pressure for 18-24 hours AFTER you exercise? Did you know that if more people exercised only a few hours a week TYPE 2 Diabetes would be virtually non-existent? Aren't we products of what we do to ourselves and what we don't do?

We do know that being overweight dramatically increases the risk of heart disease, gallbladder disorders, diabetes and even arthritis....not to mention the pain of those *stretch marks* stretching!

Yes, fewer calories can work but you can't replace a 600 calorie piece of chicken with 600 calories of muffins – even the fat-free kind. Those are not the calories I am referring to.

There are many diets being marketed which cannot possibly work. The high fat, high protein diet has been very popular. This low-carbohydrate, ketogenic diet promises rapid weight loss without limiting calories from protein and fat. The body has to break down lean body mass in an effort to provide glucose to the central nervous system. This breaking down of the protein to make glucose places an extra burden on the kidneys. The ketones are produced from fat in an effort to slow up the breaking down of the lean body mass. If you ate complex carbohydrates you could provide your central nervous system with glucose without breaking down your lean body mass.

Some of the problems from this type of dieting are rapid weight loss consisting of water and lean muscle mass, not fat..., dehydration and hypotension...low blood pressure. It also causes an increased solute load on the kidneys. Water is critical to keep flushing them out. Saturated fats can accelerate atherosclerosis and cause constipation because there is not enough roughage from vegetables. Can YOU live like this?

REMEMBER – we can do any weird diet short term but now let's get to what's real, livable, safe and always reliable.... *MY PROGRAM* – let's talk about that...

We all know that being coached can help us make all kinds of changes in our lives...including weight loss...which I believe is the CORE of how and why we change. Gaining weight makes us feel uncomfortable doing those activities we used to do and dream about doing again. Step outside of yourself and listen to your negative thoughts, the "I'll never be able to's...." We fall into a dialogue of regrets... "Why did I....?"

Although our mind and body have very different intentions they live in the same person...our self.... If you hear that negative person trying to seduce you into going off your program...talk back!!! Say, "Leave me alone" and then do something else fast even if it is to eat something that is okay to have. The more you do the more encouraged you become and the more you want to do. This will become clear once you make the decision to turn your life around!

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