

Dr. Bokelmann's Top Ten Concepts for Healthy Weight

1. **Eat when you are hungry.** Don't wait until you're famished. Eat when you are just moderately hungry - when your stomach is growling or you're feeling a little weak. Conversely, don't eat when you're not hungry. Don't eat out of boredom – pick another stimulating activity. Don't eat out of emotional frustration – learn other coping strategies. Don't eat when you are otherwise distracted with the computer, the television, or driving as you are more likely to overeat. For those inconvenient times when hunger strikes, keep easy to eat food on hand such as mixed nuts or a granola bar so that you aren't forced to stay hungry too long (as you would then be more likely to overeat).
2. **Stop eating when you are “pleasantly satisfied”.** Not plum full. Not when you can feel your stomach being full. Just when the hunger is gone. Eat slowly enough to give yourself time to know when the hunger is gone. If the food doesn't taste good, stop eating it.
3. **Drink water (with lemon!)** or an herbal tea prior to eating and between meals. Thirst can be mistaken for hunger, so quench your thirst first. Don't drink commercial beverages. Make your own. Sweeten them with stevia, xylitol, or a little honey or sugar. Learn to enjoy unsweetened or very lightly sweetened beverages. Reset your taste buds. Stay away from fructose or high fructose corn syrup. Stay away from artificial sweeteners like sucralose and aspartame.
4. **Eat 5-6 servings of vegetables every day.** Potatoes don't count as a vegetable in this case. Fresh or frozen vegetables are preferred. Use fresh greens like lettuce or spinach in whatever you eat – as a sandwich or a salad. It adds water to your food and slows down your eating.
5. **Eat 3-4 servings of fruit per day,** fresh or frozen, but not dried fruit which is high in fructose. One of these servings should be berries of some sort. Eat whole fruit. Don't drink fruit juice as it is high in concentrated fructose.
6. **Severely restrict or eliminate red meats, dairy products, and wheat.** Pacific salmon is the ideal meat. If you like poultry, organic poultry is preferable. If you love the taste of red meat, use it only as flavoring – tiny chunks here and there in the dish you are preparing. A modest amount of organic fermented dairy product such as yogurt, kefir, or cheese is okay. Goat milk and goat cheese are preferable. Instead of regular pasta try rice pasta. Experiment with quinoa. If using wheat, be sure it's whole wheat. If you buy a loaf of bread, pick out the heaviest loaf on the shelf, not one of those light squishable loaves. Sprouted grain bread with different seeds mixed in is best.
7. **Seeds and nuts are good in moderation.** Add them to your salads and casseroles. A couple handfuls a day is an okay snack with healthy oils and protein.

8. **Reduce stress.** Sleep 7-8 hours a night. Stay warm – dress warmly enough in the winter. Don't over-exercise. Avoid taking on too many obligations. Learn coping strategies for stressful situations you have no control over – cognitive behavioral therapy, yoga, Tai-chi, Qi-Gong, meditation, hypnotherapy, emotional freedom technique, and energy healing such as polarity balancing and Reiki. Learn self compassion. <http://self-compassion.org/test-your-self-compassion-level.html>

9. **Exercise efficiently.** Four to six short bursts of high intensity exercise (running, fast uphill climbing, bicycling uphill) for 30-60 seconds interspersed with low intensity exercise (slower walking) for five minutes, for example. Limit this sort of exercise to 20-40 minutes. No more than four hours of this sort of exercise per week (unless you are training for a marathon which I advise against). Between exercise, stay moving with hobbies, house-cleaning, gardening, etc. Avoid prolonged sitting for more than two hours at a time. If your work requires extensive sitting at a desk, take "circulation" breaks and walk around the office for a couple of minutes. You can even do a walking meditation to work on calming the mind at the same time.

10. **Get these books and read them:** *The Gabriel Method* by Jon Gabriel. *Am I Hungry?* by Michele May M.D.

Herbs and Supplements that can help

- Calming herbs and supplements: Lemon balm, hops, passionflower, valerian, California poppy, skullcap, chamomile, wild lettuce, hawthorn, L-theanine

- Calming essential oils: lavender, neroli

- Anti-inflammatory herbs and supplements: ginger, turmeric, feverfew, fish oil, flax seed oil, burdock, frankincense

- Detoxification: burdock, dandelion, nettle, milk thistle, psyllium, green tea

- Metabolically favorable herbs: Irvingia gabonensis (African Mango), Cissus quadrangularis (Veld Grape), Coleus forskohlii, cinnamon, hibiscus, fenugreek

- Time Labs Supplements: Metabo-Trim, Metabo-Lift, Ultra DM Complex, Ultra Preventives or Ultra Vites, Tranquility, Phytocalm, Rest Easy, Ultra Omega-Linic

To schedule an appointment with Dr. Bokelmann: please call 208-478-8400

For more information, please visit www.eimcenter.com