

# Table of Contents

Introduction.....	xi
PART 1: WHY WE EAT THE WAY WE DO	
Introduction.....	5
Getting ready to do more of what works .....	6
Culture and eating behaviours .....	8
Family and lifestyle demands.....	15
Workplace culture and its demands .....	19
High-stress foods and business gatherings.....	20
Comfort foods.....	24
Workplace influences and your health goals .....	26
Emotional eating and body image dissatisfaction.....	28
What kind of eater are you? .....	31
Planning for permanent change .....	33
PART 2: WHY WESTERNERS ARE MALNOURISHED	
Introduction.....	43
How fit are your health habits? .....	44
Role of society .....	52
Portion distortion .....	54
Why the French can have their cake and eat it too!.....	56
The real costs of eating the way we do .....	57
The Big Three.....	60
Night Eating Syndrome (NES).....	63
Solutions exercises .....	68
PART 3: COMMON FOOD MISCONCEPTIONS	
A healthy dose of common sense.....	75
Health information .....	76
Ingredients .....	79
Food and nutrition myths.....	83

#### PART 4: SIX RETRAINING TOOLS

Introduction.....	87
The first tool: The glycemic index (GI).....	87
The second tool: basic cupboard.....	92
The third tool: grocery shopping .....	95
The fourth tool: game plan for wellness .....	99
The fifth tool: The healthy eating schedule .....	102
The sixth tool: Physical activity .....	104
Solutions exercises .....	105

#### PART 5: RETRAINING THE BODY AND MIND

Introduction.....	113
Solutions for eating at social gatherings .....	114
Solutions for timing meals .....	116
Habit-forming exercises.....	117
Solutions for batch-cooking your way to health.....	119
Solutions for label reading.....	121
Solutions for choosing pre-prepared foods.....	125
Solutions for snacking your way to health .....	127
Solutions for eating well at work.....	133
Solutions for increasing mental alertness and energy.....	137
Solutions for achieving the “magic pill” .....	140
Three types of exercises that work!.....	142
Exercises to get you going!.....	144
Solutions-focused exercises .....	148

#### PART 6: HOW TO DO MORE OF WHAT WORKS

Introduction.....	155
Solutions for a balanced eating style .....	156
Solutions for planning balanced meals.....	159
Solutions for reducing portion distortion .....	160
Plan together to stay healthy together!.....	166
Solutions for emotional eating .....	172
Solutions for retraining with negotiating skills.....	176
10 S.M.A.R.T solutions for effective weight management .....	178
Now get going! .....	187

PART 7: SOLUTIONS RECIPES

Introduction..... 193  
How to avoid gas and flatulence..... 193  
Sample recipes ..... 197

PART 8: SOLUTIONS FOCUSED RESOURCES

Appendix A: Grocery Shopping List ..... 243  
Appendix B: Three-Week Cycle Menus ..... 244  
Appendix C: Sugar Facts ..... 247  
Appendix D: Alcohol Facts..... 248  
Appendix E: Kitchen Equipment and Measurements ..... 249  
Appendix F: Conversion Ratios for Increasing Recipes ..... 251  
Appendix G: Sources ..... 252

Index ..... 255

## INTRODUCTION

If you are like most people I have worked with over the years, you are looking for ways to regain control of your health. You know you should be more active, but what is the best exercise and how much, and where will you find the time? You know you should be making better eating choices, but with all the conflicting information on foods and nutrition, you need an advanced degree to sort it all out! It has come to the point where you are not sure what to believe anymore. You have tried just about every diet out there and of course, you end up right where you started. You know you should be doing something differently, but what? So, you continue going through each day trying to make the right choices for yourself and your family, while knowing deep down that there has to be a better way.

**This book is for you.**

*Solutions for Health* is about gaining control over your health by eliminating the confusion. The fundamental problem with most diets and nutritional information reported in the media is that they do not factor *you* into the equation. Your culture, your personal history, your family life and your work are all pieces of your unique health puzzle. And there are puzzle pieces that we all share—our fast-food culture, sedentary lifestyle, more-is-better attitudes toward just about everything, and, do not forget the billion-dollar advertising campaigns, which mix close-ups of supersized meals with pencil-thin fashion models.

This book will give you the tools to sort through all this information on your own terms, so you can re-teach your body and mind to work together for *your* health, permanently.

*Solutions for Health* is a step-by-step process to help you create lifestyle habits that improve your physical and emotional health—to take back control over your health, using new tools and personal understanding. And taking back personal control is what we need to do.

Today for the first time in recorded history, there are more obese people than undernourished people in the world! Recent statistics show that about a quarter of the world's population is obese.

People keep getting fatter and fatter, and sicker and sicker. Almost 60 percent of North American adults and 33 percent of children are overweight or obese and getting more so every day! The average North American is faced with mounting stress from the demands of work, family and lifestyle. Many turn to food as a coping mechanism.

Others cut corners and neglect their health, relying on fast foods, and then turning to diets and other quick fixes.

Disordered body image, low self-esteem and destructive eating behaviours are now abundant within the North American culture, and it gets worse for each new generation.

For the past 15 years I have helped hundreds of people reach and maintain their health goals. People always ask: What should I eat? How much should I eat? How am I supposed to stay on a diet over time? But they do not ask the question that will give them the real answers: *Why* do I eat like this? And the answer is not simple.

Taking control of your health begins with understanding that the things that make you unique are the reasons why the newest fad diet worked great for your neighbour, but did not have the same effect for you. Understanding yourself and your surroundings will help you sort through all the hype to find the pieces that fit your puzzle. It will also give you the confidence to stand up to the latest marketing trend and protect your long-term health in the process.

To do this, I would like to take you on a journey to explore and understand why you eat the way you do. We will look at the role your cultural background plays in your health decisions. We will look at how the cultures of families, workplaces, and lifestyles affect your decisions.

Throughout this book the word “culture” is used to define the shared beliefs, attitudes and values of a group. These characterize who you are, how you view food and eating and how you experience wellness. These beliefs, customs, practices and social behaviours will define you as part of a specific group of people, but not as a target market for manufacturers.

Our next step is to look at our current culture, to examine why Westerners are malnourished. Do not think for a moment that malnourished people are relegated to poor Third World countries. People are not only considered to be malnourished because of a lack of available, safe foods for consumption; they can also be malnourished because of over-consumption of readily available, cheap, abundant, empty-calorie foods.

The Western style of malnourishment results in preventable diseases such as type 2 diabetes, high blood pressure and heart disease. It also results in unhealthy relationships with foods.

So, it is time to honestly assess your reality:

- Are you ready to make lifelong changes, or are you still looking for a quick fix?

- How much time and effort are you willing to put in?
- How much control do you want to have over the choices that will ultimately impact your health?
- Do you want others to take care of your health?

Using your new knowledge of why you eat the way you do and the six training tools, you will learn how to eat well by having the right kind of foods on hand and how to shop for these foods. You will learn how to manage your preference for certain flavours, and how to deal with social gatherings that involve food and eating. We will look at portion size and food choices. You will learn the value of timing your meals and you will be introduced to the “magic pill” for which everyone is looking.

Finally, you will look at how to do more of what works. You will learn solutions for a balanced eating style, and how to cultivate a healthy relationship with food. You will also learn why planning with your family for a lifestyle of health will bring you all greater success.

To shore up your overall success in achieving your health goals, I have included a set of recipes using foods that nourish your body and soul and improve your health. I have used these recipes to put together a three-week cycle menu for you to use as part of your relearning process. To top it all off, I have included other resources such as handy tools to reduce portion distortion, a meal planner, an energy producing eating schedule and more.

As with all great journeys, the destination must be clear, but the important growth and learning takes place along the way. This book will ask you to actively participate to develop the necessary positive habits that will secure good health. You may find some sections more difficult than others. You may find it more challenging to come up with solutions. But you will learn that you have the solutions for your health goals, and only you can pull them out and put them to use.

The role of this book is to help you to do more of what works for you and your family, to walk you through the complicated health information, to warn you of pitfalls and distractions and to keep you focused on the solutions for your health.

If you are ready to make some changes, this book is for you. If you are not sure, you may find some interesting ideas to try. Wherever you are in this journey, this book can help!