

# WHOLE HEALTH Newsletter

Whole Food Fitness Self-Care Life Balance Stress Mastery



## A Holistic Approach To Making Healthy Lifestyle Changes & Creating Life Balance

### SUMMER 2007 ISSUE

**FEATURE:** Mindful Eating

**IN THE NEWS:** Women, Stress & Female Friendships

**FOOD:** Okra

**RECIPE:** Sauteed Okra

**UPCOMING EVENTS:** Summer Programs

Brought to you by **WHOLE HEALTH**, WHOLE HEALTH Newsletter intends to educate, inspire and empower you to master the art of healthy living - to eat healthfully, lose weight, reduce stress and create life balance.

### Feature: MINDFUL EATING

According to Dr. Jon Kabat-Zinn, mindfulness means paying attention in a particular way, on purpose, in the present moment, and nonjudgmentally.

Did you know that eating mindfully can help you change your relationship with food and help you lose weight - without dieting or deprivation?

Do you eat standing up, working at your desk, watching tv, while talking on the phone or running around the kitchen, trying to make sure everyone else has everything they need? Is mealtime stressful, hectic and not a lot of fun?

Or, do you eat at a beautifully set table, have plenty of time to enjoy your meal and the company of the people you're eating with, savoring the smells, tastes, beauty and atmosphere of mealtime?

If you're like most people, the first is your typical meal. But it doesn't have to be this way! Eating mindfully can be learned and practiced. It is pleasurable and can actually help us lose weight, because while we are paying attention to what and why we're eating, we are changing our relationship with food and eating.

### What is Mindful Eating?

Mindful eating is choosing to eat food that is pleasing, nourishing and involves all our senses -paying attention to how you are feeling, what you are thinking - negative and positive, what the food looks like, how it smells, what the texture is and how it tastes, every bite and swallow! Eating mindfully is very pleasurable!

### Become A Mindful Eater

To make mealtime more than a race to down something that may or may not be nutritious and change your relationship with food and eating, consider the following:

1. Pay attention to what's going on while you're eating. Use all of your senses and really pay attention to the smells, sounds, sights and texture of your food and your surroundings. Many of us can't remember anything about what we ate yesterday, unable to recall the smells and sounds that went along with the meal. What a shame to be depriving ourselves of such pleasure! Paying attention to our meal will change the experience of eating, making us more conscious of our choices. Do you want to be eating what you are eating? Do you like the taste of

### Food: OKRA



Long popular in the South, okra's small green pod is best known as a key ingredient in gumbo. It is a good source of Vitamin C, folic acid and other B vitamins, as well as magnesium, potassium, and manganese. Okra is high in fiber and its flavor and texture are unique, falling somewhere between that of eggplant and asparagus and when cooked, sliced okra exudes a sticky juice. Okra is a summer vegetable.

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### Recipe: SAUTEED OKRA

2 Servings. Adapted from Madhur Jaffrey's World of the East Vegetarian Cookbook

- 1.5 lbs okra
- 3 T olive oil
- 2 onions
- 6 cloves garlic
- 1/2 tsp turmeric
- 1/2 tsp salt
- 1/4-1/8 tsp cayenne pepper
- freshly ground black pepper

Saute the onions and garlic in oil for about 5 minutes. Add the okra and saute another 5 minutes. Add the spices and mix to coat okra. Add 1/4 cup of water, cover, and simmer for 15-20 minutes or until okra is tender. Uncover and cook down until any water is gone.

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what you are eating? Are you enjoying the experience of eating? Are you feeling satisfied with what you have eaten? Are you feeling full? When you are conscious to the experience of eating, your relationship to food and eating will change - in a very positive way.

2. Think about why you're eating these particular foods.

What led you to ordering these foods, preparing this particular meal or choosing one restaurant over another? Why did I choose these foods, this location and even this time of day to eat? What's going on physically, mentally and emotionally that led me to these choices? Reflect objectively on what's going on without judgement, but with the intention of gaining an understanding.

3. Consider the effect of your meal and food choices.

Is anyone else affected by these choices? Are you the one who purchases and prepares the food for yourself and your family? If so, your choices affect not only yourself, but also your partner and kids. Extend that out to choosing organic foods, which help protect the earth, and shopping from the local farmers' market, which makes a positive impact on your neighbors who produce these foods.

4. Be grateful.

Isn't eating a pleasure? Aren't we lucky for the abundance we have? Isn't it wonderful how a meal can bring people together? Take a moment to consider all that has helped to bring food to our table (the sun, rain, farmers, the grocer, etc) and whomever has prepared the meal, and express gratitude.

**Every Day Is An Opportunity**

Begin with one meal or perhaps, pick one day of the week to practice eating mindfully. You'll find that your relationship with food will change. You'll enjoy your meals more and create healthier eating habits.

\***WHOLE HEALTH** successfully helps clients learn to eat mindfully; it's a total win-win. Clients enjoy food more and lose weight! **Contact Anne** to learn more.

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**In The News: WOMEN, STRESS & FEMALE FRIENDSHIPS**

A UCLA study shows that women keep each other sane.

According to the study, when a woman is feeling stress her brain releases chemicals which counteract the typical "fight or flight response" that is prevalent in men, and instead encourages her to stick around and congregate with fellow females. The effects of the hormone oxytocin, which is responsible for this reaction, is enhanced by estrogen and diminished by testosterone. So while men would often rather work out problems on their own, women are programmed to go to each other for support. **Read** more about the study.

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**Upcoming Events: SUMMER PROGRAMS**

I'm taking a break from offering cooking classes and other events this summer because I've been involved in so many professional obligations, trainings, etc. I'm writing and distributing the biweekly Hokoken Farmers' Market Newsletter, I completed and graduated from ICA, an ICF accredited coach training program (thus the CPC after my name), I've applied to ICF for advanced level coaching certification status (PCC), I completed Jon Kabat-Zinn's Mindfulness-Based Stress Reduction (MBSR) Professional Training Program at Omega, I was part of an 8-week MBSR group program in Princeton, did Yogafit's Level 1 Training and I'm also enjoying of summer. I hope you are too. You can find me at the Hoboken Farmers' Market on Tuesdays, from 3:00 - 7:30 PM. Come say hello!

**About Anne**

**Anne Trauben, RN, RYT, CPC**, is a Lifestyle Wellness Educator & Certified Coach.



Her mission is to inspire, educate & empower busy professionals to master the art of healthy living by eating

healthfully, losing weight, managing stress and creating life balance through a process she calls "**feel-good self-care**". It is through this process that clients learn to set their intention, develop mindfulness, establish calming simplicity in their lives and engage in healthful "nourishment".

Anne works with individuals, locally and nationwide, in-person and via phone. She also offers group wellness and mindful living programs, a **Kitchen Quick Start program, Hands-on Healthy Cooking classes, health food store tours, yoga instruction** and she writes this informative email newsletter.

Visit **WHOLE HEALTH** and learn more about **Anne**.

Schedule an initial lifestyle wellness coaching consultation or discuss bringing **WHOLE HEALTH'S** group programs to your organization by calling 917-523-5168 or **clicking here**.

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I lost 20 pounds and developed a much healthier perspective about eating, exercising, and cooking. I used to worry about staying motivated. I no longer worry, because I learned to take care of myself. My mood is happier, my energy level higher, and I've taken up yoga for relaxation. Anne is extremely supportive, motivating, and positive. I felt as if I could do nothing wrong in her eyes, even when I didn't feel that way about myself. That is a rare gift-- Thank you! --D.G.

Anne is patient and well-informed; she can help you deal with your issues, without ever being judgmental. --M.M.

**THANK YOU** for reading WHOLE HEALTH Newsletter! If you have any questions or comments, please **write to me!** I am interested in knowing what you'd like to learn more about, so if you let me know, I'll include it in an upcoming issue.

Please **forward** this newsletter to anyone and everyone, family, friends, coworkers, colleagues and neighbors, interested in living a healthy and balanced life.

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