



Bat-Zion Susskind-Sacks

The art of living well

Newsletter



Issue 14: December 2008



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"In seed time learn, in harvest teach, in winter enjoy"

- William Blake

Not just lettuce



The road to losing body fat does not only add up to burning calories through exercise or consuming low calorie food but also training our brain to think and behave differently.

In chasing after the perfect diet, counting calories and being enslaved to exercise, one may miss the most important element. Before commencing to treat any problem, it is important to know what the reasons behind it are.

Overweight is composed of four elements with nutrition being one of them:

1) Nutritional element: the importance of devising a nutrition plan to suit the individual, their lifestyle and habits.

2) Physiological element: any change that we want to bring about has to have the "full co-operation" of our body. Malfunctions in our system express themselves through various medical problems such as high blood pressure and high cholesterol or high sugar levels. Some of these may cause delays in body fat loss. Others will disappear as a result of the fat loss. It is important to treat these to ensure satisfactory results.



3) Emotional element: A study conducted by Professor Mann and published in American Psychologist shows that unstable emotions cause overeating. Fear, anger, frustration any sadness prompt one to overeat.

4) Mental element: John Assaraf, a world expert on the subject, claims that people gain weight because they fail to understand how their brain functions. Will power, he claims, is controlled by the conscious part of our brain. Scientific studies show that most of our behaviour (83%) is automatic, on the subconscious level. If we want to lose fat and stay thin, we need to retrain the subconscious part of our brain.

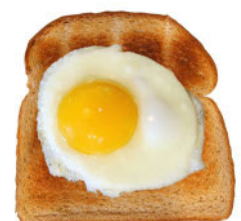
Start Your Child's Day With a Full Stomach

We all know that breakfast is important in the daily menu of each child. Why is it then so hard to turn it into a regular habit?

Good nutrition is essential not only to the physical development of each child, but also for a feeling of alertness and better social skills.

Recent studies have shown the correlation between breakfast and academic achievements. They show that breakfast increases concentration, improves memory and even behaviour.

A good nutritious breakfast reduces susceptibility to illnesses and absences from school, and helps children to concentrate better and to complete complicated assignments.



Start Your Child's Day With a Full Stomach (continued)



It is noteworthy that children who eat breakfast feel better in school, are more creative and more relaxed.

The stress should be on a breakfast that combines carbohydrates, protein and a small amount of fat. The body digests the carbohydrates first. Without protein and fat, the process of carbohydrate digestion is faster, blood sugar levels rise fast and as a result go down fast, a factor that may interfere with proper body functioning. Protein and fat ensure a regular and stable supply of energy during the morning hours.

A healthy breakfast should include toast with cheese or with egg, accompanied with a glass of milk

Studies also show that children who eat breakfast regularly tend to keep stable weight whereas children who skip breakfast tend to develop prolonged hunger, which in turn causes them to crave more fatty and sugary snacks.



The Dangers of Being Off Balance

by Tom Hopkins



It's easy to get out of balance during particularly hectic times such as the current holidays.

Being off balance can be exhilarating if it's just for a few moments such as when you're falling in love, receiving an honour or recognition or simply enjoying a real roller coaster or carnival ride. Being off balance longer than that, however, can be dangerous to our relationships, our physical beings or our careers. The best way to gain and retain a sense of balance is by setting goals and sticking to your plan.

Having a set of goals to refer to regularly will help keep your feet planted on the ground and give your mind a focal point to bring you back to earth when something sidetracks you (either something good or something bad).

A well-lived life is a balancing act. If you're out of balance, it will show in your demeanor. You won't handle personal or business situations as best you can and that will eventually have a negative affect on your bottom line and the level of enjoyment you have in your everyday life.



Don't risk the detriment of being out of balance long term. Take a few moments each day to consider what might be pulling you off the course you've set for yourself. Then, schedule (and take) the actions necessary to even things out.



Happy Holidays!

Yours in Health, Happiness and Success

Batzi  

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