

Preventing the Holiday Cycle

Written by Ian Hart

Wednesday, 08 December 2010 12:06



The Holiday Cycle may throw you for a loop and you may not even be aware that it's happening. So just creating awareness may be the first step in preventing it. But I'm also going to let you in on a few little secrets that will not only help you prevent The Holiday Cycle, but also assist in losing weight. First, let me go over The Holiday Cycle, which, if you're not careful, could end up being a *lifestyle*. Picture the following as a sequence of events:

- . Over indulging in bad foods and alcohol
- . Leads to a feeling of guilt
- . Which then leads to a bad attitude and other negative emotions that make you feel even worse about yourself
- . Which could lead to the "what's the point?" attitude, where you tell yourself, "I'll just start eating better and exercise in the new year."
- . This just digs a deeper hole, making it much harder to get out of. This could possibly lead to New Year's coming and going without you not doing anything and the weight keeps packing on year after year.

Follow these 3 sneaky tips and you will stymie the holiday cycle and promote weight loss

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1) **Water:** Drink a minimum of 3.5 liters of water a day.

a) Doing this will help make you feel full

b) It prevents dehydration, which can be mistaken for hunger

2) **Boston Lettuce:** Eat a bowl of Boston Lettuce before each meal (no dressing, maybe just some balsamic).

a) This will fill up the stomach

b) The fibers help break down the fats that you are taking into your body

c) These fibers are not digestible; it helps in aiding digestion but is not absorbed as calories

3) **Eat 6 small meals a day**

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a) This will Help regulate your blood sugar. If your blood sugar goes high, whatever you eat is going to convert into fat

b) It prevents overeating and junk food attacks

4) This is really a two-for-one deal: **Chew gum and brush your teeth right after you eat.** This will prevent you from unnecessary snacking and overindulging.

a) Latest research shows that chewing gum can trick the brain into believing that you are eating something, therefore, making your body believe that it has eaten and is satisfied.

b) Brushing your teeth prevents unnecessary snacking because of the taste (and it also promotes good hygiene).

I heard someone recently say that the first rule of holes is: when you find yourself in a hole... stop digging! So if you find yourself trapped in The Holiday Cycle, stop, and don't dig any deeper.

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