

Breast Cancer  
Awareness Pack  
For Busy Moms

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## Table of Contents

<b>An Important Message From Sarah.....</b>	<b>5</b>
<b>You Don't Have To Have A Lump To Have Breast Cancer: The Facts About Inflammatory Breast Cancer.....</b>	<b>8</b>
<b>Test your Level of Breast Cancer Awareness.....</b>	<b>10</b>
<b>Three Ways To Help Support The Fight Against Breast Cancer .....</b>	<b>12</b>
<b>When Someone You Love .....</b>	<b>13</b>
<b>Is Fighting Breast Cancer.....</b>	<b>13</b>
<b>Watching the Clock:.....</b>	<b>14</b>
<b>When Breast Cancer Runs In Your Family.....</b>	<b>14</b>
<b>Weight Issues and Breast Cancer Risks.....</b>	<b>16</b>
<b>Women's Health Information.....</b>	<b>17</b>
<b>Five Ways to Become A Healthier Woman.....</b>	<b>17</b>
<b>Quit Smoking.....</b>	<b>19</b>
<b>Getting Ready To Kick The Habit.....</b>	<b>19</b>
<b>Decide How And When to Quit: A Quick Quiz.....</b>	<b>21</b>
<b>How to Quit In A Week: Your 7 Day Plan.....</b>	<b>22</b>
<b>How To Handle The Cravings.....</b>	<b>24</b>
<b>Dealing With The Symptoms of Withdrawl.....</b>	<b>25</b>
<b>Eat Healthy.....</b>	<b>26</b>
<b>Healthy Eating For Busy Moms.....</b>	<b>26</b>

<b>Portion Control Made Easy.....</b>	<b>27</b>
<b>How to Read Food Labels.....</b>	<b>28</b>
<b>Multivitamins: A Ticket to Daily Health.....</b>	<b>30</b>
<b>Increase Physical Activity.....</b>	<b>32</b>
<b>Why women need to exercise.....</b>	<b>32</b>
<b>Tips for Fitting Exercise into Your Busy Life.....</b>	<b>34</b>
<b>Winter Outdoor Fitness Activities.....</b>	<b>36</b>
<b>Why Exercise Makes You Feel So Good.....</b>	<b>37</b>
<b>Maintain A Healthy Weight.....</b>	<b>41</b>
<b>Setting Small Goals on Your Weight Loss Journey.....</b>	<b>41</b>
<b>Ways to Curb Those Late Night Hunger Pangs.....</b>	<b>42</b>
<b>Why Do You Crave Food?.....</b>	<b>43</b>
<b>Defrazzle Your Weight Loss.....</b>	<b>45</b>
<b>Reduce Stress.....</b>	<b>48</b>
<b>Making Time for Mom.....</b>	<b>48</b>
<b>Too Much Stress + Not Enough Sleep =.....</b>	<b>50</b>
<b>Even More Stress.....</b>	<b>50</b>
<b>Create Your Own Bliss With Aromatherapy.....</b>	<b>52</b>
<b>Ideas For Comforting Yourself.....</b>	<b>54</b>
<b>How To Reduce Stress and.....</b>	<b>55</b>
<b>Ease Worries in Just 3 Minutes.....</b>	<b>55</b>

Disclaimer:

This book is offered for information purposes only and is protected under freedom of speech. It is not medical advice nor should it be construed as such. Nothing in this book is intended to diagnosis or treat any disease. Always work with a qualified health professional before making any changes to your diet, prescription drug use, lifestyle or exercise program. This information is provided as-is and the reader assumes all risks from use, non-use or misuse of this information.

## An Important Message From Sarah

Dear Busy Mom,

If you are reading this, then you know may what inspired me to create this packet. However, I would like to share a little bit more about my experience with you, as well as tell you a few important things about what you will find in here.

You may already know that recently, I had reason to suspect that I might have Inflammatory Breast Cancer (IBC). IBC is a rare, but very aggressive form of breast cancer that is very difficult to diagnose and therefore often goes undetected until it is too late.

I was very lucky for several reasons. First due to my proficiency in internet research, I was able to inform myself about IBC, show the research to my doctor, and get an appointment with IBC specialist relatively quickly. Second, I am also very lucky and blessed that I do not have IBC. It was indeed a simple infection.

Other women are not so lucky. I have read many stories about doctors who mistook the symptoms of IBC for an infection or a skin rash and the consequences for their patients were fatal. In this case, knowledge certainly is power -- the power to save your life.

I spent several weeks, almost paralyzed by fear over the idea that I might be seriously ill, and what that would mean for myself, my family and my work.

After I got the wonderful news that I was cancer-free, I knew that my journey was not over yet. I am a firm believer that everything happens for a reason -- and that I had to make something good come out of this scary experience...But what could I do?

Well, I knew that IBC is often misdiagnosed, in part because it is not widely known. I mean, we are all told to do our monthly breast self-exams to check for lumps, but with IBC a lump is only present about half the time! So I knew that I had to educate women about the symptoms of IBC.

Then I remembered that over 1100 women are subscribed to my Busy Mom's Stress Relief Kit Newsletter -- and suddenly it all clicked. By sending them an email with information about IBC, and asking them to forward it on to the women they love, (and hoping their friends will keep the chain going) perhaps we could educate thousands, or millions of women about this disease.

But it didn't stop there, when I mentioned my plans to Kelly McCausey of [WAHMTalkRadio.com](http://WAHMTalkRadio.com) & Nicole Dean of [ShowMomTheMoney.com](http://ShowMomTheMoney.com), they

generously donated their Breast Cancer Information Pack and the idea for this ebook was born.

After I read the article “Five Ways to Become A Healthier Woman” from their packet I knew that I didn’t want to just leave it at that, I wanted to give you more helpful and specific information on each of the five ways. So I set out to gather five articles on each of the five subjects.

That’s why this info pack is so much bigger than I originally intended! But regardless of it’s size, please know that I understand that you are a busy mom, and that this packet is made with you in mind. Each article is short and concise - the kind of thing you read quickly in short intervals. Remember, you have several reading options. You can read it on your computer, print out only what you interests you, or print the whole thing. You may want to punch holes in the side and put it in a 3-ring binder for easy reading. I do hope you’ll read through it bit by bit (I know your time is limited) and pass it on to a woman that you love. If you’re really ambitious and want to help educate women who might be less internet savvy than you -- print out an extra copy and leave it somewhere where people wait -- like in waiting areas at beauty salons, therapists, doctors offices, or even in the break room where you work.

Now, before you start reading, I just want to tell you one more thing. In the articles, and at the end of this ebook, you will find links to resources and products that I really believe can help you implement the healthy ideas in each article. For some of the products listed, I receive compensation from the companies, through my affiliate link, as a “thank you” for sending people their way.

To tell the truth, I have wrestled with putting my affiliate links in this report as my primary intention in creating this packet was to educate women and save lives -- not to make money or ‘build my list.’ However, the truth of the matter is that the products that I recommend to you are the same products that I recommend on my website. At SolutionsForBusyMoms.com, I also disclose that I earn money this way. You can read [my disclosure policy here](#).

It just seems silly to not include the affiliate links to these very helpful products. Any compensation that I may receive from the sale of one of these excellent services just helps to offset the expenses of maintaining the website and mailing list that enabled me to get this packet into your hands in the first place.

So in the end I decided to include the affiliate links, and to inform you of my decision. I can only hope that you trust that I NEVER recommend any service or product solely for the reason of receiving commissions. Besides the fact that my reputation is on the line, I just wouldn’t be able to sleep at night if I wasn’t totally honest. Really.

In the end the decision is yours. Regardless of if you make a purchase through my links, or not, this packet is yours to keep. I pray that you enjoy it, that it inspires you to live a healthier life and that you pass it on to someone you love!

Wishing you health and happiness,

Sarah Zeldman

Your SolutionDIVA  
(Delivering Information Vital to ALL)

## Breast Cancer Information

### **You Don't Have To Have A Lump To Have Breast Cancer: The Facts About Inflammatory Breast Cancer**

Inflammatory breast cancer is a rare and aggressive form of breast cancer that is often initially confused with infections of the breast. The typical initial symptoms of both benign breast infection and inflammatory breast cancer are redness of the skin, local heat, breast enlargement, and thickening of the skin, which may have an orange peel appearance. Patients with inflammatory breast cancer often experience breast pain, and swelling of the lymph nodes under the arm often they can feel a localized mass.

Most women who experience these symptoms are first seen by their primary doctor or in an emergency room setting. Most are initially treated with a course of antibiotics. Inflammatory changes secondary to bacterial infections typically go away in a few days.

When the inflammatory response does not respond to treatment, referral to a specialist is essential. A note of caution: we have seen a few cases in which the inflammatory reaction seemed to improve dramatically, only to reoccur in a few weeks.

One or more of the following are typical symptoms of IBC:

- Rapid, unusual increase in breast size
- Redness, rash, blotchiness on breast
- Persistent itching of breast or nipple
- Lump or thickening of breast tissue (skin becomes like the skin of an orange)
- Stabbing pain and/or soreness of breast
- Feverish breast
- Swelling of lymph nodes under the arm or above the collarbone
- Dimpling or ridging of the breast
- Flattening or retracting of nipple

If you experience these symptoms - get yourself to your GYN immediately. However, do not allow them to completely rely on the interpretations and reports of the mammogram or ultrasound! Inflammatory breast cancer usually grows in nests or sheets, rather than as a confined solid tumor. IBC may not be detected using either mammography or ultrasonography. Remember: You don't have to have a lump to have breast cancer. The only way to be sure is to be seen by a specialist - but going to your GYN is a good first step.

Please Note: This information was gathered from from <http://www.breastcare.com> and <http://www.ibcresearch.org>. Please visit those website for more information if needed.

## Test your Level of Breast Cancer Awareness

Statistics state that more than 182,000 women were diagnosed with breast cancer in 2002, and more than 41,000 women died from the disease the same year. As the numbers continue to grow, the question inevitably arises about how knowledgeable women are concerning the risk factors and early detection.

The following brief survey may help you go up on the learning curve concerning important issues regarding breast cancer.

Answer True or False? Award yourself one point for each correct answer.

1. Breast cancer is the most commonly diagnosed cancer among women in the United States.

Answer: True

It is the most common diagnosis after skin cancer.

2. Caucasian women are less likely to be diagnosed with breast cancer than any other race, or ethnicity in the United States.

Answer: False.

Caucasian women are more likely to be diagnosed with breast cancer. However, African-American women are more likely to die from the disease than are women of any other race, or ethnicity in the U.S.

3. Mammography is the most effective available method of detecting breast cancer in the early, treatable stages.

Answer: True

The U.S. Preventative Task Force suggests that women over 40 years old, or older have a screening every 1 or 2 years.

4. Research has identified several factors that may affect a women's risk of developing breast cancer.

Answer: True

The risk factors include: Personal history of breast cancer, Being overweight after menopause, Physical inactivity, Drinking alcohol, Use of oral contraceptives

5. It is estimated that more than 10 billion dollars a year is spent in the United States on breast cancer research.

Answer: False

7 billion dollars a year is spent on treatment of breast cancer in the United States, not research.

6. To help improve women's access to screening for breast cancer, Congress passed an Act in 1990.

Answer: True

Congress passed the breast cancer and cervical cancer Mortality Prevention Act in 1990.

7. Studies show that early detection of breast cancer can save lives.

Answer: True

Women who are 40 or above and have regular screenings, can reduce mortality by approximately 20-25% during a period of ten years.

How did you score?

1-2 pts= need to grow in awareness

3-4 pts= on your way

5 pts or more= Kudos! Share your awareness!

Statistics drawn from: The National Breast and Cervical Cancer Early Detection Program.

*For More Information on Breast Cancer Check Out These Websites:*

[www.breastcancer.org](http://www.breastcancer.org)

[www.thebreastcancersite.com](http://www.thebreastcancersite.com)

[www.komen.org](http://www.komen.org)

[www.nationalbreastcancer.org](http://www.nationalbreastcancer.org)

## **Three Ways To Help Support The Fight Against Breast Cancer**

With October recognized as National Breast Cancer Awareness Month in the United States, many organizations involved in Breast Cancer research will need a helping hand to promote awareness campaigns.

You can get involved by offering to volunteer, or by starting your own awareness campaign in your community, but you don't have to wait till October to launch your project. You can begin planning your event whenever you want with the help of many organizations dedicated to Breast Cancer research and Awareness campaigns.

You can also enlist the help of your local church, PTA, or business organization to make your project successful and get others involved. For example, you can start by forming a committee to write a brief tip sheet on how women can stay healthy and reduce their risk of breast cancer. A tip sheet is generally no more than one page and lists important ideas and tips on a particular topic. The American Cancer Society can send you material you can use as reference tool, if you request it. You can also approach your local Reference librarian for sources to use to help you write the tip sheet. Once you have completed the tip sheet, you can mail, or distribute to members of your church, PTA, or business organization along with information on how donations can be made to support breast cancer research.

Another way you can get involved is by contacting The American Cancer Society, or The Susan B. Komen Foundation to learn about events such as Runs, or Walks organized to raise money for Breast Cancer research. You and your community organization, PTA, or Church can participate in these events and help promote them by distributing flyers and brochures provided by The American Cancer Society, or any organization of your choice dedicated to breast cancer research.

If you are a small business owner, you can also make a donation in honor of some of your preferred customers, or contacts and then follow-up by sending a note thanking them for their patronage and also letting them know you made a donation to honor them. Even if you are not a business owner, you can still make a donation in honor of a loved one, as a memorial, or in honor of your Pastor, or other leaders of your church, or your community. By being generous and reaching out like this, you will not only be supporting the fight against Breast cancer, but also letting others know how much you appreciate them.

### Sarah's Resources

You can also support the fight against breast cancer by buying “pink” products at <http://www.solutionsforbusymoms.com/curebreastcancer>

## **When Someone You Love Is Fighting Breast Cancer**

Mary Olson Kelly, breast cancer survivor and founder of The Breast Wishes Institute, acknowledges that many people tend to want to give unsolicited advice to loved ones who have been diagnosed with Breast Cancer. An approach like this may not be therapeutic for you, or your loved one. Olson recommends taking the approach of being as supportive as possible.

Being supportive means many different things. It can mean being available to listen to your loved one and discussing some of the choices they have made about their treatment, or choice of doctors. It can mean being willing to be mostly a good listener, and not undermining your loved ones choices about treatment, diet, or any other issues related to their diagnosis and treatment. It can also mean offering help when needed with daily chores like cleaning, cooking, and errands.

It is also a good idea to encourage your loved one to have confidence in their decisions about treatment, particularly if they truly believe they will get well. Your loved one wants to be assured you will be there for them as they take some difficult steps towards dealing with their cancer treatment.

It is likely your loved one has already been advised to join a recommended cancer support group, so it is not necessary to offer advice about support groups, unless your loved one asks you about it. Chances are good they have already been given a referral by a doctor.

Also, refrain from eliciting questions about how your loved one feels about hair loss, or possibly facing death. Unless your loved one asks you for your opinion, or a referral, resist the temptation to start sounding like an expert. Let your loved one guide the discussions. Don't force conversations that she may not be ready for.

There are many programs through The American Cancer Society that you can access, should your loved one need help with any issues like hair loss. The American Cancer Society is the most extensive resource for you and your loved one. You should be aware they train licensed cosmetologists to help cancer patient's deal with hair loss and also help them look their best.

## **Watching the Clock:**

### **When Breast Cancer Runs In Your Family**

Current statistics show that 200,000 women are diagnosed with Breast Cancer each year in the United States, according to the American Cancer Society. Debbie Saslow, Director of Breast and Gynecological Research explained that all women are at risk for Breast cancer, however some women may think they have a family history when, indeed, they do not.

Although it can be traumatic to lose a loved one to Breast Cancer and reasonably cause some women to be anxious about their own risk level, it is important to realize the many variables to consider when evaluating one's own risk.

Some important points to remember related to one's own personal risk in connection with Breast Cancer include the following variables:

- . How many relatives were diagnosed with Breast Cancer?
- . Ages of relatives when they were diagnosed
- . Were they also diagnosed with ovarian cancer?

Some studies have shown that if a woman has 1-2 relatives who were diagnosed with Breast Cancer after the age of 50, the risk increases, but in comparison to a woman without any relatives in her family who were diagnosed with Breast Cancer, the risk would not be much higher for that woman.

The risk would increase for someone with 2-3 relatives diagnosed with Breast Cancer on the same side of the family. Further, the risk always increases with the number of relatives diagnosed with Breast Cancer - especially on the same side of the family.

The best way to determine one's own personal risk is to consult with a genetic counselor, or physician. There is a questionnaire they will give you and a special tool they use to measure the levels of risk in individual women. After you have consulted with your physician, or genetic counselor, you will feel better knowing you have taken a proactive step to reduce your worry.

Another point to keep in mind is that studies have been done to prove that many of the things we worry about, may in reality, never actually happen. The fact is, 80% of women who are diagnosed with Breast cancer, never actually had a family history of Breast Cancer, and bearing that in mind may help keep things in proper perspective.

Support groups can also be very helpful during times of loss, or grief. The greatest benefit from being part of a support group is knowing –you are not alone.

For more information on how to contact a support group near you, contact The American Self-Help Clearing House: 1 800 367- 6274 and TTY 625-9053 [for hearing impaired].

## Weight Issues and Breast Cancer Risks

A research study conducted by the American Cancer Society demonstrated that a few hours of walking, or participating in other forms of exercise each week may help cancer survivors live longer by helping to maintain healthy weight.

Exercise can also help reduce the risk of Breast Cancer in women who have never been diagnosed. An important statistic featured in research conducted by The American Cancer Society, states that women who have gained more than 20 pounds since age 18 have a higher risk of developing Breast Cancer - especially after menopause.

Other research points out that weight issues and obesity in the United States may be related to 20% of cancer deaths in women and 14% in men, and also contribute to 90,000 cancer deaths each year.

Dr. Carolyn Runowicz, President of the American Cancer Society, explains that the best way to reduce Breast cancer risk is by maintaining healthy weight and being physically active on a consistent basis -- as one third of all cancer deaths could be prevented through nutrition, physical activity and better lifestyle choices. Simple physical activities like going on a walk or working in your yard help to prevent cancer.

One of the tips suggested by many nutritionists is being careful about portion control. Over the years, portions can have gotten larger in restaurants and it is especially important to be sure not to overeat when at a restaurant. When you order food at a restaurant, ask the waiter to pack half of the portion for you to take home with you. Portion control can make a huge difference in your weight. Many doctors recommend eating several small meals throughout the day, rather than three large meals. By eating smaller meals, you will be able to digest your food and also control portions in a practical way. This strategy will help you maintain a healthy weight for the purpose of reducing your risk of Breast Cancer.

You can also access information on how to check your Body Mass Index and figure out whether or not you are at a healthy weight, as well as learn some great tips about staying at a healthy weight, by visiting: <http://cancer.org/eatright>. You can also call 1 800 ACS-2345, to get more information on physical activity and nutrition.

# Women's Health Information

## **Five Ways to Become A Healthier Woman**

Colleen Doyle, Director of Nutrition and Physical Activity with The American Cancer Society suggests that the most important ways for a woman to stay healthy and reduce her cancer risk, include the following:

- Do not Smoke
- Eat Healthfully
- Increase physical activity
- Maintain healthy weight
- Reduce stress levels

Because heart disease is being identified as the number one killer of women, smoking can be harmful to a woman's heart health. There are a number of FDA approved medications like Zyban which can help women stop smoking, as well as skin patches which are also recommended by medical experts.

Since diet also plays an important role in women's health, women need to be smart about eating and food choices so that they will be getting the needed vitamins and minerals for their bodies.

In terms of developing an effective way to start to make better food choices, Doyle recommends writing down everything you eat during the course of the day, in order to help keep track of calories. Equally important is the process of making observations about your eating habits. For example, you may need to ask yourself questions such as: How often am I eating high-calories foods during the day? How much salad dressing am I actually using at lunch, or dinner? How many sweetened beverages have I had today? Cutting down on sugary fruit juices and sodas alone can make a significant difference in one's weight.

One of Doyle's obese clients decided to stop drinking sugary fruit juices and lost 17 pounds in one month. Doyle uses this example to help underscore the fact that many fruit juices contain high sugar content, and therefore add to your calorie count every day. Not a good thing if you are determined to keep your weight down for good health.

Most important of all, women need to stay physically active, not only to lose weight, but also to lower their risk for many diseases. According to the American Cancer Society, there is clear and convincing evidence that physical activity directly reduces the risk of breast and colon cancers. Research bears out that physical activity is connected to a 10-25% reduction in the risk of breast cancer

and a 25-50% reduction of colon cancer.

So what kind of exercise is best? Only you can decide by trying out a few different things such as biking, jogging, pilates, yoga, or just going for a brisk walk. Even 10 minutes a day of exercise can have a benefit, but you need to be consistent.

In addition, learn to manage your stress because stress can contribute to strokes. So if you've had a hard day and your children, or husband are getting on your last nerve, take some time for yourself and don't feel guilty. Take a warm bath. Go to the mall. Meet a friend for tea, and don't forget to smile.

Sarah's Resources:

Reduce Your Stress with my FREE Busy Moms Stress Relief Kit!

<http://www.SolutionsForBusyMoms.com/free-stress-relief-kit/>

# Quit Smoking

## Getting Ready To Kick The Habit

Do you want to quit smoking, but just can't get yourself motivated to take action? Well, here is a list of reasons why you should KICK THE HABIT! I recommend that you keep this article in a place where you can see it often to help keep you motivated!

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Would you like to be around to see your children grow up & be able to be there to raise them? Well, if you are a smoker, consider that you are:

- 12 times more likely to die from lung cancer
- 10 times more likely to die from Cancers of the mouth, throat, and esophagus risks.
- 12 times more likely to die from lung cancer or some form of lung diseases.
- 10 times more likely to die from cancer of the larynx.
- 6 times more likely to die of heart disease.
- Twice as likely to die of a stroke.

Now let's just think for one short moment: wouldn't it be very important for you to increase your chances of living from two to twelve times longer, gain many extra years of happy, healthy existence, and save thousands of dollars in increased medical costs?

Enough is enough, Mom. It's time to QUIT!

Look at the following, more positive, reasons for quitting.

If you stop smoking you will:

- Live longer and live better - and be around for your kids!
- Be able to become a high-energy person without cigarettes.
- Lower your chance of having a heart attack
- Reduce the chance of Cancers of the lung, mouth and throat
- Relax and enjoy the pleasure of relaxation without cigarettes.
- Deal with your tensions without a cigarette.
- Improve chances of having a healthy baby- If you are pregnant
- Improve the health of members of your family.

- Be an excellent role model for your children -- not only because you are not smoking -- but because you will model how to delay gratification and give up a bad habit -- a very valuable life skill.
- Save lots of money! For example; If you smoke one pack of cigarettes a day at \$2.00 per pack, you spend \$730 per year. If your habit has continued for a period of 15 years you will have spent an incredible \$10,950! If you smoke two packs for that same period of time, you will spend \$21,900!

*Sarah's Resource:*

I have never tried to quit smoking, so I wouldn't know what kind of product to recommend. However, I have used hypnosis CDs from [Wendi.com](http://Wendi.com) and I know they work. You may want to check out her Quit Smoking program at <http://www.solutionsforbusymoms.com/quitsmoking>.



# How to Quit In A Week: Your 7 Day Plan

The first thing to do is set a date when you are going to quit smoking. Let's start one week from today. That will give you plenty of time to practice with the weapons in your arsenal. Eight days from today, it will be the beginning of the end of your smoking habit.

## Days 1 and 2

Examine your smoking behavior for the first two days. Every time you light up, ask yourself:

1. Why am I smoking this cigarette?
2. Would this be an easy one or a difficult one to do without?

If I did not smoke this cigarette, what would I do instead?

## Day 3

Let's get out and test your weapons today.

At least once today, use your weapons to shoot down the urge to smoke.

During the five minutes that it will take for the urge to pass, try out some of your arsenal. Try one, or all, or find a combination that works for you.

## Day 4

Today is the big testing day. If you haven't already tried it, skip those one or two cigarettes that you feel may be the toughest to give up in your daily routine. Pick the ones that you rated "difficult" during your monitoring period.

Remember, this is a practice period, and you must not get upset if you are unable to give up a difficult cigarette. You must practice and experiment with your different weapons to realize how you can be more effective.

If you found skipping that cigarette very difficult or even failed in the end, review any factor that got in the way of your success. The most common causes of difficulty or failure that a potential quitter faces are:

## Chemical properties of addiction

When you do not have that cigarette, you feel lousy. If you are a heavy smoker, a nicotine patch may help to relieve your bad feelings.

### Social pressures

You may find yourself in a situation (card game, party, coffee break) during which you would normally smoke. It may help to let others know of your desire to quit, and also your reasons for quitting. Enlisting the aid of a non smoker to confide in may also help. Make sure that he or she is aware of your goals so that they do not say or do anything to instill a negative impact on your desire to quit.

If you feel that you may not resist the social pressures of smoking, consider the option of giving up these social encounters for two or three weeks until the urge passes and you can be comfortable again. Tension and negative emotion

A crisis occurs during your work or personal day, and one of the main reasons for you to smoke has been tension reduction. Try to deal with your negative emotions and use the tension reducing methods that we talked about earlier. Get away from the area that the tension is associated with. Take a walk, or go to another room. You may also find that nicotine gum will give you enough tension relief to get through.

### Days 5, 6, and 7.

You are now heading down the home stretch. In the next three days, your goal is to come out of this week smoking half the cigarettes that you would normally smoke. If you started as a one pack a day smoker, cut back to ten cigarettes per day, or less. The fewer the better. During days 5 and 6, set your goals toward achieving positive results on day 7. Maintain your smoking record during these three days, and continue to decrease your dependency on nicotine.

What do you do if you still have doubts? This is probably due to your chemical dependency on nicotine. It is a highly powerful drug, and many factors have been working together to make you dependent. Discuss with your doctor about the feasibility of a patch or nicotine gum. Nicotine is the hook that has gotten you to smoke which carries the harmful effects to your body. With the help from the patch or the gum, you will have all the tools you need to successfully quit. The patch or gum will give you a steady influx of nicotine into your system, which will be reduced slowly over a period of several weeks. **DO NOT SMOKE WHILE ON THE PATCH.** You could experience a dangerous overdose of nicotine.

NOTE; Pregnant women should not use the gum or patch. Smokers with any form of heart disease should consult with a physician before using.

# How To Handle The Cravings

If you want to help yourself to be successful, you need to be able to answer the following two questions:

- 1) What can you do to reduce the desire to smoke every time it hits you ?
- 2) What will you do until the urge passes?

There are several weapons that you can use in your fight to quit.

## EACH OF THESE WEAPONS WORK- THEY HAVE BEEN PROVEN

You may use one, all, or a combination of several to achieve your goal. The urge to smoke is immediate, and usually lasts for five minutes. If you can resist for that period of time, you reduce the urge.

1. Take a deep breath, hold it for a few seconds, and exhale as if you had just taken your first puff on a cigarette. Part of the feeling you get from smoking is a direct result of taking a deep breath. A deep breath allows you to take in a maximum amount of oxygen, and exhaling lets out large quantities of carbon dioxide. This results in a feeling of relaxation. Try it, you'll see.
2. Take a sip of water several times during this five minute period. It can help to diminish the need to smoke, and gives you something to do with your hands. The extra water will also help to flush the nicotine out of your body.
3. Put something in your mouth that has no calories, such as a stirrer, toothpick, or another substitute for a cigarette.
4. Get busy with something, anything, to keep you busy for the next five minutes.
5. As long as it does not lead to a craving, chew a piece of gum or a piece of hard candy. Life Savers work well.
6. Get up and move around for five minutes. It will help the urge to smoke to pass.
7. Use a nicotine patch as replacement therapy.

# Dealing With The Symptoms of Withdrawal

Dizziness may occur during the first one or two days. Take a quick break, it will pass.

Headaches may appear at any time during the first weeks. Try to relax. Take any usual remedy for headache, a cold cloth on the back of your neck, or relieve the stress by taking a short walk.

Tiredness may occur during the first few weeks, but if you meditate or relax during the first few weeks, it will pass.

Coughing may actually increase during the first few days, simply because the residue from the smoke has not been flushed from your system.

Tightness in the chest may occur in the first few days. Rest and take deep breaths, it will go away.

Sleeping problems may occur in the first few days. Try to stay away from drinks that have a high caffeine content, try not to exercise too strenuously in the hours prior to bedtime. A hot bath prior to retiring at night may also be helpful.

Constipation may occur in the first month after you quit. If this occurs, eat foods with a high fiber content, drink plenty of fluids, and do some light exercise.

Concentration may tend to wander during the first few weeks. Be ready for this, take a break or do something physical for a short period of time.

## *Eat Healthy*

### **Healthy Eating For Busy Moms**

One of the problems many mothers have after they have started a family is keeping their weight down where they'd like it to be. Part of your changing physical build is due to having children, something that can't be taken back once they're born. But you can exercise and tone your muscles, to make the most of the figure that you have. And part of that, is learning to eat healthy in the face of your various time commitments.

Lots of women feel guilty if they throw out leftovers, which can be an attitude inherited from their own budget-conscious mother. But you're not saving anything except space in the compost pail, if you're eating that last scoop of potatoes, or the vegetables off a toddler's plate, simply so they don't go to waste.

Don't sabotage your own diet, by cooking in too large a quantity for what your family will consume in a meal. If by chance you're actually a bit short and someone is still hungry, make sure you keep extras on hand that will fill the gap, like garlic bread to go with spaghetti, veggies and dip, or a bowl of fruit.

Try to balance your preferences, with what is cooked for the family meals. That means if you eat as individuals for breakfast and lunch, make sure you get a good variety of fruits, vegetables and grains. Try yogurt and fruit with granola for breakfast, or a tossed salad in a fajita wrap for lunch. Remember to balance your intake of one food group with the others, and select good sources of protein.

#### Sarah's Resources:

Do you need help with getting healthy meals on the table? I recommend the Healthy Menu Mailer. Each week you'll get simple & healthy meal plans and complete shopping lists delivered right into your inbox. As a subscriber you also have access to their extensive collection of breakfast, lunch, snack, side dish and dessert recipes in the Members Only Area of the Healthy Menu Mailer website. Plus, they have set up a forum for members to support other. You can check it out at <http://www.solutionsforbusymoms.com/healthymenumailer> and get a free sample menu at <http://www.solutionsforbusymoms.com/freemenumailer>

## Portion Control Made Easy

When it comes to losing weight your ultimate success will often depend on portion control. You're better off eating moderate portions of all different types of foods including a few treats here and there than piling your plate up with apparently healthy options.

Many of us don't even know what an adequate portion size should be. Go to any high-chain restaurant and your plate will be piled high of food, sometimes you'll be served up to 5 portions in one sitting! So just how do you watch your portion size and reduce your waist line?

Eat slower - you've heard it before I'm sure, but it's so true, if you take time to eat your meals your brain will have adequate time to register you've had enough. Many of us are out of touch with our bodies and we keep eating until we feel so full we could burst. Try to make the mind and body connection by eating your food slowly and taking the time to enjoy each bite.

You can use your plate as a weight loss aid too. Mentally divide your plate in half, fill the first half with vegetables then divide the remaining half in half. One half will consist of a portion of carbohydrates such as pasta, rice, and so on and the other half should consist of a protein such as chicken, fish, eggs or beans.

That's your new portion rule from now on, one quarter protein, one quarter carbohydrates and one half fresh salad or veggies.

Keep the visual image of what your plate should look like anytime you are about to make a food choice. If you're just having a chicken sandwich for example remember the chicken serving should ideally fit into that quarter of the plate, add two slices of bread and fill up the rest with fresh salad or veggies.

This is by far the easiest way to control your portion size and if you do this with your three daily meals and replace junk food snacks with healthier options such as fruit and low fat yogurt, you are almost guaranteed to lose weight without having to follow any strict diet regimen. Still not sure, give yourself a few days to try it and see the great results for yourself.

Sarah's Resources:

Do you need a little extra help controlling your portions? I found a great solution! The Perfect Portion Plate makes it easy for busy moms to keep track of how much food you are eating! You can find it at:

<http://www.solutionsforbusymoms.com/portioncontrolplate>

# How to Read Food Labels

You cannot measure every morsel that passes your lips, but it is a good idea to measure most foods and beverages until you get a feel for portion sizes.

It is a supersized world out there, and most people are surprised to find that their idea of a single serving is actually two or three.

If you are into bells and whistles, there are food scales that are preprogrammed with nutritional information, as well as scales that will keep a running total of your daily food and nutrient intake for you. The only tools you really need, however, are a simple and inexpensive gram scale, dry and liquid measuring cups, and idea on reading food labels.

Among all of the mentioned tools, reading food labels seem to be the most effective way of determining the right kind of food to be bought in the supermarket. It lets you make sensible food selections. Through the Nutrition Facts section in a particular item in the grocery, you can identify the amount of serving sizes provided in that product.

With food labels, you can clearly understand the amount and kinds of nutrients that are provided in the item. Usually, it contains the information on saturated fat, sodium, total fat, fiber, and cholesterol amount per serving.

However, understanding and reading these food labels can be very perplexing. A typical consumer would definitely ask what those numbers mean and how it will affect her diet intake if ever she will religiously follow the serving guide as stipulated on the food label.

To further have a clear and more comprehensive understanding of the items stated in the food label, here is a list of things that you need to know:

## 1. Serving size

This is the primary item you will see in a food label.

The amount of servings stated in the food label refers to the quantity of food people usually consume. However, this does not necessarily mean that it reflects your very own amount of food intake.

Moreover, serving size determines the amount of nutrients that enters the body. This means that if you will follow strictly what the serving size is, you will obtain the same amount of nutrients according to the serving size that was given in the label.

For instance, if the serving size says one serving size is equal to 54 grams, that would mean you have to measure 54 grams and eat that and you have just eaten one serving. So to speak, the amount of nutrients stated in the food label is the same amount that has entered your body considering the fact that you have just eaten 54 grams.

However, if you have eaten everything, and the food label says that each pack is equivalent to 4 servings, you have to calculate the amount of nutrients that have entered your body. This means that if the food label says 250 calories per serving that means you have to multiply it to four to get the total amount of calories you have taken.

## 2. Nutrients

This refers to the list of available nutrients in a particular item. It is also where the nutritional claims of the product based on the recommended daily dietary allowance are stated. Usually, the nutritional amounts are based on both the 2,500-calorie diets and the 2,000 recommended dietary allowances.

In order to understand the numeric value of each item, you should know that the % daily value that the food label indicates is actually based on how a particular food corresponds to the recommended daily dietary allowance for a 2,000 calorie.

If in the event that you have purchased an item that has a dietary allowance different from the 2,000-calorie diet, you just have to divide the stipulated amount by 2,000 and you will be able to identify the % daily value for the nutrients.

## 3. Ingredients

This refers to the list of the ingredients that were used to manufacture the product. The listing is usually arranged from the main ingredients that have the greater amount by weight up to the smallest quantity. This simply means that the actual quantity of the food includes the biggest quantity of the main ingredient or the first item and the minimum amount of the very last ingredient.

## 4. Label claim

This refers to the kinds of nutritional claims of a particular food item. For instance, if an item says it is sodium-free, it has less than 5 milligrams per serving or a low fat item actually contains 3 grams of fat or less.

Indeed, reading food labels can be very tedious and confusing. Nevertheless, once you get the hang of it, it would be easier for you to watch your diet because you can already control the amount of food that you take.

# Multivitamins: A Ticket to Daily Health

An increasingly number of the world's population is now eager and interested in looking after their health and in keeping tune with their well-being. It is important to note that this awareness is progressively contributing to the creation of several health supplements to benefit both the adults and the young ones. Dietary and vitamin supplements have constantly proven their worth to health conscious individuals.

An excellent daily multivitamin supplement does not only develop your general bodily functions but also improves your mental and physical condition and well being. Occasionally specification is needed in appropriately supplementing nutrients to deal with any individual needs. An example would be in heart disease patients, they would have to take in CoQ10 in preventing the said condition. Alzheimer's disease can be effectively prevented by a regular combination of Vitamin C and E intake.

Multivitamin supplements necessarily include all the vitamins and nutrients essential for recommended daily dosage. Multivitamin supplements may also be formulated to meet the needs of individual conditions like pregnancy and specific age brackets. It is a well settled fact that multivitamins in liquid form are more efficient than the ordinary pill forms. This is due to the fact that the body can easily absorb liquid nutrients five times more than ordinary multivitamins in tablet or capsule form.

Basically, the body needs 13 essential vitamins to function properly. In regulating the crucial performance of the body, it has to have vitamins A, B, C, D, E, K, B12, and the 7 B-complex vitamins. Majority of these vitamins are obtained by our body through the food that we eat. The danger of illness or even mortality is in the deficiency of some of the essential vitamins. This is where vitamin supplementation comes in. It counteracts the illness caused by such deficiency. With this fact, it is very unlikely for someone to refuse vitamin supplementation on a daily basis. So the question now is, why is it necessary for individuals to take multivitamins when majority of our daily diet can provide us with the basic nutrients we need? It may not be compulsory, but everyone can profit from daily multivitamins.

As previously mentioned, the clear benefit of daily intake of multivitamins it to prevent vitamin/nutrient deficiency. Some personal circumstances may increase dietary needs. Pregnant women, during their first trimester, are recommended by their doctors to take multivitamins. This does not only provide the mothers with sufficient nutrition but also proper vitamins to benefit the unborn child inside their womb. Taking multivitamins everyday reduces the risk of transmitting malnutrition from a pregnant woman to her unborn baby. Other conditions such as old age, alcoholism, smoking, and exposure to excessive pollution have long-term

detrimental effects to the body system which can be successfully counteracted by multivitamins.

Stress is also one risk factor which needs serious supplementation that multivitamins can provide. Especially with people who have so much to do and have a hard time in keeping up with their health needs, multivitamins are a must to keep them always on the go without any health complications in the long run. Stress formulations benefit both your mental ability and daily endurance. Aside from the mentioned benefits, daily multivitamins also minimize the risk of cancer or any cardiovascular disease.

Several people, if not all, testify to have a feeling of comfortable health in regularly taking in multivitamins. This is due to the synergistic or combined effects of the supplemental ingredients found in multivitamins. A fat-soluble antioxidant vitamin, like the Vitamin E, works to neutralize probable harmful free agents in the body. This vitamin also maintains healthy skin through protection of cell membranes, blood circulation, heart, nerves, red blood cells, and muscles. Another antioxidant is the Vitamin C which effectively fights blood cell infection and is vital in collagen formation, wound healing, and formation of bone structures, capillaries, and teeth. Vitamin is also helpful in the iron absorption from plant sources. Vitamins A, D, K and other supplemental nutrients found in multivitamins have specific functions that benefit the bodily functions.

While daily intake of multivitamins may have proven beneficial, it is not a 100% guarantee to be free of serious illness attributed to other factors. It is often a misconception that symptoms of disease may always be cured by taking multivitamins. Health experts have the better opinion of immediate medical assistance rather than resorting to multivitamins alone.

# *Increase Physical Activity*

## **Why women need to exercise**

It is a well known fact that exercise offers positive health benefits for women. Not only will exercise help you battle unwanted pounds, but it will also help you fight diseases such as cancer, heart disease, osteoporosis, respiratory ailments and more.

The truth is, moderate exercise done on a consistent basis will have positive effects on your health and you don't have to become a trained Olympian, or compete in a marathon to see overall improvement in well-being.

Research has proven that moderate exercise helps boost the immune system. It is interesting to note that the lack of exercise poses a greater health risk to women than smoking does. There are also some alarming statistics related to the lack of exercise. For example, a University of Hong Kong and Department of Health Study showed that lack of exercise increased the risk of dying from cancer in 28% of women. The study also showed that 75% of women who did not exercise ran a greater risk of dying from respiratory ailments. The risk of dying from heart disease was 28% higher for women who did no physical activity.

Numbers like these can motivate any woman to sign up for a membership at the local gym, but bear in mind, even consistent sessions of brisk walking, or jogging can be helpful. You don't always need to spend money on expensive equipment. There are many exercise programs that do not require any outlay of money, and jogging is one of them. Just make sure you have a good pair of comfortable sneakers that can manage wear and tear. Don't expect to jog ten miles the first day. Start slowly and gradually increase distance. The same holds true for brisk walking. Find a buddy for support.

It is suggested that 30 minutes a day of exercise is needed to be able to observe weight loss, and of course 60 minutes a day, if you are ready to manage it, will give you the best results.

Many studies have shown that exercise, but especially weight and strength training can help improve bone strength and reduce the risk of osteoporosis. Start with a just a few repetitions with light weights of about 2- 5 lbs and gradually increase the reps.

Dr. Barry A. Franklin of William Beaumont Hospital in Michigan, noted that weight training helps improve cardiovascular health by lowering levels of LDL cholesterol, known also as "bad" cholesterol. Most important of all, it is important

for women to maintain a healthy body weight for many health reasons including reducing the risk of breast cancer.

## Tips for Fitting Exercise into Your Busy Life

If only there were more hours in a day! Life is busy and often times exercise seems to take a back seat to everything else we have going on in our lives. With all the benefits of regular exercise we all should really make time to fit in some physical activity into our daily routines. Your body and mind will thank you for it.

Here are some tips for helping fit some physical activity into your schedule.

Bring a sandwich to work. Instead of spending your time and money buying food at work, pack a lunch and take it with you on a walk or run. This way you can get some exercise in and eat when you get tired. If you usually eat with coworkers, encourage them to pack a lunch and tag along.

Work out instead of vegging out. If you're like me, there are one or two television programs you just can't miss. Just because you're watching TV doesn't mean you have to sit on your couch. You can use this time to do stretches, sit ups, or even lift weights. If you're really ambitious, you can try aerobics or jogging in place.

Cut back on coffee breaks. Tomorrow, use clock or stop watch and add up how much time you spend on coffee breaks. If you cut back on coffee, you could use the extra time to walk around the office or climb the steps of your building. Plus, the endorphins from exercise are considered more energizing than most stimulants.

Use exercise as a social event. If you spend a lot of time during your week chatting with one of your friends, encourage them to become your workout buddy. Instead of sitting at a diner or a coffee shop to chat, socialize by jogging or going to the gym.

Do some housework. No, your husband/wife did not pay me to put this in here. Cleaning the kitchen, mowing the lawn, tending to the garden, and even dusting are all great ways to get a work out. Housework lets you stretch, works your muscles, and gets your heart pumping; all essential for staying in shape.

The most important part of any exercise plan is sticking with it. Make a plan keep it. If you build up slowly, you'll eventually have a great exercise plan that fits into your busy life.

Sarah's Resources:

My favorite way to fit exercise in my busy life is with DVDs. Here are two of my favorites.

Walk Away The Pounds

<http://www.solutionsforbusymoms.com/walkawaythepounds>

Yoga Booty Ballet

<http://www.solutionsforbusymoms.com/yogabootyballet>

PLUS...

I just LOVE this ebook full of exercises you can do while you "veg out"

<http://www.solutionsforbusymoms.com/getfitwhileyousit>

# Winter Outdoor Fitness Activities

Does your family have the winter blues? Get them moving with some fun outdoor activities! Here are some ideas for you to try:

## Outside Workout

Gather the entire family and go outdoors for a family workout. Mom or Dad can lead the group in a fun outdoor exercise routine. Or better yet play a game of tag football.

## Jogging/Power Walk

If you're tired of being stuck inside, get outdoors for a good jogging or power walking session. Jog around the block or walk a mile or two. You can add light hand weights to work your arms while you're walking.

## Ice Skating

Ice skating is a fun form of winter exercise. When lakes are frozen, ice skaters come out of hiding and get out on the ice for lots of fun. Most kids really enjoy ice skating too.

## Snow Shoeing

If you're tired of jogging and walking, trade your sneakers for snow shoes. Snowshoeing works your leg muscles even more because you have to really lift your legs to be able to walk around.

## Hiking

Many people associate hiking only with the summer months. However, winter hiking is a totally exhilarating fitness activity. Don't forget to bring along your digital camera so you can take pictures of the beautiful winter scenery as you explore!

# Why Exercise Makes You Feel So Good

Everyone has heard about the physical benefits of exercise: weight loss, improved stamina, increased lifespan, and much more. But did you know that it can have as much benefit to your mental health as well? Not only does exercise make your body work better, it makes you feel better too. These are just a few ways exercise can help you live a happier life.

Boosts your energy. A sedentary lifestyle can make you feel fatigued. When you work your muscles with regular exercise, you feel more energized and ready to face the day. Exercising also helps you have a more restful sleep and fall asleep faster. This will leave you feeling rested when you wake up in the morning. Regularly working your muscles also makes them less likely to fatigue with normal activity.

Helps relieve stress. Many people know the endorphins from exercise make you feel better and have a better outlook on life, but exercise can also provide a time for reflection; further easing a stressful life. Many of us don't have time alone without thoughts to contemplate our problems. Some types of exercise, such as running, can provide time to think about the day and sort out problems.

Improves self esteem. After a workout, most people feel that they've accomplished something. This makes you feel that you're worth something and improves how you feel about yourself. In return, feeling like you can accomplish things makes you more likely to work out again, this is one great cycle to get into.

Increased social interaction. Being social and having friends is an important part of leading a happy life. Exercise can be used to stay in touch with old friends by scheduling regular walks or runs. It can be also used to meet new friends at the gym or through sports. These kinds of activities can make you feel accepted and loved; making you feel much better.

If you're wondering if the effects of exercise will change the way you feel, consider this: many doctors and therapists recommend exercise as part of their treatment for anxiety or depression. If exercise is powerful enough to combat depression, think what it can do to improve your life.

# Staying Motivated to Exercise

Exercise is always a do-it-yourself venture. No other person and no machine can do it for you. Hence, it is important to have those motivating factors so that a person who is into exercise in order to lose weight will hang about.

This is what people who are overweight should learn to understand. However, even if it so easy to set for instructions and easy to follow, this is not the same case for almost 35% of Americans who are unable to prevent being overweight.

Of course, once we are overweight, we usually want to trim down for a whole lot of reasons, some related to physical condition and fitness, while others would want to enhance their physique and appearance. And it is never too late to be fit.

In the past 50 to 75 years, physical activity has become the exception rather than the rule, both at home and on the job. People tend to drive where others once walked. People tend to flick a switch and machines do the hauling, lifting, pushing, and pulling for them.

However, people who try to lose weight tend to believe that weight gain is likely to happen if they will not take forward-looking steps to stop it.

The point here is that health experts believe that people lose their way, especially when it comes to dieting. They tend to go back to their old eating habits even after they learn to enjoy low-fat eating. They tend to return to sedentary ways even though they enjoy exercising.

But despite the momentum toward weight gain, you can stop it from happening, experts say. And there are plenty of good reasons to avoid excess pounds, reasons that go beyond vanity or social appearance. There are many reasons in order to keep you motivated to exercise and stay healthy for the rest of your life.

## Ways to Lose Big

### 1. Have an explicit goal

A simple statement like, "I want to lose some weight," is an ambiguous and an indefinite statement. It will not the least motivate you to start doing exercises right away.

What is important is to be precise on your goals. It would be better if you will set some detailed amount of pounds that you really want to lose. Envisage yourself what you will look like after reaching your desired weight. Doing this will inspire you to lose weight. In fact, maybe even more than what you have planned in

mind. The idea is to use that figure to assist you to remain resilient and dedicated.

## 2. Develop a strategy

Strength of will does not work alone! To lose weight and stay with it, your strategy must comprise of both exercise and diet, and not either of the two.

Try to start motivating yourself by throwing away your clothes that have bigger sizes. This will put you in a situation where you only have your sexy clothes and that you have to make a choice by staying motivated to exercise or not wear any clothes at all. Which do you prefer?

## 3. Make out little, calculable measures

Put into practice actions that will suit your lifestyle. This means you have to implement moves that you and you alone will benefit from it and not somebody else.

The idea here is to opt for a more positive and attainable goal and not just to shun away from being plump and chubby.

## 4. Produce monitoring that has an important effect

It would be better to have somebody willing to take note of your progress or development. This will inspire you to keep on doing what you have started. Having somebody to listen to your achievements is definitely a better prize than just achieving your goal alone.

Besides, having an extra hand to support you and cheer for you when things start to fall short. It is that simple way of hearing somebody believing on what you do is one of the greatest motivations to keep you exercising for more.

## 5. Construct a vigorous, sensible timeline

What do you plan to achieve in a year? Try to suit your objectives to your calendar, and do not look forward to see the results in just a snap.

The bottom line is that in order to stay motivated to exercise entails a lot of hard work, which is contrary to what most people tend to think. The main idea is to let people change their lifestyle because it is only through this way that they will absolutely change their weight for the better.

Sarah's Resource:

This is how I got, and keep my motivation to exercise:

<http://www.solutionsforbusymoms.com/smarttechnique>

# Maintain A Healthy Weight

## **Setting Small Goals on Your Weight Loss Journey**

We've all gone to bed one night and told ourselves tomorrow, I'm going to start eating healthy and exercising every day.. Many of us have also done it: thrown out all our junk food, bought a gym membership, and taken other big steps. The problem is that most of us have reverted to our old lifestyles within a week. Rome wasn't built in a day and neither is a healthy body. The key to making permanent lifestyle changes is to make small, achievable goals and stick to them.

When most people decide to lose weight, they set goals like "I will lose two pounds per ..." But various factors that have nothing to do with your lifestyle changes may affect your weight. The best goals are ones that are under your control. Set goals related to how much you exercise or what you eat. If you make these goals small and reasonable, you'll be more likely to accomplish them.

One of my best friends went on the raw food diet. He ate one cooked meal a day, and most of the food he ate was remarkably similar to what I feed my pet rabbit. The diet worked; he lost weight, but two months later he gained it all back when he started on the Coke and fast food diet. The moral of this story is: while big changes are good for you, you can't stick with them for the long term. Try setting goals like "I will replace one fatty snack a day with a piece of fruit instead" or "I will walk for 10 minutes every day". Once you reach your goal, set a new one. This makes any diet easier to stick to.

While starting too fast with a diet can make it hard to stick to, starting too fast with an exercise program can be dangerous. Doing too much too soon can not only wear you out, it can cause permanent damage to your body. Remember to pick your exercise program and start small. If you decide to run, run until you're too tired. Then walk the rest of the time. You may only run 5 minutes the first day, but if you keep it up you'll be running the entire way in no time.

No matter what you do to lose weight, try to incorporate small, reasonable changes. This will greatly increase your chances of success.

## Ways to Curb Those Late Night Hunger Pangs

Are late night snacks keeping you from losing weight? Some studies have shown that healthy and overweight individuals tend to eat the same number of calories during the day. At night, however, overweight individuals tend to eat a lot more calories. Eating at night is just easier to do; we feel less inhibited because we tend to be alone. We are also less busy than other times of day. If you want to lose weight, you need to find ways to curb late night hunger. Here are a few suggestions.

Do something else. Unless your starving, you probably eat at night because you are bored. If you feel the need to snack, try doing something else to occupy your mind. Go for a walk or read a book; you'll soon forget that you were ever hungry

Eat more calories during the day. Even if you are trying to cut calories, eating too little during the day will make you more likely to binge at night. Eating 1500 calories during the day and being satisfied at night is better than eating 1300 calories during the day and munching down on a 500 calorie snack at night. Try to eat the bulk of your calories earlier in the day and have a light dinner and maybe a fruit for an evening snack.

Go to bed. If you get the urge to eat shortly before you go to bed, just go to bed early. Not only will this keep you from snacking; people who get enough sleep at night tend to eat less calories during the day.

Eat at a table. No matter what you eat during the day, treat all eating events like meals. We tend to eat while we are doing other things like watching TV or sitting at the computer. Eat all your food sitting at your kitchen or dining room table and don't distract yourself. You'll likely eat less.

Snack healthy. If you must snack late at night, think about what you eat. Instead of grabbing a bag of chips, get out some carrots or yogurt. Go for high fiber and protein which take longer to digest and keep you feeling full longer. Its also important to eat portioned snacks. This way you probably wont eat several portions at a time.

These are just a few tips to get you started. Just remember if you make a decision to eat less at night and stick to it you will see results.

# Why Do You Crave Food?

by Diana Walker

Obviously we all crave food in general – It's called hunger. That aside, there are all sorts of cravings of a particular food that can be caused by emotion, a nutritional deficiency or by habit.

Some people will crave food to self medicate themselves when they are sad, lonely or just feel bad in general. Eating a lot of food, especially sugary food causes all the blood to rush to the stomach and a release of serotonin, making us feel better, at least temporarily.

You may also crave food when you are lacking certain nutrients. You may find yourself craving red meat when you don't have enough iron for example.

We also tend to get in a habit of thinking we need a certain type of food. If you always have popcorn while watching a movie, sooner or later you will crave it as soon as you sit down to enjoy a new film.

## Is Food Really Dangerous Or Addictive?

In general food of course isn't dangerous or necessarily addictive. In fact it is necessary for us to eat every single day. Food however can become addictive and dangerous when we become too emotionally involved with it, or overeat because of the food addiction. Food cravings can also cause us to make unhealthy food choices.

Unhealthy food choices, such as too many fatty or sugary foods can lead to obesity, diabetes, heart problems and a variety of other health conditions. This is why it is so important that you take control of your food cravings as soon as possible.

## What Can I Do To Curb My Food Cravings?

The best way to curb food cravings is to make sure you eat a balanced diet and provide your body with all the nutrients it needs. If you are an emotional eater, you also need to make a conscious effort to not allow your emotions to control what you eat and stop emotional eating altogether. When you encounter a craving for let's say chocolate, ask yourself... "Why am I craving this chocolate bar? Is it because I feel sad?" Acknowledging the emotional connection is the first step to stopping your emotional eating. A good next step would be to deal with the feeling instead of medicating it with food.

- Aim for a balanced diet with plenty of fresh fruits and vegetables in it. This will provide you with many of the vitamins and minerals your body needs.
- Take some sort of daily vitamin supplement. Whole food vitamins are recommended.
- Eat five to six small meals a day and include some protein in each meal. This will help keep your blood sugar stable and provide you with the energy to keep going all day long.

Become more aware of your food cravings and the reason behind them. Then take steps toward dealing with the cravings. If you eat out of habit, break the habit by doing something else. If you crave food when you are bored, call a friend or go for a walk instead. Speak to your physician or a nutritionist about an appropriate supplement if you feel your food cravings are caused by nutritional deficiencies. Take it one step at a time and before you know it, you will have control over your food cravings.

#### Sarah's Resource

Are cravings running your life? Diana Walker provides natural solutions to cravings, mood swings, and PMS. Immediately receive Diana's free Cravings Coach TIPS at <http://www.thecravingscoach.com>

# Defrazzle Your Weight Loss

by Darlene Hull

“The only time to eat diet food is while you’re waiting for the steak to cook”

Julia Child

I hate dieting. It doesn't matter what diet I follow, I gain weight. It's so frustrating! If I do find one that works, I usually find that right about the time I'm getting used to the diet, my life ends up creating situations where I need to be eating out a lot, or spending time with friends and food. ARGH!

I've stopped dieting now. I'm just working on healthy lifestyle habits that I can work with anywhere, at any time and that allow for "life" to happen, so I don't need to panic.

Now, believe me, I'm no expert, so check with your doctor before you follow ANY of my advice – I'm just a fellow mom, trying to get back into pre-baby clothes! I have found some things to be consistent in the myriad of ever-changing diet/health rules, and I'd like to share them with you here. So ladies, if you want to lose those extra 10 pounds (or more) that just refuse to disappear, here are some tips that are finally working for me:

## Pick Your Time

Weight loss involves very personal issues for most people, and is closely related to their self esteem. It is crucial that you attempt to lose 10 pounds at the appropriate time - at a time where you otherwise feel good and satisfied with your life. If you try and lose 10 pounds during a period of time in your life where you have a lot of stress or other distracting things going on, you drastically increase your chances of failure, which will only make things worse.

## Do It With Friends

A great and fun way to help you stick with your plan is to undertake your project of losing 10 pounds with a friend. Not only will you be able to provide support for each other and track each other's progress, but you'll be able to engage in fun exercise activities together.

## Make Your Plan Realistic

It's important that you set achievable goals for yourself. For example, with just some basic changes in your lifestyle and eating habits, you can lose 1 pound a week. There's no need to be in a huge rush to lose weight, and trying to lose weight quickly often requires a regimen that is difficult to keep up. For most people, it is healthier to lose weight slowly than with drastic dietary changes.

### Exercise in the morning on an empty stomach

There are two main reasons why you can more easily lose 10 pounds by exercising in the morning. The first has to do with the fact that it is much easier to build into your daily routine. One of the keys to losing weight by exercise is to do it regularly, which many people find difficult: it's always hard to find time. So a great reason for exercising in the morning is that you'll have very little distraction. In many ways, you are literally "making time" for the exercise by starting your day earlier. The second reason is that if you exercise in the morning on an empty stomach, you're burning energy at a time when your body's carbohydrate levels are the lowest, and therefore more fat will be burned with the same amount of exercise. There have been studies that suggest over 250% more fat is burned when you exercise in this state.

### Balance Your Diet

Try as much as possible to balance your diet. This doesn't mean that you have to starve yourself -- rather make a point of getting no more than 30% of your calories from fat. Eat more fruits and vegetables and try to add as much variety to your diet as possible. Try new things, and new meal ideas. A great rule of thumb is to take a 9" plate and divide it into quarters. One quarter is starch/carbohydrate (potatoes, pasta, rice), one quarter is protein (meat, beans, tofu) and half is vegetables.

### Keep Track Of Your Progress

The problem with dieting for many people, especially in the early stages, is that even if the diet is working they can't see any results. It's hard to really notice if you lose 1 pound. For this reason it's important that you track your progress, so you can have a good sense of the accomplishments you've made. Don't just track pounds, make sure you are also tracking inches by keeping track of the measurements of the main body areas: bust, waist, hips, thighs, calves, and even your upper arm.

### Incorporate exercise into your daily routine:

Another good idea is to try and get some exercise while you're at work. Think how often you end up staying in your office on your lunch break. Instead, why not take a walk? It may not seem like much, but if you did that every day, you'd be walking 5 hours a week, which is a pretty great start towards getting some more exercise. On the weekends and in the evenings, take up a sport or an active hobby like hiking. The key is to find ways that you can get exercise while also doing things you enjoy.

You can lose 10 pounds fairly quickly by starting a serious exercise regimen, of course, but that's not necessarily the best way to do it. If you make your exercise like work, it'll start to feel like work, and it will become tempting to put it off and avoid it. If you incorporate exercise into your daily routine, however, it won't seem like work at all - it will be fun. And the best part of all is that the more you exercise

the more energy you'll have: instead of being tired when you come home from work, you'll feel like doing something active. Before you know it that 10 pounds you lost might become 20.

So, there you have it! Try implementing one tip a week and making a habit out of it. You'll drop those pounds in no time!

Darlene Hull is the creator of the free "Mom-Defrazzler tool" - 52 Tips for Moms to get from Chaos to Calm in One Year and the "Merry Moms" newsletter, a weekly humor e-zine to help moms defrazzle with laughter. Check out her website for great tools and tips to help moms cope with stress: <http://www.mom-defrazzler.com>

# Reduce Stress

## **Making Time for Mom**

We moms have a difficult job on our hands. We often wear many hats and are so busy that we can easily forget to make time for ourselves. Many moms know the importance of taking time out but still argue that they just don't have the time.

The truth is there often isn't much time. Modern family life is busy and there just don't seem to be enough hours in the day, which leaves you with only one thing to do, and that is to make the time. I know you may be thinking it's not as easy as that, but it really is.

If you come to terms with the fact that you will always be busy and that your life is hectic then you'll have no choice but to make the time. I'm not talking about a whole day (although it is advisable if you can manage it) but instead take 30 minutes or an hour here and there.

Give yourself a little time to have a nice bath and read your favorite book or magazine. You can go for a walk or to the gym or even treat yourself to a little pampering. Or you can just sit back with a hot cup of coffee, some nice chocolate and think. Whatever you choose to do doesn't really matter; the important thing is that you make the time.

As a mom you have an important role in your family. The mom is often the backbone of the family and helps to hold everything together. Realize that your role is so important that you can't afford not to take care of yourself.

By taking a little time for yourself you can recharge your batteries and come back to your family with a fresh outlook. You will not be the only one to benefit either. Your partner and kids will benefit as well because you'll feel better and just generally be more relaxed and happy.

If you're finding it difficult to make the time, talk to your husband or partner about it. Let him know how important this is to you and try to come to an agreement that suits the whole family. Chances are your husband will be more than happy to let you have this time.

Pre-schedule a few times on your calendar and treat it as an appointment. At first you don't have to start with a lot of time. Start with 30 minutes to go down to your local coffee shop or simply to curl up with a good book.

The bottom line is that by making time for yourself you are not only ensuring you are happier and more satisfied with your life, but you'll also be teaching your

children the importance of taking care and valuing themselves. That's definitely a good thing.

Sarah's Resources:

Need More Help Making Time For Yourself? Get your FREE Busy Moms Stress Relief Kit at <http://www.SolutionsForBusyMoms.com/free-stress-relief-kit/>

# **Too Much Stress + Not Enough Sleep = Even More Stress**

Unfortunately, there are times we all experience stress, particularly in times of crisis. Many of the top ten stressors can affect just about anyone in unexpected ways. The top ten stressors include: divorce, death in the family, illness, getting married, unemployment, retirement, new baby, change in financial status, career change and moving.

When we experience stress regularly, the effects can have negative consequences on our health. Many research studies have found a strong connection between stress and physical illness including: colds, bowel problems, headaches, high blood pressure and heart disease.

Normally, there are simple ways to combat stress such as taking a long walk, enjoying a warm bath, or listening to favorite music. But when you find yourself in a serious crisis, it is much more challenging to get rid of stress and professional help may be needed.

It is estimated that 90% of all doctor visits are related to symptoms of stress. In addition, stress is also linked to depression. Depression may also lead to insomnia, or sleeplessness, and when we are experiencing sleeplessness, the lack of rest for our bodies can take a toll on our immune system, hence poor health kicks in. Lack of sleep can also affect our job performance and our ability to be good parents, or caregivers, so very often, medication may be prescribed by a doctor.

When stress get out of hand and begins to damage our health, we need to slow down and take a look at the bigger picture. One thing we need to remember is that medication can only take care of the symptoms of stress, but won't get rid of the causes of our stress, or even really help us to cope with the sources of stress.

Since medication for stress is usually a last resort solution, it is also wise to explore natural and herbal remedies available at most health food stores.

Jennifer Urezzio, founder of Blooming Grove Herbal Remedies in New Jersey, suggests using lavender oil rubbed on the soles of the feet to help relax the body and promote sleep.

This remedy is not expensive and easily available, so it might be a good alternative to help fight off stress, increase sleep and stay healthy.

### Sarah's Resources:

I know that when you have little ones, sometimes getting a regular full night of sleep is impossible!

I have a little secret I'm going to share with you! It's the same secret that shift workers and emergency crews use when helping out in major disasters over the course of several days...

They Powernap!

There is an art to powernapping. Too long and you'll be exhausted! Too short and you won't feel refreshed either. But perfecting that art is too hard for an exhausted mother to do on her own...so...

A few years ago, out of utter desperation, I ordered a great Powernap CD from Wendi.com -- the most popular hypnotherapist on the Web. It was exactly what I needed -- and I'm still using it!

Ladies, seriously, this is one of the best solutions I have to offer. If you are consistently sleep deprived and are worried about the effect that it could be having on your health -- get this as a gift for yourself! You can find it at <http://www.solutionsforbusymoms.com/powernapcd>

Also, I have not tried this new powernap tool, but it is getting rave reviews from nap & tech lovers alike - <http://www.solutionsforbusymoms.com/pzizzpowernap>

# Create Your Own Bliss With Aromatherapy

by Sherry Frewerd

I live an alternative lifestyle. It's nothing radical or rebellious. I'm a work at home mom, over forty with a toddler. At this point in my life I expected to have a bustling career and grown kids either out of the house or about ready to leave the nest, but life doesn't always turn out the way we're told it should – stuff happens; stressful situations pop up everyday, either caused by us or 'for' us.

How do I 'treat' these situations and still care for my mind and body without loosing it? There's where the other component of my alternative lifestyle comes in – aromatherapy. Aromatherapy, or 'treating with scents', is huge and growing in the area of alternative medicines, and is used in hospitals and homes to treat anything from labor pains to cardiac rehab. Although used in other countries for centuries, aromatherapy is making its way into the everyday lives of people around the US. People like myself, potentially stressed out work at home moms.

If you're new to the idea of using aromatherapy to help reduce the stress in your life, then start with something simple such as a lavender bath or other lavender essential oil product. Here is a simple and wonderful recipe that you can try at home in your bath before bed.

## Lavender Calming Bath Crystals

1 cup Epsom salts

10 drops Lavender essential oil

1 drop food coloring

Shake all ingredients in a Ziploc bag until coated. Store in a bottle or bag.

Another wonderful way to use aromatherapy to relieve stress is to apply a lovely lavender scented body lotion to your sore aching muscles. Apply this easy to mix lavender lotion after your bath, or if you're lucky enough to have a partner who is willing, request a relaxing massage before bed. The calming scent of lavender works for fussy babies, why not stressed moms? Here is a simple recipe for a lavender lotion that you'll love.

## Lovely Lavender Lotion

1 oz. glycerin

2 tsp. oil of lavender

Put ingredients in a clean glass bottle and shake well. Refrigerate.

When life makes you crazy, remember, you have the power to create a calming oasis in your own home. Take a few minutes for yourself and relax. As mothers, we tend to forget that we must nurture ourselves before we can nurture our

children to the best of our abilities. What better place to start than in our bath with beautiful scents, sounds and soft candlelight? Our lifestyles need not take over our lives.

For more information about treating with scents and using natural remedies in your everyday life, visit 'Natural Bath Body and Home' today.

Sherry Frewerd publishes websites on various subjects from recipes to mineral makeup to toddler learning. A nature girl at heart, Sherry believes in the benefits of natural mineral makeup and skincare. Stop over to <http://www.naturalyoumineralmakeup.com> for some helpful and fun natural remedies, tips and product suggestions. Forget the Botox, talk to Mother Nature today!

# Ideas For Comforting Yourself

By Stephanie Davies

Sometimes we all need a little comfort in our lives. Whether we just need a little pick me up from a bad day, or whether we have had a serious loss and need some warmth and care. A lot of times, we rely on others to provide the help and comfort we need. However, there are lots of little things you can do to make yourself feel better when you need to. What follows is a list of things that you can do to make yourself feel better and smile more.

. Fix a pot of your favorite tea, serve it to yourself in your best china, with a sprig of mint, and relax while drinking it.

. Fix your favorite "comfort food" from when you were a child. Whether it was Campbell's Chicken Noodle soup, or grilled cheese sandwiches, it is amazing how much that special comfort food from our childhood can pick us up today!

. Turn off the telephone, lock the doors, run a hot bath with bubbles, add candles to the sides of your bath, and put on some soothing music (I recommend Enya!). Relax in your homemade "spa" for at least a half hour!

. Call or write to a friend you haven't spoken to in a while! See what they are up to, and share with them what has been happening to you.

. Rediscover the lost art of letter writing (snail mail!). Yes, people do still write letters sometimes! If you don't have anyone to write to, find a penpal group online - there are tons of them, and you can find many new friends this way also!

. Treat yourself to a manicure or a pedicure. If you can't afford a professional one, do one for yourself at home!

These are only a few ideas that you can use for some extra comfort in your life. Feel free to make up some of your own to add to the list as well! And of course, these aren't always for just when you need extra attention. You can also do these anytime you wish, just to smile about it!

Stephanie Davies is a 27 year old Missourian with 10 years of internet experience, a loving husband and a zoo which includes 3 cats, 6 sugar gliders, 3 snakes, a ferret and a fish named #3 (#1 and #2 went to the great fishbowl in the sky). She currently owns and operates her own business, Mystickal Incense & More, which sells handmade candles, incense, bath & body products and other handcrafted products at [www.mystickalincense.com](http://www.mystickalincense.com)

# How To Reduce Stress and Ease Worries in Just 3 Minutes

By: Ananga Sivyer

Meditation, relaxation and visualisation are the standard recommendations for reducing stress, and they are all beneficial and useful to us in many ways, however, they are not so easy to put into use when stress strikes with it's disruptive companions frustration, confusion, and anxiety in full attendance.

Here's something simple you can try to diffuse stress quickly and easily, anytime and anywhere.

1. rub your forehead with both hands in vertical lines from your eyebrows to your hairline for a few moments
2. about an inch above each eyebrow you will find a bump – rest your fingertips there lightly and hold
3. take a deep breathe in and lighten the pressure of your fingertips until they are touching those points very softly
4. breathe deeply again and allow yourself to sink into how you are really feeling right now – focus clearly and specifically on the one thing that is mainly causing you stress, or anxiety
5. allow yourself to think the truth of the matter, hold the points and breathe and remain that way for a couple of minutes
6. concentrate on the area you are holding and feel for pulsation under your fingertips as the blood flow, previously diverted by stress, is restored to your forebrain. Now you can begin to think clearly again as you feel stress drain away and find yourself in control and able to choose how you wish to respond to what's at hand.

What many of us don't realize about stress is that although it is often triggered by our mental states and emotional responses it is in fact a physiological occurrence. The body responds directly to every impression we feed it be it real or imagined; it makes no difference to the body. If you tell it you are stressed it will respond immediately by sending the majority of the blood from your forebrain to your chest for faster breathing and the more efficient pumping of blood through your heart and to the muscles of your legs for whatever action they may need to take.

When you consider this automatic physical response it's easy to see why we don't always think well under stress. This simple technique tells your body to stand down and encourages the blood flow to return to the brain for clear thinking and decision-making.

Try this for:

- diffusing stress on the spot and stopping it from accumulating
- easing worries
- regaining control of your resources and having access to your full capacity for dealing with any given situation.
- preventing the digestive disorders associated with stress developing. (Use this before eating to make sure that your digestive system is ready and willing to receive the goodness from your food in a calm and efficient manner.)
- relaxing and clearing your mind before sleep
- inducing a feeling of calm from which you can then step deeper into a meditative or relaxed state

Ananga is a health writer for LifeScape magazine and author of the EFT self-help workbook: [The Art & Science of Emotional Freedom](#) Sign up for her ezine today, and get a [FREE COPY of her Energy Balance e-book](#).

# Valuable Health Resources For Every Busy Mom

## **Breast Cancer Resources:**

Learn More About Inflammatory Breast Cancer:

<http://www.breastcare.com>

<http://www.ibcresearch.com>

To Learn More About Breast Cancer

[www.breastcancer.org](http://www.breastcancer.org)

[www.thebreastcancersite.com](http://www.thebreastcancersite.com)

[www.komen.org](http://www.komen.org)

[www.nationalbreastcancer.org](http://www.nationalbreastcancer.org)

Learn About the Link between Cancer and Diet:

<http://cancer.org/eatright>

To support the fight against cancer by purchasing “pink” items:

<http://www.solutionsforbusymoms.com/curebreastcancer>

## **Women’s Health Resources:**

Get Help Quitting Smoking:

<http://www.solutionsforbusymoms.com/quitsmoking>

Control Your Portions With the Perfect Portion Control Plate:

<http://www.solutionsforbusymoms.com/portioncontrolplate>

Have Healthy Meal Plans & Shopping Lists Delivered to Your Email Inbox!

<http://www.solutionsforbusymoms.com/healthymenemailer>

Free Sample Healthy Menu Mailer

<http://www.solutionsforbusymoms.com/freemenemailer>

Sarah’s Favorite Exercise Solutions:

<http://www.solutionsforbusymoms.com/walkawaythepounds>

<http://www.solutionsforbusymoms.com/yogaboobyballet>

<http://www.solutionsforbusymoms.com/getfitwhileyousit>

How to Get & Stay Motivated to Exercise

<http://www.solutionsforbusymoms.com/smarttechnique>

Free Craving Tips

<http://www.thecravingscoach.com>

Get your FREE Busy Moms Stress Relief Kit

<http://www.SolutionsForBusyMoms.com/free-stress-relief-kit/>

Get Your Free Mom-Defrazzler Tool at:

<http://www.mom-defrazzler.com>

Learn the Art of the Powernap at:

<http://www.solutionsforbusymoms.com/powernapcd>

<http://www.solutionsforbusymoms.com/pzizzpowernap>

Learn about Emotional Freedom Technique:

<http://www.solutionsforbusymoms.com/emotionalfreedom>

