

COLLABORATIVE LIFE COACHING

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Dances with Food

Kevin Costner sang and danced around the fire to relieve loneliness and frustration in the epic movie *Dances with Wolves*. As the holidays approach with their delectable but not-so-healthy food displays, I would encourage you to look more deeply at your relationship with food and think about whether you "dance" with food.

The scientific objective of eating is to provide our bodies with a balance of nutrients for energy and maintenance. New research is clear that for lifetime weight control and wellness, dieting and deprivation is not the answer. Changing what we eat, and when we eat works much better, and is sustainable. We need to eat a variety of healthy foods, "super" foods included, and limit bad fats and refined starches. We need to eat more earlier in the day, and stop eating after 8:00 p.m.

In their best-selling book *Super Foods*, Steven Pratt, M.D., and Kathy Matthews list fourteen foods that provide the nutrients to prevent chronic diseases and obesity. These are: Beans, Blueberries, Broccoli, Oats, Oranges, Pumpkin, Salmon, Soy, Spinach, green or black Tea, Tomatoes, Turkey, Walnuts, and Yogurt. Their book goes on to explain the nutritional benefits of each, talk about related healthy foods, and give recipes. As you can see, Thanksgiving has potential! Turkey and pumpkin are already on the list. If we add side dishes of a raw spinach salad with tomatoes or oranges, yogurt with blueberries and walnuts on top, and wash it all down with green tea, we can both enjoy these foods and feel downright virtuous about our health.

I know... mashed potatoes with gravy, stuffing, pies, and beer aren't on the list. But why do we eat these instead? Are we "dancing" with grandma through mashed potatoes? Why do we do anything without thinking? As a coach, I would like you to consider whether you agree that unexamined habits lead us down a path to someone else's nightmare instead of the life we want with fun activity, good relationships, and pain-free, deep sleep.

I challenge you to cut back on junk and include two super foods in your diet every day this holiday week as a way to begin to change your life for the better. If you can do it this week, next week you can do it again! Don't wait to walk the path to wellness until "after the holidays."

To your wellness!

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