

CURBING BINGE EATING

Many of us tend to over-eat or binge on occasion, but if it is happening often enough, or you are gaining weight, the following are some simple tips to try in the quest for healthier eating habits.

Keep a journal. What did you eat today and how much? How do you feel? If you were bingeing, did something happen before you started to binge? How and where did you binge? Write down in a journal or utilize an app to keep track. *My Fitness Pal* is an easy-to-use app, but there are many out there. Food and mood journals can help you to be aware of your food intake and to identify triggers if there are problems. Studies show that using a food diary is associated with fewer episodes of binge eating as well as increased weight loss.

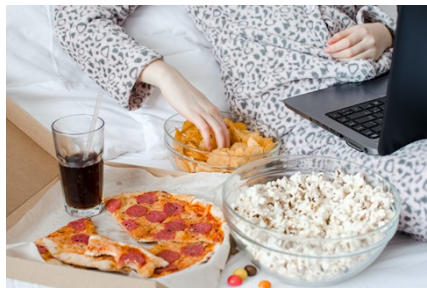
Remove all junk food from your home/office. Clear out processed snack foods like chips, candies, and pre-packaged convenience foods and swap them for healthier alternatives such as fruits, vegetables, protein-rich foods, whole grains, nuts, and seeds. Prepare your healthy foods so that they are ready to grab and go.

Practice mindful eating – avoid distractions such as TV and phone and chew food slowly. Never eat out of the bag! Eat at the table, portion out your foods, and learn to enjoy what you are eating vs. just eating while you are doing something else.

Eat enough fiber. Fruits, vegetables, legumes, and whole grains are just a few fiber-rich foods that can keep you feeling satisfied.

Make sure you are getting enough healthful protein. In fact, try to include some protein in all your meals and snacks as it has been shown to decrease caloric intake, enhance feelings of fullness, and increase levels of GLP-1, a hormone that can help suppress appetite. Examples of healthy protein include:

- Organic chicken or turkey breast
- Grass-fed beef
- Wild salmon
- Plain unsweetened Greek yogurt
- Parmesan cheese, fresh mozzarella, cottage cheese, Swiss cheese, goat cheese



Immune Boosting Green Smoothie

Ingredients:

- 2 cups mixed chopped kale and spinach
- ½ cup frozen cubed mango
- ½ frozen banana
- ½ cup frozen pineapple
- 1 kiwi
- 1 medium orange (peeled)
- Lemon juice from ½ lemon
- 2 med stalks celery, chopped
- ½ cup chilled fresh tangerine or orange juice
- 1 cup milk of choice (organic – dairy or non-dairy)
- ¼ cup chopped flat-leaf parsley
- 2 tbs. chia, flax, or hemp seeds

Directions:

Combine all ingredients in blender. Puree until smooth. If more liquid is needed, add milk or water – a small amount at a time. Feel free to add a clean organic protein powder – unflavored or vanilla will taste best.

Serves 2.

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- Beans, lentils, chickpeas, edamame
- Nuts – almonds, walnuts, pecans, macadamia, hazelnuts
- Pumpkin seeds, hemp seeds, chia seeds

*Know what a portion is of these proteins and try not to indulge. (It is so easy to over-eat nuts for example!)

Eat enough healthy food – avoid skipping meals. Several studies have found that maintaining a regular eating pattern is associated with less binge eating and lower levels of ghrelin, the hormone that stimulates feelings of hunger. Try combining a few fiber-rich foods, such as fruits, vegetables, and oatmeal with a good source of protein to avoid overeating.

Stay hydrated, and drink at least 12 oz. of water before your meals. Eat enough fiber. Fruits, vegetables, legumes, and oatmeal are just a few fiber-rich foods that can keep you feeling satisfied.

Add exercise to your routine if you aren't doing it already. One 6-month study showed that increasing weekly exercise frequency stopped binge eating in most participants.

Get enough sleep. 7-8 hours is ideal. Binge eating disorder may be linked to sleep deprivation as it has been shown to alter the levels of hormones that affect hunger and appetite.

Environmental. Get outside and get enough sunlight, surround yourself with nature; get a massage; listen to music. These are all feel-good things.

Don't keep it to yourself. Talking to someone you trust or joining up with someone (or a group) can help you keep healthy habits on track. If you feel that you have an issue that may take a little more than simply changing some of your habits, consult your physician. Your doctor can investigate whether you may have an underlying disorder. Binge eating is the most common eating disorder, so don't feel that you will be judged. Your health care provider can refer you to a specialist who can help you.

https://www.healthline.com/nutrition/how-to-overcome-binge-eating#TOC_TITLE_HDR_11
<https://pubmed.ncbi.nlm.nih.gov/23063049/>
<https://pubmed.ncbi.nlm.nih.gov/16400055/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2121099/>
<https://pubmed.ncbi.nlm.nih.gov/8932555/>

AVOIDING COMPUTER PAINS

Posture check. Make a point to check your posture occasionally. Sit up straight, shoulders in line with your body (not hunched forward) and neck straight.

Keep it at eye level. Your monitor or computer screen should be directly in front of your face. You can rest your computer on top of something so that it's high enough to be at eye level if necessary. Keep your screen at arm's length away. If you are frequently reading from books or papers when using the computer, use a document holder beside the monitor.

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Garlicky Broccoli Stir-Fry

Garlicky broccoli stir-fry is a great side dish to serve with a seared chicken breast, or some soy glazed salmon.

Ingredients:

- 4 cups broccoli florets
- 1 tablespoon cornstarch
- 2 tablespoons water
- 5 cloves garlic
- 1 tablespoon oil
- 1 tablespoon white wine
- ½ cup chicken stock
- 1 teaspoon salt
- 1/8 teaspoon white pepper
- ½ teaspoon sesame oil

Directions:

Wash the broccoli and set aside. Make a slurry by mixing the cornstarch into the water and use a spoon to stir until completely dissolved. Mince the garlic.

Bring about 6 cups of water to a boil in your wok and add the broccoli. Blanch for a minute, drain, and put the broccoli into cold water to stop the cooking process.

Heat the wok over high heat. Once the wok is very hot, add the oil, garlic, broccoli, and wine.

Stir fry for a minute and pour in the chicken stock. Let the mixture come to a boil, which should be quick since the heat is so high.

Add salt, white pepper, and sesame oil and give it another quick stir. Now make sure your cornstarch slurry is still well-mixed as the water tends to separate after some time. Stir in half of the slurry and let the sauce cook and thicken until it coats the back of a spoon. Add more slurry if it's not thick enough. Plate and serve hot!

Serves 4.

Recipe and photo from <https://thewoksoflife.com/garlicky-broccoli/>

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Keyboard comfort. The keyboard should be about the height of your elbows or slightly lower, and the mouse should be right next to the keyboard. They can be higher if you have a padded surface to rest your forearms on.

Adjust your chair. Your feet and back should be firmly supported by the floor and seat back. Make sure your arms are also supported by the desk or arm rests.

Take Breaks. At least every hour, shrug your shoulders up and down and forward and back, and gently roll your head from side to side. Switching your position keeps stiffness away. Get up to stretch and walk around! Look away from the screen often to give your eyes a break. Screens strain your eyes.

Pay attention to tension, discomfort, or pain, and take immediate action to relieve it. The most common areas are the neck, shoulders, elbows, wrists, and hands. Problems may vary from aches to pain, burning, numbness, or tingling, and could occur while at your computer or portable devices, or even while you are sleeping. Take a break as soon as you feel discomfort! If you experience persistent or recurring pain, see a physician, or talk to your company's health and safety staff - the earlier the better to nip any problems in the bud!



ACTING "AS IF"

Acting "as if" is commonly prescribed in counseling. It's based on the idea that if you behave like the person you want to be, you'll become that way in reality. Psychologists have studied this hypothesis in depth, and one famous study found that mood could be lifted by just sticking a pen between the teeth, which forced a small smile. The study also found that if the pen was put between the lips, it forced a slight frown causing mood to go down.

Using the principle of "as-if", we practice certain actions and self-talk, "as if" they are our natural behaviors. So, if you want to feel happier, you smile, and if you wanted to have more friends, you would be friendlier towards people. If you wanted to improve your work ethic, you would behave like a productive person - no matter how you feel inside. It is a common occurrence for us to hold back before taking action and, instead, wait for things to feel right. We need to think we are ready. The truth is, often changing our behavior first can change the way we feel and think. When we are happy, we smile; and the reverse also happens - we smile, and it makes us feel happier because smiling literally triggers our brains to release tiny mood-boosting molecules.

For instance, even though you may feel shy and depressed, if you were applying

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Crispy Scallion Ginger Salmon

Ingredients:

- 4 tablespoons oil
- 2 eight oz. salmon fillets (sprinkle lightly and evenly with salt)
- ½ cup water
- 3 tablespoons soy sauce
- 1 teaspoon sugar
- ¼ teaspoon sesame oil
- ¼ teaspoon salt
- 4 tablespoons ginger (finely julienned)
- 3 scallions (very thinly julienned into 2-inch pieces)
- ½ cup cilantro (chopped)

Directions:

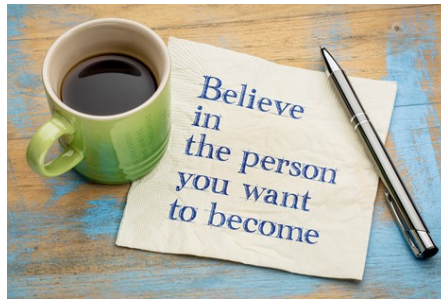
1. Place a frying pan (we used a cast-iron skillet), over medium-high heat. Spread two tablespoons of oil evenly in the pan. Place the salmon in the pan skin-side down. Cook the salmon on each side for 4-7 minutes, depending on the thickness of the piece. These somewhat thicker fillets took closer to 7 minutes on each side. Don't fuss with the salmon while it cooks.
2. As a little cheat, look at the side of your filet. There should be no appearance of rawness in the middle. As the cooked salmon converges in the center of the cross-section of your filet as you sear each side, you'll be able to get a decent sense of when your salmon is cooked.
3. While the salmon is cooking, in a small bowl, mix the water, soy sauce, sugar, sesame oil, and salt. Set aside.
4. Transfer the cooked filets to a plate. In the same pan you seared the salmon in, add 2 tablespoons of oil, and lightly fry the ginger until crisp. Add the scallions and cook until wilted, followed by the prepared soy sauce mixture. Bring the sauce to a boil and turn off the heat.
5. To serve the salmon, place on a bed of rice, and spoon the scallion and ginger evenly over the salmon. Pour the sauce over the top, and sprinkle with the chopped cilantro.

Serves 4.

Recipe and Photo: <https://thewoksoflife.com/scallion-ginger-salmon/>

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the “as-if” principle (because you actually want to be friendly and upbeat), you’d walk into a room with your shoulders back and your head held high with a cheery, “Hello!” vs walking in with your shoulders slumped forward, your head bowed low, and not much of a greeting or any eye contact. Obviously, the former would make the occupants of the room and YOU feel positive, and the latter would reinforce your negative feelings. So, even if you are nervous and not feeling it, next time you walk into a room – smile, speak in an uplifted voice, and act like you are a positive person. Eventually (if you keep it up), you can become a more positive confident person.



Of course, if you feel down most of the time, or you are troubled by anxiety that gets in the way consult your health care provider. Depression and anxiety are extremely common, and there is a lot of help out there. You can feel better.

<https://www.sclhealth.org/blog/2019/06/the-real-health-benefits-of-smiling-and-laughing/>

<https://www.psychologytoday.com/us/blog/keeping-even-keel/202102/how-fake-it-till-you-make-it-really-is-thing>

Healing (AIP) Breakfast Porridge

Anti-inflammatory and Allergy-friendly: gluten-free, grain-free, nut-free, egg-free, dairy-free.



Ingredients:

- 2–3 tbsp. lightly toasted sunflower seeds (or 1 Tbsp. tahini)- if you can tolerate. For **seed substitute**, use an additional 2 tbsp. of coconut flakes or coconut butter (grounded)
- 2 tbsp. unsweetened shredded coconut
- 1 tbsp. chia seed or flaxseed (omit for AIP or substitute with 1 tbsp. collagen/gelatin powder)
- 1/2 tsp cinnamon
- 1 tsp ginger, ground
- pinch of turmeric, ground
- pinch of sea salt
- 1/2 cup water or coconut milk, more if needed
- 1 cup chopped squash, cooked (ex: butternut squash or kabocha/ or acorn squash).
- Pure maple syrup or raw honey
- **Extra toppings:** berries, cherries, pomegranate seeds, coconut cream or coconut yogurt to top

Stove Top Directions:

1. Combine all dry ingredients (sunflower seeds, coconut chia, and spices and grind in a coffee grinder or blender until you get a flour-like consistency. If you are short on time, use tahini instead of sunflower seeds and just mix all together.
2. In a small bowl, add the dry mixture with water or coconut milk, let it adsorb and form a gel. Feel free to save a little bit of the gel for topping!
3. Scoop cooked squash and gel mixture into a blender and blend until smooth.
4. Heat the porridge stove-top on medium heat just until it starts to bubble. Stirring occasionally.
5. Remove from heat, pour into your favorite bowl, and top with the dry mixture you set aside.
6. **Optional Add in** → 1 tsp of ghee if desired, helps improve digestion and healthy fats help absorb the nutrients adding in more nourishment.
7. Top with fresh berries, extra milk, etc.

Serves 1-2.

Recipe and Photo: <https://www.cottercrunch.com/aip-breakfast-porridge-instant-pot/>

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