

ReadMove
2nd edition March 2004
Spring is in the air

Read.....Move

Welcome to the March edition of ReadMove. This newsletter is designed to help people take a look at ways, both conventional and not so conventional, to begin and stay on their weight loss course. This edition is a little long – and that is intentional! I just saw no way to make it shorter. The information provided is incredible! Remember ... read and move!

Each month we will have articles by various experts, common sense tips, websites to visit and thoughts to ponder. Each issue will be reprinted on www.travelwoman.com if you inadvertently delete your email newsletter.

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Did you know that...

A 12-ounce can of diet cola contains roughly 70 milligrams of sodium. This may not seem high when you consider that the recommended sodium consumption for a dieting woman is 1,000 milligrams a day. However, consider this: If you drink four sodas a day that is 280 milligrams of sodium! And when you add that sodium to all the salt you normally consume in food, you can easily exceed the 1,000 milligram per day level.

Besides being linked to high blood pressure, the foremost concern for dieters is that it causes water retention. Dieters struggling with weight plateaus often have to cut their diet cola consumption down to two cans a day before weight loss can continue.

Colas contain about as much caffeine as a half cup of coffee. The caffeine in colas is made from kola nut extract, and regulations keep the caffeine content at

a mixum of 0.02 percent of the soda.

However, when dieters drink a great deal of soda (more than two cans per day), the caffeine amount accumulates; and nervous, excited, jittery, or anxious feelings can result. Also, one of the amino acids in the sweetener aspartame (NutraSweet brand sweetener) called "phenylalanine" acts as a natural stimulant, which makes some individuals feel dizzy, lightheaded, or anxious. The resulting Tension, from caffeine and phenylalanine, can trigger a desire to overeat, as the dieter seeks to calm down through the use of food.

Cola can reduce your magnesium levels, thereby triggering food cravings. A study conducted at East Tennessee University found that phosphoric acid in cola binds with magnesium in the body, and extracts the latter. Each 12-ounce can of cola contains 36 milligrams of phosphoric acid, and the result is that 36 milligrams of magnesium are removed from the body.

In light of the information above, you can probably see why it's important to cut down or eliminate your consumption of soda. However, if you feel you can't live without diet cola, then limit your intake to two cans or 24 ounces a day.

This information was excerpted from Losing Your Pounds of Pain written by Doreen Virture, Ph.D. published by Hay House – the author has given us permission for this reprint!

Excuses

By Deb Brown

I bet I have more excuses than anyone for not being able to lose weight! I work too many hours and don't have time to eat right. I have high blood pressure and can't exercise as much. I have to have chocolate during that time of the month or I'd kill my husband. There are no sidewalks where I live so I can't walk for exercise. I don't make enough money to buy all the expensive stuff you need to lose weight. My husband likes me fat. I'm too old now to lose all this weight. Diets don't work for me - I just gain the weight back and more. I don't want to give up my favorite foods. I don't like vegetables that much.

Need more excuses? I could probably come up with some. However, I realized something. I know that all of those excuses are just excuses. I mean really - they make no sense anymore! Okay -- here's the answers for those excuses and then you'll see what I mean.

I work too many hours and don't have time to eat right.
.....but I have time to eat wrong? If I can eat wrong, I can eat right.

I have high blood pressure and can't exercise as much.

.....but I can still exercise! If I only walk around my house for five minutes a day, it's more than I was doing.

I have to have chocolate during that time of month or I'd kill my husband.
.....you can now buy sugar free chocolate candy bars!! And if I'm not eating all the sugar the rest of the month, I won't feel like killing my husband.

There are no sidewalks where I live so I can't walk for exercise.
.....but I can sure drive to the mall or the zoo or the park or the beach or ... you get my picture. I can walk when I get there!

I don't make enough money to buy all the expensive stuff I need to lose weight.
.....but I have enough money to buy junk food! There are lots of programs that require little or no money.

My husband likes me fat.
.....he likes me alive better!

I'm too old to lose weight.
.....no one is too old to lose weight.

Diets don't work for me - I just gain the weight back.
.....so don't diet! Make lifestyle changes that you can live with. You'll lose the weight and keep it off.

I don't want to give up my favorite foods.
.....and you don't have too! You also don't have to eat as much 'junk' - part of the lifestyle change.

I don't like vegetables that much.
.....so eat the ones you do like. Try dishes that have veggies in them. Look for recipes you've not tried before. Stir fry really makes veggies taste better.

Remember .. excuses are like behinds, everyone has one! Take a look at the excuses you are using. Then take a harder look. See if you can't overcome them. And if you really can't overcome them, find a way to go around them. Give them up for one week. See what happens. See how you feel. I think you'd be amazed!

The Organic Green Team
By Monique Rider

There is a lot of scientific evidence to present the nutritional benefits of eating

vegetables. They are a great source of vitamins, minerals, and fiber. When added to other foods, they offer flavor, aroma, and aesthetics. For individuals with weight loss goals, vegetables come highly recommended. When adding greens into your diet, something to consider is using organically grown vegetables instead of commercially processed ones.

Organic produce is known to be mineral dense, fresh, and better tasting than the commercially grown variety. For those struggling with weight loss this is great news! Many individuals who set weight loss goals shy away from boring vegetables because of their bland taste. This can cause a huge vitamin and mineral deficiency. So join the Organic Green Team! By choosing organically grown produce you will reach your nutritional goals and reap the added benefits of such, not to mention that you will notice the fresh taste immediately.

The Organic Green Team is just a philosophy—however its message emphasizes the importance of having to make a decision about your optimal health and choosing alternative options available. Thus choosing the so-called Organic Green Team represents your choice for the superlative quality of organically grown vegetables.

Typically, commercially grown vegetables are part of a mass production process that includes the use of pesticides, being washed in chlorinated water, and stored for weeks on shelves with bright lights. This process inadvertently strips the food of important nutrients. Thus the bland taste and wilted appearance. On the contrary, organic farms must go through a process to purify the soil. Therefore, harmful chemicals and pesticides are not allowed. In addition, most organic farmers do not use chemically treated water. So as the plants grow, they tend to be fresher, healthier, and more nutrient rich.

Even organic vegetables purchased from the store sit on the shelves under bright lights. So, some of the nutrient value may still be destroyed. Another option is organic veggies straight from the farm. They are freshly picked and usually available directly from the farmer or at farmer's markets. In this way, the produce bypasses the usual route and goes directly into your refrigerator. There are also local services that offer delivery right from the farm to your door.

Whether you choose to buy organics from the store, from the farm, or through a delivery service here are a few ways to join the Organic Green Team and be triumphant over your nutritional opponents.

- Check your phone book or the Internet for local organic grocery stores like the three listed below. Even though the veggies sit under the lights at these stores, they are still better for you than commercially processed greens.

>Trader Joes <http://www.traderjoes.com/locations/index.asp>

>Wild Oats:http://www.wildoats.com/app/cda/oat_cda.html?pt=StoreLocator
>Whole foods: <http://www.wholefoodsmarket.com/stores/index.html>

- Check for local farms where you can go to pick up the vegetables yourself.
- Check your local newspaper for weekly farmer's markets.
- If you live in an area where the climate is not conducive to farming, check the following web sites to have organic veggies delivered to your door:

<http://www.boxedgreens.com>
<http://www.pioneerorganics.com/how.html>

Here are some additional resources:

<http://www.shopnatural.com/?source=overture>
<http://www.ams.usda.gov/nop/indexIE.htm>

Whether adding vegetables into your diet for weight loss, fitness, or general health think about the differences between commercially processed and organically grown. The benefits of organic greens are better taste, more nutrients, no chemicals, environmentally safe, and a general higher quality. We all like to be team players – but when it comes to your health you want to be a champion! So make a decision for your health and enlist in a long-term commitment to your well-being. Join the Organic Green Team and gain the nutritional advantage over choosing organically grown vegetables.

==>Monique Rider is a transition coach and fitness trainer based in Arizona (paradise). She is the founder of BodyLife Dynamics and coaches individuals globally via telephone. Monique works with women who are under chronic stress from major life transitions and who need to drastically upgrade all areas of their life. Her philosophy focuses on self-care and nurturing for the mind, body, and spirit and she empowers women to put themselves first. Monique can be visited at www.personaljoy.com or contacted at Monique_Rider@msn.com, 480-699-0527<==

Go Fly A Kite!
By R. Keith Rice

=>Mr.R. Keith Rice came to me via another ezine. I spent some time on his website and found that there's a lot to like about Mr. Rice! Mr. and Mrs. Rice are 'retired' and I think they are probably working harder now. Now I know he's a septuagenarian, but he feels like a kid to me! Here's a great way to get some exercise this spring... please read on!<=

How To Fly A Kite!

First, make sure you have the kite, some kite line, a large spinner and something to use for a tail. Normally, you can purchase a decorative tail from the same source that you purchased the kite from. The spinner can be purchased at any good kite store or at a fishing store. The latter will be the cheapest.

Next find a safe place to fly your kite! Stay away from all power and telephone lines. A park or a beach is a safe place to fly your kite, but again you will want to stay away from trees and large structures. Avoid any place with hills close by or any large building, as well as tall trees. These will cause very erratic wind conditions. Normally, a baseball field is a safe place if you stay in the center, away from fences and light poles. Just don't let your line out too far, so if you lose control of the kite, it will not come down crashing into something. Remember, if you are in the center of the field, 150 feet of line is the limit inside a baseball park.

There are specifics and ratios that are used to allow for distance, but you can learn them later. We do not want to get too complicated in this first lesson.

You also want to have good kite etiquette. You are responsible for anything your kite might hit or injure. So stay away from others and urge them to stay away from your flight area. Always remember who was there first!

These safety tips are just the basics. Almost any good book on kites will have safety tips, as well as other good ideas.

First, try to determine the wind speed and the direction of the wind. If the leaves are not rustling on a tree, there is not enough wind for most kites. Tear some paper into small pieces about one inch square. When you drop them on the ground, and they just lay there, there is not enough wind. If some of them blow away, there is enough wind to try to fly a kite. The direction that they blew is the opposite direction the wind is coming from. Generally, you can turn a full circle and feel the wind in your face. For me, if the wind blows in one ear and out the other, that is the direction the wind is coming from.

Attach the spinner to the end of the kite line, and then to the bridle of the kite. (The bridle is the string that runs from top to bottom on the face side of the kite). For most kites, you will want to unwind about 15 feet of string. Have someone hold the kite in the air as high as they can, facing the wind. The flyer will want to stand with the wind at his back. The holder gently lets go, and the kite should take off.

Now, if the kite does not stay in the air, you have another problem. The trick is finding out your problem!

You may need to add a tail to the kite. A kite tail can be just an old rag. If it is too heavy, the kite will not lift off of the hands of the holder. If it is too heavy, remove some of it. If it is still not balanced, add another piece to the tail. (In the 1930's, the harder the wind blew, the more tail you would need. Today's kites are not recommended to be flown in winds higher than 21 - 25 mph.

You may need to adjust the line where it is attached to the bridle. In this case, move it only about 1/4" at a time, up or down. It generally works best if you go only one direction at a time.

The secret is to get the kite to fly at an angle about 15 to 30 degrees from level. That will generally give you the most stability!

Have a ball flying your kite! Many, many people have enjoyed the sport of kite flying for centuries. Once you have had your first successful flight, we are certain that you will want to return at the very next opportunity.

Plan a picnic and just go somewhere that is safe to fly a kite! You can have a whole day of fun.

In the olden days, of the late 1930's, we flew our "old homemade" kites as long as we could stand up against the wind. When we couldn't stand up any longer, we tied the string to a fence post, just to see how many days we could keep it in the air.

That is no longer recommended. Besides, now you have other things to do to entertain you, like watching TV. We didn't have electricity, so we could not even read a good book, after daylight. Those old shows are full of it, when it shows people reading by candlelight. Try it sometime! When they are reading, just look at how bright the room is. It's lit by more than candlelight!

Another trick was to send a note, up the string, to the kite. Just to see if it would go all of the way to the top. That is how we handled our e-mail in those days!

R. Keith Rice is a freelance writer.
He also is the Editor/Publisher of NewsBoy'sNews.
Email: rkeithrice@artcraftinc.com
Website: <http://www.artcraftinc.com/>
He sells kites, wind toys, funnoodles among other things!

My Body (My Buddy?) **By Molly Gordon**

==>Molly Gordon is a personal coach I found through Jennifer at the Comfort Queen (www.comfortqueen.com). I sent Molly an email and asked her for an article for our newsletter. She was kind enough to give me access to lots of articles! I chose this one. Please enjoy the read! <==

I spend a lot of time on the computer, and much of that in cyberspace working with clients, sharing with friends, exploring virtual communities. The more important that these virtual experiences become, the more committed I am to

caring for and listening to my physical body.

When I care for and listen to my body, I come to know what brings me joy and what causes me pain. That might seem obvious, but in our culture it is all too easy to numb our primary experiences of pleasure and pain with activity, consumption, or entertainment. We are trained to compartmentalize our physical experience, not to engage with or trust it. We join gyms to get exercise while driving even short distances and riding a mower around our yards. We work overtime to buy entertainment and vacations, sometimes with the result that we are too wound up to enjoy our time off. We starve ourselves for fashion and stuff ourselves for comfort.

The good news is that we have an extraordinary amount of power to reconnect with and reclaim our body's wisdom. We can activate that power simply and directly, by forming the clear intention to honor and experience our body as sacred and taking tiny steps to respect and restore it. Here are a few of my favorite acts of power:

- If you like to listen to music while you work, play tapes or CDs instead of the radio. Make a commitment to stop and change the recording as soon as it is finished. This will build in breaks from prolonged desk work.
- Drink water. Keep a bottle of water on your desk and drink it instead of the third cup of coffee, the fourth cup of tea, or a soda.
- Walk or bike whenever possible, and extend your definition of what is possible. This not only provides opportunities for exercise and fresh air, it will recalibrate your clock to a kinder, gentler pace.
- Take time outs. Even if you do not meditate, you can begin to cultivate stillness and clarity by taking brief time outs. Simply sit with your back comfortably erect and your feet flat on the floor. Breathe in energy and refreshment, breathe out stress and anxiety. Even five minutes will give your body a chance to tell you what you need to know.

Molly Gordon is a Master Certified Coach and author of the ebook, *Authentic Promotion, Grow Your Business, Feed Your Soul*, available at <http://www.authenticpromotion.com/ordering/ebookorder.html>. She also offers numerous free resources at www.mollygordon.com.

Lifestyle Choices – Kaizen

By Kay Sexton

Have you heard of Kaizen? Me neither! Kay Sexton introduced me to the concept. It sounds just like my cup of tea! I can introduce it into my daily

schedule and take less than five minutes to practice it and look forward to noticeable results in a month! Sounds exciting to me! Read on.

How perfect do you think you are? Would you accept that - without doing anything – you're probably 30% perfect? Probably not. Yet for most people, being one-third perfect is necessary if we're to survive.

When we think about ourselves in relation to perfection, we use two kinds of measurements; how we look, and how we feel. Most of us are unhappy with our appearance and the vast majority of us feel miserable and depressed when we consider it. That's our 'being' score, and for most of us it means we can't see anything about ourselves that is perfect.

But if we look at ourselves in a different way, a 'doing' way, we can build a very different image. Do you drive? How many times did you change gear perfectly today? Did you manoeuvre through traffic and into a parking space perfectly? Of course you did – otherwise you wouldn't be safe on the road. Perfection.

You're reading this on a computer. How many perfect operations did you carry out on your computer today? Fifty data entries? A dozen letters? If you didn't undertake all those tasks perfectly, you'd be out of a job

This is your 'doing' image. It's based on your skills and performance and it's a vital tool in the weight battle. When we stop thinking of ourselves as a finished product and instead consider our weight as a project that we have to manage, we can start to achieve small perfections that add up.

This philosophy, which has been adapted from a Japanese management system, is called Kaizen. It's used by some of the world's biggest industries as well as by coaches who train top class athletes. Before getting into how it can help manage weight loss, let's examine the basics of Kaizen.

Kaizen means continuous improvement – the philosophy is simple, you just have to concentrate on finding and implementing better and simpler ways of doing things. In the workplace, Kaizen involves every employee in thinking up small improvement ideas on a regular basis. These small ideas cost very little to implement, are learned easily and can make work more enjoyable by streamlining processes.

Let's take an example from the world of work to show how simple Kaizen can be. At Tokyo airport, an employee painted a bright yellow arrow to show travelers which direction the luggage carousel moved. It was a helpful aid for visitors and stopped crowds and bottlenecks building up on the concourse.

You can apply the Kaizen process to your own life. For example, Maisie was diagnosed as clinically obese and found it almost impossible to motivate herself

to exercise. We established that just four minutes exercise every day would bring a 100% improvement in a year, by doubling the amount of time she already spent going up and down stairs. Then she tried out different activities until she found one that she could do in four minutes and would be motivated to do every day. She put a hula-hoop and an egg timer in her shower stall!

Every day she had to take the hoop out of the shower before she could get in. As she didn't need any other special equipment to complete her task, she was well motivated to put the hoop round her waist and spend four minutes trying to stop it falling to the ground. The final refinement was the egg timer. As long as the sand was falling she had to keep the hoop moving – when the sand was finished, so was she. At first she could only manage ten seconds, but within four months she was up to a minute and at the end of that year she could keep the hoop up for the whole four minutes. She'd achieved her chosen perfection. Above all, she was 'managing' her weight by perfecting a skill. The most difficult part of the process was remembering to put the hoop and the egg timer back in the shower stall.

The Kaizen approach is easy to learn. When you have a problem, do you 1) try to tackle it whole thing or 2) divide the problem into small manageable pieces? Do you try to 1) do things perfectly from the beginning or 2) make little improvements along the way?

For many of us the 1) approach is the one we take to weight control 'I must lose twenty pounds' we say despairingly or 'I need to get back into shape by August'. The Kaizen system deals with problems by using the 2) answers. It allows you to focus on tiny areas of your daily 'doing' and make improvements that bring the longed-for results.

The simplicity of Kaizen can make it hard to accept as a weight management tool. You're probably conditioned to think that effective change has to be painful. But the Kaizen philosophy teaches that you achieve enormous benefits when you improve bit by bit.

There are a couple of small perfectible 'doings' that that you can institute today. The first is to keep a glass by the kettle, and put another glass on top of every bottle or can of drink in the house. This reminds you drink a glass of water before making tea or coffee or drinking soda. Few of us drink enough water and often we confuse thirst with hunger, meaning we eat when we should be drinking

The second is to breathe properly. Most overweight people learn not to breathe from their stomachs because it makes them feel even bigger. As a result they chest-breathe, which underutilises the abdomen muscles. Even if you can't do sit ups, you can practice pulling your stomach back towards your spine at the end of every out-breath and letting every in-breath come right down to your kidneys.

You'll find your stomach muscles become stronger (and flatter!) and you feel calmer if you can practice this breathing for just one minute, twice a day.

Kay Sexton is a qualified life coach and has been a yoga teacher for nearly two decades. Kay is an environmentalist who has led some of the United Kingdom's greenest charities. Fitness and sustainability come together when she works with her clients to create permanent personal improvement. She selects tools from disciplines as various as Tai chi and Triple Bottom Line accounting to tailor a Life Prescription for each client that meets their needs and fits their lifestyle. Visit her website at <http://www.charybdis.freeserve.co.uk> Be sure to go to the life coaching section – created specifically for the readers of Read..Move!

And here are some facts you may not know!

There are 3 billion women who don't look like supermodels and only eight who do.

Marilyn Monroe wore a size 14.

If Barbie were a real woman, she'd have to walk on all fours due to her proportions.

The average woman weighs 144 lb. and wears between a 12-14.

One out of every four college aged women has an eating disorder.

The models in the magazines are airbrushed -- not perfect!

A psychological study in 1995 found that three minutes spent looking at a fashion magazine caused 70% of women to feel depressed, guilty, and shameful.

Models twenty years ago weighed 8% less than the average woman. Today they weigh 23% less.

Quotes To Keep You Going

Your limits are defined by the agreement you have made about what is possible. Change that agreement and you can dissolve all limits. Dr. Wayne W. Dyer

Whether it's true or not, you've got to believe in something. Robert Duvall in *Secondhand Lions* (you've got to see this movie!)

Once in a while it really strikes people that they don't have to live in the way they have been told to. Alan Keightly

Iron rusts from disuse, stagnant water loses its purity and in cold weather becomes frozen; even so does inaction sap the vigors of the mind. Leonardo da Vinci

Service to others is the rent I pay for my stay here on earth. Muhammad Ali

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deb@travelwoman.com

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Advertising – We are considering it. It would have to be weight loss related, tasteful and not some fad diet! Please email the publisher for more info.

Many thanks to all who have contributed to the creation of this newsletter! Your support, as always, has been invaluable. To new readers - welcome!

CONTACT INFORMATION

Deb Brown, publisher www.travelwoman.com

Email: deb@travelwoman.com

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