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Hunger Management

19 ways to fight food cravings and win the war on flab. Hunger is the wolf at the door, the body saboteur, the diet killer. No matter what kind of diet you're on—whether low-fat, high-protein, low-carb, or something in between—this single enemy can quickly undo weeks or months of discipline. That's because the body is designed to consume calories, not resist them. But help is on the way, thanks to the latest nutrition science. The following 19 tactics will tame the hunger beast. Mix and match them and you'll be on the road to skinny. Bon, er, bad appétit!

In the Morning

1. Rise and Dine

Never miss breakfast; waiting till noon for your first meal can turn hunger pangs into irresistible cravings.

2. If It Ain't Yolk, Don't Fix It

Eating eggs in the morning can help you fight flab. In a study at Wayne State University, test subjects were fed either a bagel or an egg breakfast, each containing the same number of calories. The egg eaters consumed almost 300 fewer calories by day's end than did the bagel bunch. The protein in the eggs likely kept them full longer. To cut down on saturated fat, mix in two servings of Egg Beaters with one regular egg.

3. Drench Your Thirst

German researchers found that people who drank 17 ounces of water boosted their resting calorie-burning rate by about 30 percent for 90 minutes. Why? Partly because your body burns extra calories to heat the water to body temperature. More is better: drinking eight 8-ounce glasses of ice water daily can zap an extra 70 calories (and save you lots more if you're replacing sweetened juice or beer).

4. Get Thick, Stay Thin

In a study, subjects who drank a shake pumped with

extra air ate less at a meal hours later than did those who drank smaller-looking shakes, even though both contained the same calories. Try making a fruit smoothie by blending a handful of strawberries and blueberries together with half a cup of low-fat milk. You can also add six ice cubes to increase the volume without adding calories. Another pumped-up trick: add fat-free yogurt to a shake to make it thick and frothy.

5. Milk Calcium for All It's Worth

Have milk or yogurt in the morning with your breakfast and then enjoy another dairy food at lunch. (Option: take a 600 mg daily calcium supplement.) Something in this vital mineral seems to cause the body to burn more calories. Make sure you're getting about 1,200 mg of calcium each day (more isn't necessary). In addition to dairy products, spinach, broccoli, and calcium-fortified orange juice can be good sources.

In the Afternoon

6. Eat Déjà Food

Eating the same healthy, balanced meal every day (such as a grilled chicken breast) can help prevent overeating. Too much variety in meals can lead you to keep eating to experience the taste, not to satisfy the hunger.

7. Wet Your Appetite

Foods with high water content fill you up easily. And they naturally pack fewer calories for their volume. Toss together a salad of lettuce, cucumbers, celery, and tomatoes. Or a fruit cup with watermelon, strawberries,



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Let's Talk

Dr. Jerry Shapiro

This is an article I recently read and want to share with all my friends:

What If Quiznos Were Run Like Health Care?

By Timothy Laird, MD

Good luck getting paid for those chips and sandwiches at the time of service.

A woman walked into a Quiznos sandwich shop at lunchtime and ordered a ham and cheese sandwich, a bag of chips and a soft drink. At checkout, the clerk said, "That will be \$6.21, ma'am."

The woman, already sipping the drink, replied, "Actually, I have insurance for this. My plan will reimburse you if you just send them the bill. Here's my membership card."

The clerk was new on the job and looked surprised. "We take cash, check, Visa or Mastercard too." he said.

The customer smiled and said, "No thanks, I'll let my insurance pay."

"When will they pay us for your food?" The clerk asked.

"If you do all the paperwork correctly and send in the bill the way they want it, they'll pay you in a few weeks...or maybe a few months." the woman replied.

The clerk was astonished. This arrangement didn't sound like much of a deal, but since the checkout line was getting backed up, he decided to take her word for it. Besides, the woman had already taken a bite of the sandwich and was opening the bag of chips.

A few months later, the reimbursement check arrived. But when the manager opened the envelope, the check was for \$4.71, not \$6.21. The manager angrily called up the 1-800 number on the check.

After he waited on hold for what seemed like an hour, someone finally came to the phone. "No, no, no," the person explained. "Our policy is that we pay for food, not drinks. Apparently, our member wanted that \$1.50 soft drink, but the fine print of our contract clearly states that we don't pay for drinks."

So the manager sent the customer a bill for the \$1.50.

A few days later the customer stormed into the shop. "How dare you charge me for my soft drink!" she roared.

"You did drink it, didn't you?" the manager replied.

"Yes, but I was really thirsty, and I didn't know my insurance plan would refuse to pay for it." she said.

"It's in your contract." said the manager. "Have you ever read it?"

"No, I expected you to warn me if you thought my insurance wouldn't pay part of the bill. What kind of restaurant is this?" she asked.

The manager tried to stay calm. "Ma'am," he said, "we deal with all sorts of insurers. Some of them pay for the soft drink and chips, but not the sandwich. Others pay for everything but the chips. Still others pay for food only after customers have spent \$20 of their own money, and then they pay 80 percent of all future bills. We expect the person eating the food to know what his or her agreement states."

"You guys are incompetent," the customer replied.

"Well, I guess we could spend more time memorizing each person's payment rules," said the manager, "but then we'd have less time to keep our kitchen clean and make good food."

The customer complained to the branch manager about how terribly she'd been treated by the local sandwich shop. She threatened to sue. Multiple meetings followed.

Soon after, management decided to install fancy new computer systems and hire two extra payment clerks for each restaurant. When a customer would present with an insurance card, the computer would run a query and determine what the plan would and wouldn't pay for.

Unfortunately, this caused the price of food and drinks to skyrocket. This, in addition to the long checkout lines that developed while the computers researched payment issues, led to widespread customer dissatisfaction. Eventually, the sandwich shop closed down, and people had to make their own sandwiches with ingredients purchased at the grocery.

About the Author

Dr. Laird is a family physician practicing in Port Saint John, Florida. His medical practice sits next to a Quiznos shop.

Very Personal...

What does your handshake say about you? A *firm grip* conveys confidence and is always appropriate.

Placing your left hand on top of the hand-shake is more intimate and should be used only with people you know very well. *Offering only your fingers* conveys a sense of superiority and should be avoided. *Also:* Always stand when shaking hello or good-bye, and make eye contact as you shake.





Hints from JoAnn

How to clean tile, wood and vinyl floors.

Clean Ceramic-Tile Floors

Ceramic-tile floors can be cleaned easily with nothing but warm water, but be sure to sweep or vacuum

first to remove any loose soil or grit. Never use a sponge mop to clean ceramic-tile floors. It will pull the dirt right into the grout tracks. This makes the floor more difficult to clean. A micro-fiber mop picks up all the dirt that a sponge mop leaves behind. Pour the ingredients into a bucket and use a rag or micro-fiber mop to clean. If you do use a rag and the on-your-hands-and-knees method, be sure to wipe in a circular motion across the floor. Don't forget the cabinets and baseboards. If you have really dirty grout, use a brush.

Clean Hardwood Floors

Use boiling water and two teabags to clean hardwood floors. The tannic acid in tea creates a beautiful shine for hardwood floors. Let two teabags steep in the boiling water for a few minutes. Pour the tea into a bucket. Take a soft cloth and wring it out in the tea. The cloth merely needs to be damp, not soaked. This will enable the floor to dry quickly. Wash the floor and be ready to be amazed by the sheen.

Fill in any Scratches

If there are scratches that stand out after cleaning the hardwood floor, simply take a crayon the color of the floor and rub it on the scratch to fill the gap. Turn a blow dryer on high, heat the area where the crayon was applied and buff it with a soft cloth.

Clean Vinyl Floors

Mix borax in a bucket of warm water and wash the floor.

Remove Hairspray from Any Surface

Remove hairspray residue from hard surfaces with a solution of one part fabric softener and two parts water.

Thoughts...

1. If you tell the truth you don't have to remember anything.
2. If you lend someone \$20, and never see that person again; it was probably worth it.
3. The things that come to those who wait are what's left behind by those who got there first.
4. Never mess up an apology with an excuse.
5. Never underestimate the power of stupid people in large groups.
6. Give a man a fish and he will eat for a day. Teach him how to fish, and he will sit in a boat and drink beer all day.
7. Taxation WITH representation isn't so hot, either!
8. Some days you are the bug, some days you are the windshield.
9. If at first you don't succeed, skydiving is not for you.
10. Good judgment comes from bad experience and a lot of that comes from bad judgment.
11. A closed mouth gathers no foot.
12. Duct tape is like the force, it has a light side and a dark side and it holds the universe together.
13. I didn't say it was your fault. I said I was going to blame you.
14. Be direct with people; let them know exactly how you feel by piddling on their shoes.
15. There are two theories to arguing with women. Neither one works.
16. Anything worth taking seriously is worth making fun of.

Safety Tip...

Take your garage-door opener with you whenever you leave your car outside our home.

Thieves look for openers clipped to visors in unlocked cars and use them to open garages—gaining access to homes. If you have lost the remote control opener, reset the code to disable it (follow the instructions that come with your opener to reset the code). Consider replacing the standard-size remote with an easy-to-carry key chain version—available for \$30-\$40 at home centers or wherever you bought your garage-door opener.



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and orange slices.

8. Buy a Pure Bread

Skip those boring white slices. Fixing your sandwich on bread made with flaxseed may help keep you slim by lowering your blood sugar levels, and it may also lower your cholesterol, according to some studies.

9. Find Joy in Almonds

Peckish before dinner? Eat a handful of almonds to ward off hunger between meals. Almonds are high in protein, fiber, and monounsaturated fat, so they keep you full. Just don't get carried away; an ounce has only about 160 calories, but eating substantially more will certainly expand your waistline.

10. Use Stalling Tactics

When a late-afternoon food craving hits, grab a magazine, take a walk, or surf the Net—any little distraction that will temporarily take your mind off your craving will do the job. Just get through that danger zone, and you may entirely forget about the craving.

11. Test a Model Tea

A small Swiss study found that people who took green-tea-extract supplements (consuming about the amount found in an eight-ounce cup) three times daily burned 4 percent more calories over 24 hours—which could add up to losing a few pounds in a year. Researchers believe nutrients called catechins may speed fat burning.

The Early Evening

12. Get a P.B. Shot

Spread a tablespoon of peanut butter on whole wheat bread, a cracker, or a celery stick. Not only is peanut butter filling, but women who eat peanut butter or nuts five times or more a week are much less likely to develop type 2 diabetes, an obesity-related disease.

13. Forget the Seconds

At dinner serve your portions, then immediately put the extra food in the refrigerator or freezer before you sit down to eat. Making it just a little harder to get second helpings can really curb overeating.

14. Don't Skip the Spuds

Eating a few boiled potatoes will keep you fuller longer after dinner than just about any other food. The high water content and bulk of boiled potatoes make this low-calorie carb source very filling.

15. Fight Fat With Fire

Capsaicin, the hot substance in peppers, may help burn fat and curb hunger, according to studies. Plus, hot peppers can add flavor without fat.

16. Eat Pudding, Lose Padding

Buy a six-pack of low-fat pudding in the dairy aisle. This sweet dessert treat is low in calories but water-rich, so it's filling. Plus, the individually packaged servings are a weight-loss boon.

Late Night

17. Pinpoint Your Sin Foods

If you simply must have some junk food in the house, go ahead. But choose only one. People who keep fewer varieties of high-fat snacks handy lose more weight than do their variety-snacking peers.

18. Still Awake? Eat Flakes

People who ate cereal 90 minutes after dinner consumed 225 fewer calories for the rest of the night than those who didn't. The cereal eaters also lost two pounds in a month without intentional dieting. Best choice: high-fiber cereal.

19. You Snooze, You Lose

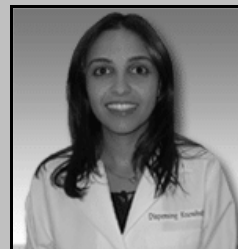
Slumber is slimming; a recent study found that people who slept only five hours nightly were 50 percent more likely to be obese than those who slept seven to nine. Researchers believe that lack of sleep affects hormones related to appetite, causing you to gain pounds.

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