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

NotOneOunce -- Junk at the Office

By Will Clower, Ph.D.

NotOneOunce -- Junk at the Office

by: **Will Clower, Ph.D.**

After the post-Halloween sugar surge, everyone coaches you to get the candy out of your house. This is terrific, but many people solve the problem by taking it straight to the office. Yes, it's now off of your kitchen cabinet, but you've just relocated it to the filing cabinet all day.

And, as the holiday season marches onward, the treats and snacks and goodies start piling up, all red and green, from M&Ms to Cupcakes, on meeting room tables, receptionist's desks, and most of all ... in the break room.

The short term problem

If food is in front of you, you'll eat it. Sad as it sounds, the mere presence of food is enough to stimulate eating. You can say you'll be strong (and maybe you can for a while), but sooner or later you give in and have just a couple of those candies, cakes or whatever.

Face it. Food stimulates feeding.

The long term problem

Practice makes perfect. If you practice eating throughout the day, you will become very good, very skilled, at eating throughout the day. Plus, your body comes to expect it, to crave another nibble, and to nag you for that next treat. This is how you create the conditions of long-term overconsumption simply by keeping food around your house or office.

Now what do we do?

Remember that our physiology is a flat out miracle, and adapts to whatever you give it. Not only is it true that "you are WHAT you eat", but you also become "HOW you eat." So use the incredible

adaptability of your body in your favor by improving your habits.

First of all, you can control your desk. Don't keep nibbles and snacks there "just in case" because this becomes your rationale—in-advance for eating foods you should not eat.

Set a firm rule for yourself. You don't eat at work, you eat at lunch. Some can flip a switch and just not eat at work. But, if you are tempted by the red and green dye atop the cupcakes, get a cup of water from the cooler or hot tea and move away. Being out of the proximity of the food will remove the temptation.

In fact, replacing the craving for snacks with something to drink - like water or tea - is a great way to give you something to do with your hands, while enjoying a zero calorie beverage at the same time! These simple guidelines will definitely keep you moving on The PATH to lower weight over the holidays.

Dr. Will Clower is the award-winning author of The Fat Fallacy and founder of The PATH Curriculum, The PATH Online, and Newsletter.

The PATH: America's weight solution.

Dr. Clower can be reached on his website

Tired Of Getting Overloaded With Advertising Mailers In Your Mailbox?

By Nocita Carter

I'm sure the answer you have to this question is probably yes. You feel like your home mail box has been invaded on a daily basis with lots of unwanted mail you just can't seem to stop! It just keeps piling up in your mail box.

You say to yourself, I've been able to stop lots of the junk mail coming to my email address because of the anti-spam policy on the internet, but, that does not affect the mail coming to my home. It's almost like the junk mail you were getting on the internet is now coming to your home mailbox. And lets not forget that if you've placed your telephone number on the do not call list, that this may have upset some of the companies that are trying to market to you. So, it appears that the new tactic of the current day is to pile it on in your home mailbox.

Do you find yourself going through tons of mail on a weekly basis and using your shredder like your life depended on it? What about when you're looking to find your important mail and you're having to carefully sift through the junk mail so you don't accidentally trash that check you've been waiting for! Doesn't that irritate you that your mailbox is being invaded with advertising mailers that you haven't asked for? You even try to call your post office to find out what you can do. You find out there's really

nothing you can do but accept all of the junk mail that piles up in your mailbox until you sort through it!

And by the way, if you plan on going on vacation or out of town for more than a week, you better make sure you either contact the post office to hold your mail or have a humongous mailbox to hold all of the mail you'll be receiving while you're gone. You probably already know that the majority of the mail you'll have when you come back from vacation, is mail from advertisers that you probably don't want.

What can I do to reduce or eliminate the amount of junk mail I am receiving in my home mailbox? Well, there are a few things you can do to reduce the amount of junk mail you receive at home. Just keep in mind that you'll probably receive some junk mail, but, not as much as you have been. You may want to consider doing the following:

1) Send a letter to the following company to request that your name and address listed on all mailing lists and databases be removed: Direct Marketing, P.O. Box 643, Carmel, NY. 10512-0643. This should stop some of the advertising mailers you receive for at least five years. After that, you'll probably want to send them another letter requesting the same as you have before.

2) Consider sending letters to the advertisers directly which are sending you the mailings and request to have your name and address removed from their mailing lists. The members of your household may want to do this as well if they are receiving unwanted mail.

This information should assist you with reducing the amount of unwanted mail you receive in your mailbox. Hopefully, you'll eventually be able to go to your mailbox and actually get to the real mail that you've been waiting for, without having to sift through tons of mail that you don't want. You'll be happier when you can do this. I know I am!

Nocita Carter is a writer and web designer of websites that provide informative tips on various subject matter including personal finance tips at;

tips at

& ebooks at

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