

Chatting with The Good Dr. Laura
November 2010

The Feasting Holidays are upon us. First came Halloween with candies so small that “really the calories don’t count at all” (NOT). Next is Thanksgiving with four days of food, football, shopping and naps. Soon it will be December, an entire month of eggnog and candy canes, green bean casserole and cornbread stuffing, roasted beast, chips and dip, mashed potatoes and gravy (please let there be gravy). The festive season ends with New Years Eve, an evening frequently celebrated with food, alcohol and sleep deprivation. Can you feel your blood sugar rising, your arteries hardening and your waistline expanding? I’m feeling a little bloated just thinking about it. Perhaps, for me, it would be best if I did not wait until January to renew my New Years resolution regarding diet and exercise.

Now is the time, while the weather is still temperate, for me to contemplate my exercise needs and desires. I know that my daily walk keeps my head clear, my mood stable and my body limber and strong. When the weather turns wicked I would be wise to have a back up plan ready to keep my joints happy and my inner “Crabby Old Wench” tamed. Perhaps I will walk at the mall or lift weights. Maybe I’ll brush up on Pilates or dance in my living room with the radio turned up high. Hopefully, if I can keep my body moving through the holidays, I can greet the New Year with a spring in my step and a smile on my face.

What about food? I love food. So, taking a deep breath, this holiday season I will strive to find a balance between holiday feasting and regimented dieting. When invited to a holiday potluck I will take something nutritious and delicious. Reluctantly acknowledging that mashed potatoes and gravy DO NOT count as a vegetable, I will set a goal that half my dinner plate will contain identifiable veggies. Finally, I will pause before going back for seconds allowing my brain and my stomach the opportunity to communicate before I decide to go back for more.

Wish me luck, I’m sure I will need it.

Recommended Reading:

“Eating Mindfully”, by Susan Albers. This book draws upon the teachings of Buddha and the Buddhist practice of living mindfully as a tool for better understanding your relationship with food and eating.

“The Sonoma Diet”, by Dr. Connie Guttersen, R.D., Ph.D.,. Similar to the Mediterranean diet only with California Wines. It is where I learned to look at my plate and fill it half full with vegetables.

“If the Buddha Came To Dinner”, by Hale Sofia Schatz with Sira Shaiman. Schatz and Shaiman suggest that you feed yourself with the same thought and consideration you would give to sharing a meal with a respected spiritual leader.

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