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Conquer Food Newsletter

November/December 2009



The Caryl Ehrlich Program is available by telephone for the busy professional, stay at home mom, college student, or anyone who has an erratic schedule.

Some Reasons Telephone Sessions Might Work For You:

- All you need is a telephone, bathroom scale, and an internet connection.
- Save time and the expense of travel.
- Convenience of being a program participant from your home or office or while traveling.
- You will receive printed forms before every meeting.
- Unlimited e-mail support between sessions
- Detailed food log evaluations by email or fax.
- Encouragement.

If you would like to conquer your food addiction by telephone call

212-986-7155 or email Caryl@ConquerFood.com and say: *I would like to do telephone sessions.*

(If you would like a combination of in person and telephone sessions that could be arranged.)

The Holiday Season

Dear Friends,

As you embark on the holiday season— Thanksgiving, Christmas, Chanukah, Kwanza, New Years there are dozens of celebratory meals with friends and relatives. Others have planned and prepared numerous holiday dishes to which they've added favorite childhood recipes. Be mindful of all the food traps; just because you have a memory of something you ate as a child, doesn't mean you need to eat *it now just because it's there.*

Enjoy spending time with friends and relatives instead.

If you are a little overwhelmed with staying on your Program during the Holidays, you may want to schedule some



appointments.

Whether a holiday or other day, eat, drink and be merry for the right reasons. Feed the smaller person you want to be.

Warmest Regards for a Happy Holiday Season, "Onward and downward"

Caryl Ehrlich

End of Year thank you for participants. The Program Price is \$1,500, if you write a check (or pay in cash) for a series of 10 sessions in December 2009. You may use the sessions until December 2010.

Name the Book Semifinalists

These are some of the Semi-finalists in the Name the Book Sweepstakes (in no particular order):

- I Saw. I Ate, I Conquered.
- The Joy of Eating Less!
- After Losing Weight: What Next?

- How to Conquer Your Food Addiction
- Food Addiction: Problems and Solutions
- Food Addicts Are Us.

Let me know which name (or names) you like for the second book. Just email Caryl@ConquerFood.com, vote and you might win a prize.



TIPS

At a holiday meal, walk around the food table without a plate. Identify the various components of the meal such as:

- This is a protein choice
- That's a starch
- I had string beans last week
- Is this a one- two- or three-item meal?

Then when you decide which few items you want — it's not the Last Supper, it's just another meal — go back to the beginning of the table, pick up a plate and serve yourself.



My personal choice would be to have dark meat turkey, stuffing and cranberry sauce with the whole berries. String beans, yams and cauliflower dishes I can have all year round, I don't even know what mince meat is let alone wanting to have it in pie form. And I'm not a pumpkin pie fan either I personally like chocolate. So my thanksgiving dinner will be three items. While everyone else is overeating to the point of remorse I usually help the host(ess) who can always use an extra pair of hands.

Food Addiction around the Holidays

The Holidays are coming.

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If you are a compulsive overeater, a binge eater, or a food addict all year, it may become particularly problematic during the holidays where there is more food more often in larger portions than usual. If there's a holiday to celebrate, can food be far behind.

Abundance, unusual, frequent, and memorable culinary concoctions whet the mind and salivary glands but there are consequences of remorse and frustration as another holiday increases your waistline and resolve. If your brain is thinking *I shouldn't be eating this* but you cannot stop, there are some things you can do.

1. Set a goal so the extra

roll doesn't take its toll.

Rather than waiting until after the holidays, start now. Know the number of items you're planning on eating.

2. Decide whether you want to lose weight, gain weight or stay the same weight.

Every time food is offered, proffered and pushed, think: *I want to weigh _____ on January 1st, 2010. I can do it!* Then move you, move it (the food you are contemplating) sip water. The moment passes whether you eat or drink or not.

3. Plan ahead instead. In that way, if something comes your way you'll know if it was part of your plan or if it was a visual, situational or circumstantial stimulus. You'll do better than had you not had a plan.

4. Food on your plate needs to be eaten with utensils. No finger foods.

5. Cut each bite of food to the size of a nickel or dime. Anything bigger leads to shoveling not savoring.

6. Put utensils down between bites of food. Fill up on ambiance and conversation.

7. Drink water between bites of food. Sip, don't gulp.

8. Make sure mouth is empty before inserting more food. The slower you eat the more memorable and enjoyable the meal (and after the meal) will be.

Extra Drinking During The Holidays

Alcohol causes lack of resolve—one drink becomes two and the size of each glass increases too (you'll most likely be eating more as well)

1. During a cocktail party, walk around the room with a goblet of water.
2. Wait until meal time to have a glass of wine
3. Sip water between bites of food and sips of wine
4. It's not necessary to have a drink with every meal. Skip a day, pour less, plan no-alcohol days.
5. Volunteer to be the designated driver.



Are you a Food Addict?

Answer the following questions to see if you are out of control around food:

- 1 - Can you go for a long time without eating but once you start you cannot stop?
- 2 - Are you a secret eater?
- 3 - Do you consider yourself out of control around certain foods such as dessert, bread, or alcohol?
- 4 - Have you tried to change your habits, without success?
- 5 - Are you frustrated about your weight, but nothing changes?

6 - Do you eat when you're angry? Anxious? Depressed?

7 - Do you also eat correctly when alone but are influenced to eat more when there are others who are eating without restraint. ?

If you answered yes to some of the above, you may be addicted to over-eating. You may need to read your Program notes again.



Give a free NEWSLETTER to a friend by sending their first and last name plus email address to:

Caryl@ConquerFood.com

Make sure to put the word Newsletter on the subject line. Forward this edition too.

YOU HAVE A CHANCE TO BE IN BOOK 2:

If you have a positive Program Story, submit it. Book 2 is in the final editing stage and your story might fit in one of the chapters. Write from the heart some of the habits you've changed and/or How The Program changed your thinking and your weight. Send positive story to: Caryl@ConquerFood.com.

NEXT NEWSLETTER:

- Winning Title of the Book
- Additional Articles and Tips
- Winners of Sweepstakes Prizes
- Etcetera

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