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## End Winter Weight Gain With Healthy Snacking

By Kathryn Martyn, M.NLP

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It's that time of year we all start thinking about putting on a healthy layer of fat, just like the hibernating bears. From a nip in the air to a massive snow and ice storm, there is a palpable difference in the air. We've generally accepted that it is nature's way of helping us provide a little extra winter fat, storing up for the winter, just in case. But how long since you last had a food shortage or had to wait out the winter for your next meal?

This year can be different.

Today consider making one small change. When you make a small change, it is easier to handle, you are more likely to incorporate it into your daily life and you are more likely to succeed, than if you try to make a global change to your whole way of being.

Instead of taking something away, start by adding more fresh fruit and vegetables to your diet. Just for today, throw out your rules, if you typically follow a diet that forbids fruit or fresh vegetables because fresh foods are too important to miss. Fresh foods are sweet, satisfying and full of vitamins, minerals, bioflavonoids, and other things that your body requires for optimum health.

Choose a few you particularly enjoy. This time of year apples are great, citrus fruits, bananas are available year-round. Get some fresh fruits you like and start carrying a food sack everywhere you go. Try little packages of baby carrots, or cut up cauliflower and broccoli. A fellow I know always has a bagful of chopped cauliflower, carrots, and others vegs he munches on. That's smart.

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The idea with healthy snacking is that when hunger strikes (or what you think is hunger), no matter where you are you'll now have healthy snacks handy. No more having to buy a candy bar because you're famished. My choices for healthy snacks won't suit everyone, but that's fine. Choose other things that would work better for you. I enjoy things such as jerky, whole grain rolls or bagels, yogurts, and fresh fruits as I mentioned earlier. I almost always have an apple nearby.

The idea is that it's not that you couldn't wait, but what has forestalling your hunger done for you so far? It tends to set you up for later binging and out-of-control snacking. Eating a few healthy snacks during the day can end that pattern once and for all.

Here's a plan: Think of one or two fresh foods you could carry in a big or small cooler and then do it. As I'm writing this I'm a little hungry and I'm starting to think about having a snack. I might eat an apple, a banana or some jerky because they are all within my immediate reach. That's far better than not eating anything now, but instead deciding to "wait it out," while I start thinking about cookies and cake and pizza and other fast foods I can grab on the way home.

Going all day in a hungry or denied state sets you up for late night binging and out-of-control snacking. You'll never be able to make up for the earlier deprivation. Why bother. I've never met anyone yet who got fat from eating too much fruit, so be brave and give this idea a chance.

Kathryn Martyn, Master NLP Practitioner, author of the free e-book: *Changing Beliefs, Your First Step to Permanent WeightLoss*, and owner of <http://www.OneMoreBite-Weightloss.com> Get The Daily Bites: Inspirational Mini Lessons Using EFT and NLP for Ending the Struggle with Weight Loss and Tackling any Obstacles <http://www.onemorebite-weightloss.com/getnews.html>

### **Winter Weight Loss Magic**

**By Stephanie Yeh**

If winter hibernation tends to pack on the pounds, take heart. There are some simple steps you can take this winter to prevent yourself from gaining weight. Even though it's a "natural" process to put on weight during the winter, it's not all that pleasant. So check out these simple steps to winter weight loss magic:

>>>> **WEAR RED:** The color red is pure fire energy and it will literally melt fat. Add red to your wardrobe. For great weight loss while you sleep, wear red bicycle pants to bed (if you have weight around your belly and butt) or red pajamas. If you start to get too hot or a racing pulse, just wear red during the day.

>>>> **DOWSE:** You can use your pendulum to get rid of fat by swinging it clockwise with the intention of removing the negative thought forms from your body that cause fat. Keep swinging until it stops.

>>>> **BLESS YOUR FOOD:** Before you put anything in your mouth, bless it. Thank the beings who have made your food possible, and ask that the food to be raised to its highest vibration. Ask that your

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body retain only what it necessary for you to stay at your ideal weight. You can even hire an angel to increase the power of your intention!

>>>> FIND OUT: Ask yourself what is causing you to hold onto your fat or gain weight. You might write "What am I holding onto that is causing weight gain?" with your dominant hand, and answer with your other hand. The answers are usually quite interesting. Once you address the issues at hand, you'll have an easier time shedding weight.

When working with weight loss, just remember the law of "as above, so below." Your physical weight is usually tied to your emotional and mental baggage. Shed one and you'll lose the other. You can either start at the physical end, or at the mental and emotional end. Enjoy the journey!

Stephanie Yeh is co-founder of the Esoteric School of Shamanism and Magic (

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). Through this online school she helps clients use magical and

shamanic techniques to manifest their desires. Stephanie has created several online and video classes in conjunction with the telecourse format the school utilizes in her attempt to make this valuable information accessible to as many people as possible. Her current project, a free teleconference series on a variety of magickal and shamanic topics with guest speakers, is designed to share information and promote interaction between people of varying spiritual practices.

Through her site, Prosperity Abounds (

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), she helps others learn to

create abundant health and wealth with spiritual and practical resources.

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Winter Weight Loss Magic

Weight Gaining

How Much Weight Should You Gain During Pregnancy?

Healthy Weight Loss Tips for Women: 5 Ways to Staying Slim

How To Snack Without Getting Fat

Obesity and Weight Loss

101 tips to stay fit and live longer.

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