

Conquer Food Newsletter

The Caryl Ehrlich Program
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FALL / WINTER



TASTY TIDBITS:

- If it's not water, it's food.
- More is not better, it's only more.
- Feed the smaller person you want to be.
- There is no such thing as little, crumb, small, just, tiny, or trivial. If you swallowed it, you ate it and it all adds up.
- Holiday, travel, rain, loneliness, stress, or boredom do not mean second portions tonight.
- Before consuming any food ask: Am I hungry? Or what?
- The moment will pass whether you eat or not.
- Bread or Beverage or Dessert or Alcohol. One of four or none.
- A portion is the size of a deck of cards, not the deck of a boat.
- Travel from mindless, unconscious, thoughtless, and asleep to mindful, conscious, thoughtful and awake.
- Reviewing your notes is comforting.



Dear Friends,

As summer morphs into Fall, and Fall into Winter, food feasts move from the outdoors to the indoors. You might be cooking up a storm for a religious get together or maybe you're taking your family out to dinner before your younger child goes off to college.

Do your traveling friends invite you over to their home to see slides of their trek through the Amazon while serving a feast of things on which to bite, chomp, munch, crunch, chew, nibble, and gnaw?

Are you a person who can't say no? If you want to weigh _____ pounds, you most likely

have to think ahead and plan ahead; *a goal without a plan is just a daydream.*

Read about reversing a frequency pattern by Skipping and Scattering. Hear the Program voice taking over the Addict voice and how slowing down when you eat can result in eating less and reaching your weight loss goal.

Onward and downward,
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FREE No-Obligation Consultation available to all -
Call 212-986-7155 to find out more.

The Addict Voice vs. The Program



Two stories follow:

A Program participant writes: I had a huge win last night. I really wanted to just eat, eat, eat. I even made fancy dinner reservations, planned a movie, too (just because I wanted candy). I stopped for a minute and realized the only voice I had in my head was my addiction's. So I cancelled the reservations, and the movie plans, and went to

Barnes and Noble for 2 hours by myself and read. I'm not going to lie - it wasn't easy - but I did it, and I woke up feeling amazing.

Caryl's comments: Here is a perfect example of someone having a great outcome and reinforcing a new (though possibly still fragile) outcome. Had this woman not found a new way to cope while changing habits, she would have merely reinforced the old way, kept the habits chronic, and would have felt remorse the following day rather than feeling amazing as she did.

Another program participant: I went away this past weekend and packed my scale even though I felt a little silly doing it and had lots of "legitimate" excuses not to: its too heavy, my back hurts, it doesn't fit in my suitcase. I decided to do it anyway, and much to my surprise, I found it helped. It felt like an anchor to my Program. Another grounding in addition to my log book.

Caryl's comment: A Program voice winning over the Addict voice. A real win.

Each person read their notes daily and practiced new ways to cope with life when they didn't need it so they would have the thoughts and actions at the ready when they did need it. Reviewing notes really pays off.

Frequency Pattern & Portion Size

Food Addiction has many components - two of the most prominent are the **Frequency Pattern** and **Portion Size** of items you eat - How often do you have coffee? Is it once in the morning with breakfast? Or, do you imbibe a beverage all day long, two, three, and four times a day?

Do you have an alcoholic drink (or two) every time you're in a restaurant, and you're entertaining clients or friends four or five times a week?

If you're eating any of these items once daily, you're eating the item 365 days of the year; That is gallons of coffee, loaves of bread, and cases of alcohol consumed a sip and a swallow at a time.

Portion Size is another piece of the puzzle. Has the size of a cup of coffee increased from a mug to a venti, to a trenti? An average sized bagel has grown from 3 or 4 ounces to 5 or 6 ounces.

So the frequency has grown, the portion has grown, and you've grown; It's so poetic.

Skip & Scatter

Skipping and Scattering is to counter the daily consumption of any food item. If you have any item today whether coffee, bread, alcohol, salad or starch for example, don't have it tomorrow.

By Scattering these items, trying to have the coffee at lunch on occasion, or bread at breakfast rather than always at dinner, the automatic ritual weakens.

By **Skipping and Scattering**, instead of having something 365 days a year,

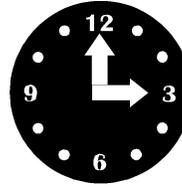
you're only having it 182 times a year. This will yield a weight loss. You *can* have your cake and eat it too, as long as you eat it as part of a meal *and* you Skip and Scatter.

Ask about phone sessions, whether you're in NYC or out of town.
Call 212-986-7155 or email:
Caryl@ConquerFood.com

It Takes Time

How many years have you been driving? Have you been typing 10 years? 20? 30? Do you recall how many attempts you made before you learned to parallel park? I had to take lessons with a driving instructor. The typing required instruction too, but it was being bored with a job when I was 15 years old that allowed me to be a quick and proficient typist; there wasn't much to do in that job so to kill time I would retype articles in the newspaper; eventually I wrote my own stories.

How long did it take you to learn the job you are now doing and all the numerous things you do each day without giving them a thought?



Some skills you have took many months (possibly years) to polish and perfect. It doesn't matter that others learned these tasks more quickly than you did.

All that is important is that you learned.
Taking smaller bites when eating, putting utensils down between bites of food and sips of beverage, making sure mouth is empty before inserting more food is another habit that takes time to achieve. But it is worth achieving.
Shunryu Suzuki said, "The result is not the point. It is the effort to improve ourselves that is valuable. There is no end to this practice."

"Be not afraid of going slowly, be afraid only of standing still."

-Chinese Proverb

The tragedy of life doesn't lie in not reaching your goal. The tragedy lies in having no goal to reach.

- Benjamin E. Mays

I went into a McDonald's yesterday and said, 'I'd like some fries.' The girl at the counter said, 'Would you like some fries with that?'

- Jay Leno



Too Much .. Too Fast .. Too Late ..

If the scale isn't moving, you're eating more than you're able to burn by day's end. You could either be **eating too fast** (and therefore eating too much) . . . It's a meal, not a marathon. . . . You might be **eating too late**. If you have soup for dinner (having had your protein meal earlier in the day), you're almost guaranteed a weight loss the following day . . . Or you might be **eating too**

much . . . You only need fuel to take you from dinner to bed - time . . . The later you eat the fewer items you need . . . Or the triple header of **eating too much, too late, too fast**. It's not the Last Supper . . . It's just another meal . . . What is the least you can eat without passing out in the street and without feeling deprived? And what is the most you can eat and still continue to lose weight? Somewhere be-

tween those two points is the right amount for you.
Seek a variety of texture flavor, color and temperatures. Eating something new means it doesn't have an established portion size.
If you slowdown when eating you'll automatically eat less. If you order less or put fewer items on your plate, you'll eat less. All these actions add up to weight loss.

Spiking (and Crashing)

When you consume coffee, alcohol, or dessert and there is no other food to help cushion the effect of the drugs (caffeine, alcohol and sugar), the burst of energy is immediate. As soon as you reach the high the drug provides, it loses its potency. You crash. You don't go back to the ground floor but to the subbasement.
Once there, you immediately require more of the substance (caffeine, sugar, alcohol, bread, or whatever else it is you use) just to get you back up to the ground floor. If you do this often enough throughout the day, the up and

down Spiking causes fatigue. You also build a tolerance. You require more and more drug to give you the same feeling you had before.
When you eat nutrient-dense foods , it takes longer for the nutrients to be absorbed into the system for you to feel the energy high, but you stay satiated longer.
Most people do not eat a second portion of cereal or vegetables, but I often observe others having a second glass of wine, eating a second piece of bread, or drinking a second cup of coffee.
Are you one of those people?



Get Back On The Track

Did you reach your weight loss goal? Or, were you just visiting? If you reached your goal but didn't stay there, if you attended one or two sessions and didn't return to complete The Program, if you've been struggling with your weight and have tried other weight loss methods to no avail, you might need more Program sessions than the original ten. If you do The Program it works. If you stop doing it, it stops working.
It takes commitment, practice, and repetition to get in the habit of thinking and acting in a consistent way to help you reach your goal of weighing _____ pounds.
Eventually the new way becomes the comfortable way.
Whether in person **or on the telephone**, it takes a different amount of time for each person to achieve consistency. Consistency leads to success. You might need to hear the words one more time.
Call **212-986-7155** or email **Caryl@ConquerFood.com** to find the things you need to do to get yourself back on the track.

