

# HEALTHSTYLES

## Preventive Medicine News

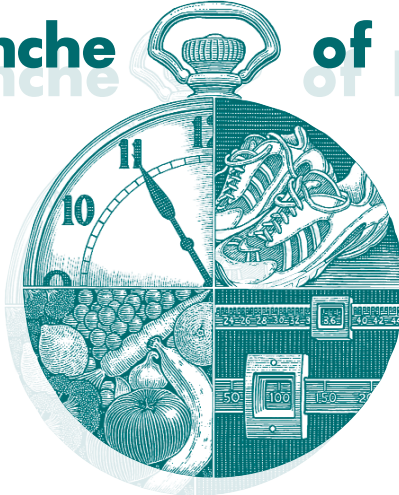
Clinical Nutrition Center • James Berry, M.D., Medical Director • 7555 E. Hampden Ave., Ste 301, Denver, CO 80231 • (303) 750-9454 • January 2001

### Beware the Avalanche of New Year's Diets

Most of these schemes prey on our wish for a magical solution that does not require work on our part. Remember, "If it sounds too good to be true, it probably is!"

**1** "Deep breathe in place of exercise and lose weight." Deep breathing practiced regularly results in improved stress management. Improved stress management may make it easier to comply with the recommended dietary plan, resulting in weight loss.

**2** "Lose Weight While You Sleep" and "Body Wraps That Melt Away Inches." These methods cause temporary loss of body fluid in the form of sweat or urine. The "inches lost" are recovered as soon as you become rehydrated.



**3** The Movie Star/Sports Hero/Talk Show Host's Weight Loss Program. When a well-known person endorses a specific weight loss program, it is tempting to jump on the bandwagon. Remember that celebrities' lives rarely reflect our own; s/he

may be able to hire a full time trainer or a chef and focus several hours a day on their weight loss project.

**4** "Medical Miracles" and "Scientific Breakthroughs" often serve to line the pockets of a particular diet guru or manufacturer of dietary supplements. These products and claims usually are not supported by quality clinical studies.

**5** Testimonials like: "John Doe Lost 50 Pounds in 4 Weeks." There is no way to know if what the testimonial claims is true. Remember that photographs can be easily retouched or computer-altered.

### How About Some "Old" Resolutions For New Years!

#### Rules for Living

*from President James Garfield (1831-1881)*

- Never be idle • Make few promises •
- Always speak the truth • Live within your income •
- Never run in to debt unless you see a way out again •
- Save when you are young to spend when you are old •
- Live up to your engagements • Never play games of chance •
- Keep good company or none • When you speak to a person, look into his eyes •
- If your hands cannot be employed usefully, attend to the culture of your mind •
  - Never speak evil of anyone • Good character is above everything else •
  - Drink no intoxicating drinks • Keep your own secrets if you have any •
  - Good company and good conversation are the sinews of virtue •
  - Your character cannot be essentially injured except by your own acts •
  - If anyone speaks evil of you, let your life be so that no one believes him •
  - When you retire at night, think over what you have done during the day •
  - Read the above carefully and thoughtfully at least once a week •

### Requirements of a Legitimate Weight-Loss Program

- ✓ Medical supervision.
- ✓ Individually prescribed dietary programs matched to individual needs.
- ✓ Weekly sessions with a qualified nutritionist/dietitian.
- ✓ Nutrition education and behavior modification training.
- ✓ Individually designed exercise prescriptions.
- ✓ Stress management training.

CNC offers all of the above.

*The CNC staff also includes an exercise specialist and a psychotherapist for even more individualized support.*

### NEW YEAR'S FATIGUE FIGHTERS

- Stop smoking, reduce caffeine and alcohol.
- Exercise regularly. Walking works and is often the most convenient.
- Eat regularly. Eat balanced meals as much as possible. Avoid going more than four hours without a meal or snack.
- Examine your sleep pattern. Do you try to "catch up" on sleep on the weekend for what you missed during the week? A more consistent schedule will usually leave you feeling more rested.
- Make your bedroom environment conducive to sleeping: do away with clutter, minimize electrical items and make it a work-free zone.
- Balance work with adequate relaxation and play; schedule time out to enjoy a pastime, hobby or time with friends
- Identify stress in your life and deal with it—perhaps by visiting a counselor or therapist.

*Best Wishes  
for a  
Healthy,  
Happy  
2001!*

*from Dr. Berry  
and the CNC Staff!*



## Tips from Successful Losers

Pick one or two and start practicing!

1. Choose an activity goal and go for it. Sign up for 5K walk, take a snowshoe clinic or dance lessons.
2. Keep a food journal. Heightened awareness of what you eat is a sure fire way to eat more healthfully.
3. Get enough sleep. We all eat more for energy when fatigued, plus your body needs the rest time for cellular repair and to build muscle.
4. Eat more vegetables.
5. Drink less alcohol. Substitute a walk after work to relax.
6. Avoid wearing sweat pants and other "expandable" clothing. Wearing clothes that fit can help you stop eating when you feel just satisfied versus stuffed.
7. Say no to second helpings. Make this possible by eating more slowly and drinking water between bites. Chew each bite more thoroughly.
8. Do not skip breakfast. People who skip breakfast eat more later in the day.
9. Find ways to avoid or substitute fats in order to reduce your overall intake. Try eliminating fatty spreads and dressings like butter and mayo.
10. Do not forget to include enough protein. Adequate protein is essential to maintain muscle mass and for feeling satisfied after meals. Many dieters unwittingly reduce protein intake in an effort to reduce calories. This imbalance will only increase hunger levels.

## COMIC RELIEF

Laughter is one of the best ways to stay emotionally healthy. Robert Holden, author of *Laughter—The Best Medicine*, describes a good laugh as a "total body experience in which all the major systems of the body participate fully." Mariana Funes, author of *Laughing Matters*, agrees. She explains that "laughter causes your brain and your body to produce beta-endorphins that relax you and help numb pain."



Perhaps the most famous spokesperson for laughter therapy is Dr. Patch Adams as portrayed by Robin Williams in the film of the same name. Dr Adams campaigns for hospitals to practice healing as a "loving human interchange, not a business transaction." With this in mind, charitable and volunteer organizations often provide clowns, especially in children's hospitals.

Laughter is not only healing for the sick, it is a great stress buster as well. As the old saying goes, "We don't laugh because we are happy; we are happy because we laugh." Finding humor in a situation is a powerful antidote to stress. Although we may not be able to control events in our external world, we can control our view of these events. Bill Cosby once said, "If you can laugh at it, you can survive it."

Some therapists believe that a full minute of good, deep laughter is the equivalent of 40 minutes of relaxation exercises. Laughter therapists claim that when you laugh, you become more conscious of the present—you're not thinking of the demons in your head. Funes agrees and states, "Laughter also causes us to breathe more deeply, to release some of our personal emotional baggage and to add some sparkle to our lives."

### Did you know?

- ✓ It takes 43 facial muscles to frown, but only 17 to smile.
- ✓ Geletology is the study of the physiological effects of laughter.
- ✓ The first signs of a baby's laughter occur between four and ten weeks old, and become well established by the age of four months.
- ✓ Management studies in the US have shown that employees with a good sense of humor are promoted faster and go further in corporations than their humor-challenged colleagues.
- ✓ An ancient South American rainforest tribe used to hold a festival of laughter and happiness whenever one of its members fell seriously ill in order to promote healing and recovery.

### Tickle your funny bone online:

- [www.worldlaughterclub.com](http://www.worldlaughterclub.com) (Worldwide laughter clubs, events and links.)
- [www.laughterlab.com](http://www.laughterlab.com) (Be part of an international project to send laughter into space.)
- [www.ajokeaday.com](http://www.ajokeaday.com) (Register to receive daily jokes via email.)
- [www.hamsterdance.com](http://www.hamsterdance.com) (Theses dancing hamsters have to make you smile.)

### 10 funny flicks to rent:

- |                        |                     |                    |
|------------------------|---------------------|--------------------|
| 1. A Fish Called Wanda | 5. Mrs. Doubtfire   | 9. The Tall Guy    |
| 2. Austin Powers       | 6. Private Benjamin | 10. Trading Places |
| 3. Bedazzled           | 7. Some Like It Hot |                    |
| 4. Blazing Saddles     | 8. The Full Monty   |                    |

## IN MEMORIAM: Rita Marie Zarlengo Guiry (1947–2000)

We are deeply saddened by the recent loss of our dear friend and co-worker, Rita Guiry, who died November 2, 2000. Rita worked in our front office from 1982 until 1998 when she took medical leave. We miss her greatly, but her spirit will live on in our office, especially during the holidays.

As a life long resident of Denver, she had known many of our

patients since childhood. We have received many inquiries about her since she took medical leave. Rita's family has requested that any donations in her memory be made to:

*The Susan G. Komen Foundation*  
2465 S. Downing St., Suite 206 • Denver, Colorado 80210  
Telephone: 303-744-2088

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**Beware of Those**  
**"Too Good to Be True"**  
**Diet Schemes**