

161 fat-burning tricks

Health

Lose 10 lbs fast!

- >> no diets
- >> no hunger

Page 47

Natural cure for cramps

Page 142

GET A FLAT BELLY while you sleep

Stressed? 33 great new ways to relax

Just a mole... OR cancer?

Photos, page 86

Turn on your skinny gene

LUMPY BREASTS What's normal, what's NOT

Page 96

#1 secret to gorgeous skin

Lose 10 lbs fast! No diets, no hunger • #1 secret to gorgeous skin

July/August 2008

\$3.99US \$5.50CAN



Health.com
July/August 2008

Your think-it-off guide

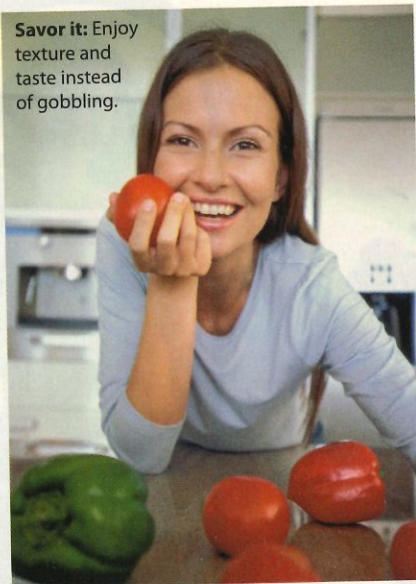
"Eating can be an automatic behavior, almost like brushing your teeth or tying your shoes, so it's important to focus all of your attention on it" instead of just gobbling, says Susan Albers, PsyD, an Ohio-based clinical psychologist and mindful-eating expert. First, before you even pick up that chip, slow down and ask yourself these six questions.

Are you really hungry? Figure out if your craving is from the neck-up or shoulders-down, Albers says. In other words, is it emotionally-driven or true hunger? Do you obsess over chocolate all afternoon or seek comfort in a pint of Chubby Hubby? Distract yourself from emotional eating by calling a friend or polishing your nails. If you hear your stomach rumbling or feel low on energy, then that's actual hunger, so dig in. See "The Hunger Meter," page 51, and use it to stop automatic munching.

Do you spend at least 20 minutes on every meal? That's the amount of time it takes for your brain to recognize satiety, says George Blackburn, MD, PhD, associate director of the Division

of Nutrition at Harvard University Medical School and author of *Break Through Your Set Point: How to Finally Lose the Weight You Want and Keep It Off*. Most of us wolf down our food faster than that and keep on eating, because we can't tell how full we actually are. The more slowly you eat, the more you'll enjoy your food, and the more satisfied you'll feel.

Savor it: Enjoy texture and taste instead of gobbling.



Do you use all of your senses when you eat? Mindful eating means being fully aware of a food's tastes and textures—even the sounds around you—to help you naturally slow down and

(Continues on page 51)

No more dieting!



▲▲ Lost 100 pounds

Heidi Bylsma, 46, Cool, California

Heidi Bylsma used to swing between hiding behind an overweight body and extreme overexercising and dieting. A stint at Weight Watchers left her thinner but feeling obsessed with food and her body. "I'd lose weight but the problems would still be there," she says. When a friend introduced her to the mindful-eating-centered, faith-based plan Thin Within, Bylsma realized she could ask herself, "Am I physically hungry?" If the answer was no, the question became, "What am I looking to food to do for me right now?" Bylsma began heeding her body's hunger signals—and she lost weight. Now, at 150 pounds from a high of 250, she says, "I feel free. I could never go back to weighing food."

Her slimming secret? Slow down and enjoy!



<<< Lost 50 pounds

Shira Miller, 41, Atlanta

When Shira Miller began listening to her body's hunger cues more than 15 years ago, there was no official name for "intuitive eating." But she used key principles, such as savoring each bite of her beloved carrot cake, to drop pounds. "Instead of eating a whole piece in three chunks, I'd taste the frosting first and enjoy it like someone might enjoy a glass of wine." She also kept a food-and-mood diary to track emotional eating patterns and started working out three times a week. "The more I pay attention to my food—such as not rushing through lunch at my desk or not eating dinner in front of the TV—the better I can maintain my weight," Miller says. "It's sort of like taking my time to honor the process of dining."