

Holistic Wellness Program for Weight Management

DIETS DON'T WORK!

Millions of Americans diet each year to lose weight. Some people wish to gain weight, usually in the form of muscle. Americans spend billions of dollars on books, diet drinks and plans to lose a few pounds quickly, only to regain them plus a few more pounds later. Research has shown that dieting in the conventional manner creates a reaction in the body that actually causes it to conserve energy and put on extra weight to preserve itself. Most diet drinks actually stimulate the body to crave foods that create more weight. Promises of advertising create false hopes and provide a further basis for guilt and poor eating habits. The single most destructive aspect of the dieting cycle is lost self esteem and poor health. My program is designed to create a lifestyle that is individualized, healthy and achieves your goals. It is a Holistic process that works with the entire person: mind, body, and spirit. My program empowers the individual, and has lasting effects through proper management.

PRINCIPLES

1. Target weight goal **LONG** term
2. Make small changes that **GRADUALLY** lead to permanent change in weight.
3. Work with **WHOLE** foods that you can enjoy and provide nutrients to fill in gaps.
4. Create a schedule of eating **REGULARLY**, based on your life style.
5. Use **STRESS MANAGEMENT** techniques to gain greater sense of control .
6. Discover **ALTERNATIVES** to eating behaviors that undermine your goals.
7. Improve your health and **WELLNESS** as a way of life, without additional stress.

WHAT YOU HAVE TO DO

My holistic method involves you in the process. You gain control and feel better.

1. Discover how you actually eat, now, with a food journal.
2. Discover your "comfort" and "anxiety" foods.
3. Discover healthy foods that actually prevent weight gain.
4. Learn relaxation techniques that give an alternative to food for stress reduction.
5. Learn cognitive restructuring to counteract negative self-talk that undermines your self confidence and self esteem.
6. Learn about herbs and supplements that help you feel better and lose weight without being drugged.
7. Remember, it took a long time to learn unhealthy food habits; be patient, it takes time to lose weight and keep it off.

For more information: contact Dr. Stephen Green MS DC, Nutritionist and Holistic Chiropractor
Goshen Healing Center, 11 Webster Ave. Suite 3, Goshen, NY 10924
Telephone: (845) 294-9990 or (845) 651-1460