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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

How to Eat a Little Chocolate at a Time

By Kathryn Martyn, M.NLP

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Learn to Eat a Small Bit of Chocolate Not the Whole Vat

If you'd like to learn how to obtain quality chocolate, put it in a drawer and forget it's there, learn to use EFT and NLP techniques to conquer your emotional eating. That's what I've done, and it's such a freeing thing to be able to feel right with the world, be happy with myself, my shape, and not feel controlled by something like food. I eat what I want, but I do make an effort to make good choices (usually). For example, last night I baked a cake I made on Easter and totally loved (Better than Sex cake). This thing is nothing more than yellow cake, vanilla pudding and tons of whipped cream – not exactly diet fare, but when I can't get a certain food out of my head, I usually either make it or go and get it, and then totally enjoy it. That's what I mean when I said I eat what I want. So today, I have an entire cake in my refrigerator.

Did I have a piece of cake for breakfast? No. My husband bought me some fresh local raspberries at the Farmer's Market yesterday, and I wanted them so I had some on my cereal this morning. The cake sits and waits. When I was in the kitchen I noted the remnants of last night's grocery shopping. I saw a huge, individually wrapped cinnamon roll on the counter. I just "knew" I was going to want to eat something sweet last night since baking the cake was bound to make me crazy so I'd in anticipation of future hunger I bought the following:

One Giant cinnamon roll from Sarah's Bakery. (Oops, I weighed this bad boy and it's 15.5 Oz! Almost a pound of dough and sugar

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– oh my). Small container of Scharffen Berger chocolates. This little clear box comes with 12 squares equalling 2.1 Oz. Individually wrapped. I put them in the drawer. A dozen of my favorite shortbread cookies which I put in a drawer in the kitchen. My husband will eat them if he sees them, so unless he says something about "wanting something sweet" I wait to let him know they are there. While watching a movie last night (Friday night ritual) I did start to get sort of hungry so I thought about what to do about it. I recalled how I'm feeling much better lately, getting back to a regular routine of exercise, and I just didn't feel like eating a lot of cookies. Yes, they were there, but I just wasn't in the mood to eat them. I had a pang of

hunger, but I wasn't really hungry, it was nearly midnight for crying out loud!

So, I ate one of those chocolate squares – remember, they're pretty small right? Well I ate it in four bites, letting the chocolate melt in my mouth. I take my time with chocolates and they satisfy me so much more than just popping it in my mouth, chewing twice and swallowing. I'm not in a hurry to get it over with.

Discovering Lost Candy

This morning I checked my body fat and it just happens I keep my Omron Body Fat Analyzer in the closet on top of a leftover chocolates box from last Christmas. I decided to look inside the box since I thought there was one of those chocolates still leftover and I was surprised to find two of those Christmas chocolates in there (Joseph Schmidt truffles – some of my favorites) and about eight squares of that very same chocolate I bought yesterday (Scharffen Berger). I forgot they were there.

So, you see, I handle my cravings by buying the foods I want, then putting them away and maybe eating them, maybe not. For me it's the need to know I can have what I want – and keeping something nearby in case of emergencies. I also know if I leave things out where I'll see them, I'm much more likely to decide to have some, so I put them away. For you it may be different. Some of you won't want anything tempting in the house. That's okay too. We're all different. The only way you'll discover how you are is to tackle those emotional issues – the reasons you think you can't stop eating after a handful or two; the reasons you feel like it's out of your control, or not your decision how much

you eat, when you eat or what you eat.

Wouldn't it be wonderful to be able to buy your favorite food and leave it in a drawer long enough to forget it's even there? That's what it's like to not have an eating problem, and that comes from giving yourself permission to enjoy food. You are worthy, you do deserve to be happy.

My methods can help—I know because they've worked for me, and I truly have had a sweet tooth since I was a child. I used to eat bag after bag of candy—I once had 11 cavities in one dentist visit! You can learn to enjoy a bit of chocolate too.

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.

<http://www.onemorebite-weightloss.com/getnews.html>

The Health Benefits of Chocolate

By Susie Cortright

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With the New Year come and gone, many of us are making good on a resolution to eat healthier. So what's a chocolate lover to do?

Good news. Research says you can have your cake and eat it, too. As long as that cake is chocolate.

For centuries, chocolate has been used to treat diseases and maladies such as depression. Civilizations from Mexico to Europe have hailed chocolate as an aphrodisiac. The U.S. government officially recognized its virtues in World War II, making the chocolate candy bar standard issue for the military.

Chocolate's scientific name, *theobroma cacao*, is literally translated as "food of the gods," and we chocolate cravers don't need any studies to tell us the power of chocolate in mood alteration. Its feel good chemicals have long been associated with feelings of love, safety, and comfort.

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Maybe that's why Americans eat an average of 12 pounds of chocolate per year.

Chocolate contains vitamins A, B1, C, D, and E, as well as potassium, sodium, iron, and fluorine. Now, researchers say those creamy chocolate confections may actually help us live longer, too.

Harvard researchers tracked nearly 8,000 males, with an average age of 65. Those men who enjoyed chocolate and candy lived almost a year longer than those who did not. Those who ate one to three candy bars per month had a 36 percent lower risk of death (compared to the people who ate no candy), while those who ate three or more candy bars per week had a 16 percent lower risk.

Why? The researchers say they don't know for sure, but that it might have something to do with antioxidants. Chocolate contains the same antioxidant chemicals as wine (phenols). In the chocolate bar, phenols help preserve the fat. In our bodies, phenol can help prevent atherosclerosis.

Like anything, chocolate is best enjoyed in moderation. Just one ounce of solid chocolate packs about 150 calories and can be as much as 50 percent fat. So, for your next chocolate fix, consider reduced fat alternatives, such as chocolate covered foods or chocolate syrup.

Susie Cortright is the author of several books for women and founder of the award-winning Momscape.com, a website designed to help busy women find balance. Visit <http://www.momscape.com> today and get Susie's *free* course-by-email "6 Days to Less Stress" as well as the *free* pdf ebook, "Spa Recipes for All Seasons."



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