

Tips for Treating PJD

It doesn't matter if you're male or female, black or white, old or young; Post January Depression (PJD) can happen to anyone. PJD is often triggered by the guilt of breaking your cliché but obligatory New Year's resolution to abstain from the belt busting fare of the holidays and utilize that medicine ball as more than just a foot rest. You did really well for the first month or two; so well, in fact, that you feel entitled to fudge a little bit on your diet. It starts with a Jr. Whopper at Burger King, then it progresses to a steak dinner and blooming onion at your favorite restaurant; next thing you know you're on your couch surrounded by candy wrappers, an empty ice cream bowl, and bag of potato chips. How did this happen? You feel extremely disappointed and make a promise to yourself that this will not happen next year when you make your resolution.

I come bearing good news! You don't have to wait until next year to get back on the healthy living wagon. There is no better time than now to get fit. Rather than beating yourself up for backsliding in your diet endeavor, celebrate the progress you made, and jump right back on that proverbial horse. One of the ultimate paradigms in healthy eating is:

It's not a "diet". It's a lifestyle.

The word "diet" comes loaded with certain assumptions that could negatively impact your stick-to-itiveness. First of all, it comes with the supposition that it is a temporary break from your normal eating habits. The second problem is the word "diet" is synonymous with self-deprivation. Rather than "go on a diet", make small healthy changes in your lifestyle. Here are some examples of those minute changes that will improve your health without completely altering your daily routine.

- **Eat the right kinds of fat.** It doesn't require all new recipes to simply switch out the types of oils you use in cooking. Palm oil and coconut oil consist of medium-chain fatty acids, which are easier to burn. Make sure you use extra-virgin and certified organic to avoid the less healthy, processed versions. More and more literature is coming out about the link between hydrogenated vegetable oils and heart disease. You can find scientific studies in the "Essentials" section and purchase these oils right on our website at www.SouthPacificTrading.com.
- **Eat low calorie appetizers** such as clear, water based soups (sorry creamy broccoli and cheddar won't cut it), or salads with low calorie dressing or vinaigrette. Studies have shown that, on average, people who eat low cal appetizers before their meals tend to eat less during their meal.

- **Take preventative measures.** Make sure you don't find yourself wandering back to the refrigerator after you have finished your meals. For some, a simple sign on the fridge saying "Kitchen Closed" will work. Another great tip is to brush your teeth after every meal. With your mouth minty fresh, you will be less likely to dig into the sour cream and onion chips.
- **Eat snacks that require effort.** One of the biggest reasons Americans over eat is, we go so fast that our brain doesn't have time to give the "I'm full" signal to the body. When you have to shell a sunflower seed, or crack a crab leg, it slows you down, and gives your body time to realize that you don't need any more.
- **Keep hydrated.** Dehydration can easily be mistaken for hunger. You should drink at least 64 ounces of water a day. You will find that if you meet your daily requirement for fluid, the calories you consume will start to decrease.

Maintaining a healthy lifestyle is a marathon, not a sprint. Take it slow and make small changes. You will find that if you take it step by step, before you know it, you will meet your health goals, without feeling deprived and starved. Good luck and good health!