

Intuitive Nutrition

CONNECTING MIND, BODY AND SPIRIT FOR BETTER HEALTH

Welcome to the holiday edition of the Intuitive Nutrition Newsletter.

I hope you are enjoying the crisp air and the holiday spirit that begins to brighten our lives as the days begin to shorten.

Even though I do think having the mall completely decorated the day after Halloween is ridiculous, I can't help but get a little excited at this time of year.

During this hectic season, this letter will offer you some tips to help you feel a little less stressed - so you can relax and have more energy to celebrate and the season!

Happy Holidays!



[Click Here](#)

✧ 5 Steps to a More Relaxed Holiday ✧

Plan Ahead-Don't go into a family meal or party overly hungry, that can lead you to over-eat, and then feel guilty about it. Schedule in time for exercise, even if you only have time for a quick walk around your neighborhood.

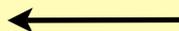
Remember to Breathe-Remembering to breathe before and during a meal will help you to slow down and stay mindful.

Take time out for yourself-Give the best gift you can to yourself-time! Schedule in time to meditate, relax, read or even schedule a massage.

Listen to your body-Spend some time tuning in to your body, ask yourself, "Am I hungry", "What looks good", "What do I need right now".

Stay Mindful-Practice a few yoga moves every day to help you feel centered and grounded. It's easy to feel overwhelmed and stressed; yoga can help reduce this mental clutter. Offer gratitude to all the wonderful people and possessions in your life.

Check out a quick video tutorial with Yoga Instructor Pete Mattis, to learn some simple breathing and stretching moves you can do anywhere!



White Turkey Chili (Serves 8)

1 tablespoon oil
1/4 cup onion, chopped (See Tip 1)
1 cup celery, chopped
4 cups cooked turkey, chopped
2 cans (15.5 oz.) Great Northern beans, drained
2 cans (11 oz.) corn, undrained
1 can (4 oz.) chopped green chilies
4 cups turkey or chicken broth (See Tip 2)
1 teaspoon ground cumin

Heat oil in a skillet over medium heat.

Add onion and celery, cook and stir 2–3 minutes.

Place all ingredients in a large saucepan (at least 4 quarts). Stir well. Cover and cook about 15 minutes over medium heat stirring occasionally until thoroughly heated.

Sprinkle mozzarella cheese on top, if desired.

Cook's Tips:

- You can substitute 1 tablespoon chopped dried onion for the chopped fresh onion or as recommended on the dried onion container.
- If you have extra broth, use it instead of water when cooking vegetables or use it for some or all of the liquid in making rice. Use within a day or two or freeze.



*How can you enjoy the Holidays
without over-indulging?*

Ah, the Holidays. A time for thankfulness, joy and giving. But, for many of us, a time for stress about gaining weight and/or overeating as well.

When we eat, we are often eating for emotional reasons rather than hunger. This isn't a surprise when you consider that we eat when we are having fun, celebrating, entertaining or enjoying time with our families. We also eat when we are lonely, angry, stressed or bored. In short, we eat when we are experiencing positive emotions and also when experiencing negative emotions.

It's no wonder we tend to over-indulge during the holidays! For most of us, spending time with our families is one part lovely and one part stress/anger/jealousy all rolled into one. We may overindulge during dinner because we are enjoying the company and the food. Then, that blasted Uncle Jerry mentions the fact that you didn't make the tiny tot gymnastic team because you were too "chubby" and suddenly you find yourself polishing off 2 desserts and then sneaking into the kitchen later to eat the rest of the pumpkin pie while you seethe over that one little comment!

Dieting can also cause overeating during the holidays because many of us are either on a diet, or planning to start a new diet as soon as the holidays are over. We are either in a - or coming off of a - deprivation cycle (from dieting) or enjoying our last supper before starting a new diet. In all these cases, we tend to eat without staying mindful. This makes it challenging to tune in to our hunger and satiety cues.

Hunger and satiety cues are your own personal barometer that lets you know when to start and stop eating. Fortunately, each one of us was born with this barometer, unfortunately, often, our barometer is "broken" because we have ignored it for so long. If you have an eating disorder, no longer feel hungry, don't know when you are hungry or you have trouble knowing when to stop eating, rest assured, your barometer is likely broken.

So how do you fix your "broken" barometer? Well, Yoga, and belly breathing are both excellent ways to begin to get in touch with your body. But, also realize, that your stomach is only the size of your fist- I know, I was shocked too. Think about how much food would be able to fit into a fist sized container. It is probably a lot less than what you normally eat. If you only eat this amount of food, you should be hungry again in about 3 hours.

This is where you'll just have to experiment a bit to find the right amount of food for your stomach. You'll know you ate too much if you don't feel hungry again for several hours. Or, if you feel hungry 1/2 hour after eating, you didn't eat enough to be satisfied. If your barometer is so broken, that you never feel hungry, schedule meals every 3 hours for a few days. After a few days your hunger meter should begin to kick in and then you can start to experiment with the amount of food.

Article continues on page 4

Pumpkin Bread

Ingredients:

1 2/3 c flour
1 1/2 c sugar
1 tsp. baking soda
2 eggs slightly beaten
1/2 c oil
1/2 tsp cinnamon
1/2 tsp nutmeg
1/4 tsp salt
1/3 c water
1 c pumpkin

- Sift together dry ingredients in a large bowl
- Mix wet ingredients together well in a separate bowl
- Blend wet and dry ingredients together well
- Pour into greased and floured loaf pans (depending on size of pans, you will need 1 very large pan, 2 medium pans or 4 small pans)
- Bake at 350 for 45 minutes
- For pumpkin muffins use a dark coated pan and bake at 325 for 20 minutes

Continued from page 3

So many of my clients tell me they never feel hungry in the morning, I tell them, "if you never wake up hungry in the morning, there is a good possibility that you are overeating in the evening." Cutting back on evening snacking, or decreasing your dinner plate size is usually enough to prompt hunger in the morning.

Getting your barometer to work again and actually beginning to tune in to your body enough to notice is the first step in becoming a more mindful eater and preventing overeating. By tuning in to hunger and satiety, rather than fretting about good foods and bad foods you may begin to lose weight. Remembering to breathe between bites is an easy, yet powerful, way to slow down so you can become more mindful. By staying mindful, you can trust your body to let you know what and how much to eat.

Food and eating are just one piece of the Holiday celebration. When you see the spread before you, take time to notice all the wonderful colors and aromas. Enjoy a sampling of all the food in a slow and mindful way. Let the flavor and texture of the food linger on your tongue. Be grateful for the time you have to spend with your family - even that Uncle Jerry! The holidays shouldn't be a time of total deprivation, nor should they be an excuse to over-indulge. Relax, remember to breathe, be grateful, stay mindful and your holiday will be guilt free as well as merry and bright.

Quick tips to Remember:

- Breathing and simple stretching can be done anywhere, anytime!
- Remember to check in with your hunger before you eat anything, are you eating because you are hungry or are you tempted to eat for an emotional reason?
- Dieting, or having a deprivation mind set can ultimately cause you to overeat, the holidays are a time to relax and enjoy all the flavors of the season, don't worry so much about whether a food is good or bad, keep your mind focused on the flavors, textures and your hunger level instead!
- Enjoy a sampling of everything, but make sure you are hungry first!

For further information on mindful eating, check out these Mindful Eating sites:
www.intuitiveeating.org www.amihungry.com www.tcme.org

This newsletter is brought to you by Heather Rudalavage RD LDN Nutrition Therapist
You can learn more about me and my approach to wellness @ www.intuitive-nutrition.com.

For more information on Pete, please visit www.PeteMattis.com

See our page on [FaceBook](#), where you can ask a question and/or become a fan.

Follow me on Twitter <http://twitter.com/IntuitiveRD>.

I would love to hear from you! Please send me ideas, questions, etc.

My cyber door is always open; email me! Heather@Intuitive-Nutrition.com