



# Conquer Food Newsletter

THE CARYL EHRLICH PROGRAM  
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## Dear Friends,

I've been thinking about you and hope you've been thinking about The Program. Your emails from all over the world tell me wonderful, positive stories.

One woman sent a wedding photograph with a note that she was a pound under her goal weight on her wedding day. This was after six weeks in France.

A man told me he was dancing on the scale.

To help you through the holidays, these are a few of my favorite things to do instead of eating because you're tired, happy, sad, or the food is here, there, and everywhere.

Thank you for referring your friends, families, co-workers, and clients to The Program. It was a wonderful year.

Your emails, cards, and phone calls are so very appreciated.

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

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

*Caryl Ehrlich*

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### Phone Sessions

All you need is a telephone.

- Save time and the expense of travel
- Convenience of being a Program participant anywhere in the world
- You will receive forms before each meeting
- You'll have unlimited email support between sessions
- Detailed food log evaluations by email or fax
- Encouragement



Phone to find out  
about Phone  
Sessions:  
212-986-7155

### Four Things You Can Do To Curb Alcohol

If one drink becomes two and the size of each glass increases,

1. 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 alcohol, and
4. Volunteer to be the designated driver.

If you drink less, you'll eat less.

If you are a compulsive over-eater, 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?

You can't take for granted that you will handle holiday eating encounters the same as you would on a typical day. Each food encounter has specific eating rituals.

You will be invited to many holiday celebrations filled with food. Just this week, I went to a sit down dinner honoring my best friend, got an invitation to her husband's retirement party, I celebrated many years of friendship with a close friend and still another friend and I are going to dinner and a movie on Sunday.

Abundant, 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.

**Plan Ahead:** In advance of the holiday, call your host(s) and see if they'd care to tell you what they are serving. Reach out to the restaurant or caterer. Look on line if the holiday party is in a restaurant, club or tent. Give thought to your choices in advance so you can envision these things before you head for the festivities.

Your goal is to eat the same way during the holidays as you do during the other days of the year. You're the same person. In that way, if something comes your way,

### HOLIDAY TIDBITS

If you've got a sweet tooth, this is no time to think you can handle unlimited sweets in your home or office.

- If you want dessert, plan it as part of a meal.
- If you're given sweets by family or friends, save one or two favorites for dessert -- that's pieces, not boxes -- and re-gift the rest to others.
- Every category of food counts. It all adds up. If you nourish your body correctly at meal time, you'll have fewer cravings.

## Food Addiction around the Holidays

you'll know if it was part of your plan or a visual, situational, or circumstantial stimulus. You'll do better than if you did not have a plan. Saying no is empowering.

### One, Two, Three

- 1) **Think About** the content of food. Is it a protein or a no-protein meal?
- 2) Plan the number of items you're going to consume. Is this a one item meal? A two item meal? Three? Decide before you enter the food pit.
- 3) Remember, if you choose bread, or beverage or dessert or alcohol, it gets tallied in your number-of-items-for-the-meal count.



## Hydrate

- Water along with any other beverage.
- Water with food.
- Water without food.
- If it's not water, it is food.
- Water when you think of food and know you're not hungry.
- Drink it hot or cold,
- Drink water with or without ice.
- You oughta drink water.



## Holiday Eating

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 stringbeans last week

Then when you decide, go back to the beginning of the table, pick up a plate and serve yourself.

My choice at Thanksgiving, for example, 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. I like chocolate.

While everyone else is over-eating to the point of remorse, I'm thankful I don't do that anymore.

## Before, During and After a Party

If it's your party, you'll most likely want to sample your tried and true recipe for taste. Have someone else do it, instead.

Or perhaps you taste everything the caterer delivers to make sure the delicacies are as delectable as you thought they were when you selected them several weeks before. They're fine.

If munchies and nibbles are to be scattered throughout your home, place them on paths on which you're less likely to travel. There are no munchie-food police should you decide not to serve pretzels, peanuts, popcorn, or potato chips. But whatever you serve, arrange the bounty on 3/4 of the table -- away from where you sit.



Whether in your own home, a guest at a holiday party, or in a restaurant, there are several things you can do before sitting down to eat.

Recommit to your goal of wanting to weigh \_\_\_\_\_ pounds.

Review your notes. They're a good reminder, a checklist if you will, of the things you're trying to accomplish.

Before your guests arrive, make sure there are plenty of storage containers available for leftovers later. Make portions of food for another meal and freeze.

**Not sure you can handle it?** When in doubt, throw it out! This is no time to be in denial and believe you can handle a kitchen full of prepared, instantly available foods. You cannot. If throwing food away is difficult, give it to a neighbor, your doorman, a homeless shelter, or send leftovers home with your guests. Prepare less.

If you've thought through the details of what you can do before, during, and after each party, from the time you set the date or accept an invitation, everything should go rather smoothly.

There's always the possibility that a friend will walk in at

the last minute with an unexpected key lime pie (my personal favorite). It's late, you're tired, and you're looking to distract yourself from the abundance of chores you need to work on before you go to sleep. You're tired, not hungry. But, even if you pop something into your mouth, take heart. You most likely did better than if you had not given it any thought at all. You'll do even better the next time.

There is always one more celebration just around the corner. As a matter of fact, the office party is next week.



## Have you lost your weight loss focus?

If you've stopped keeping your food log, skirting your goal but can't seem to land on it, and are still eating too quickly, you may need an appointment.

If you've stopped reading your notes, stopped thinking ahead and planning ahead, haven't had an all vegetable or soup meal in a few weeks, you might want to schedule an appointment to get back on track. Ask about some options.

If you do The Program, it works. When you stop doing it, it stops working. If you have questions or comments:

[Caryl@ConquerFood.com](mailto:Caryl@ConquerFood.com)/ 212-986-7155

**A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty.**

The problem is not that there are problems. The problem is expecting otherwise and thinking that having problems is a problem.

- Theodore Rubin

Be prepared!

US Army Recruiting  
Slogan

## Frequency Pattern & Portion Size

Food Addiction has many components - two of the most prominent are the **Frequency Pattern**, and the **Portion Size** of the items of food 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?

I repeat, If you're eating any item 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 trenta? An average sized bagel has grown from 3 - 4 ounces to 5 - 7 ounces. Muffins have muffin tops of their own.

Even if you  
**fall**  
ON  
your face, you're  
still moving  
**forward**