



Greetings from 2GH

Greetings from Charles and Sheril Burrage. From our family to yours, we wish you a happy and healthy Thanksgiving holiday.

With the holidays upon us, one of the questions we have been getting a lot is “do you have any ideas or tips for how we can maintain or not gain weight during the holidays.”

Our answer is “YES.” There are many ways that you can stay healthy during the holidays and still enjoy festive foods.

So, if you didn’t get a chance to read the following article in the Barrow County News, or attend our Happy, Healthy Holidays program at the Winder Library, we have reprinted the article and information here. Back by popular demand is “*Happy, Healthy Holidays.*”

The Happy, Healthy Holidays article outlines

Feature Article – Happy, Healthy Holidays

By Charles W. Burrage, Jr. and Sheril Burrage

Ah, Thanksgiving is around the corner. All the family and friends, giving thanks, and ...the food. THE FOOD.

How many times have you regretted eating too much during Thanksgiving dinner? I know I have. You know the feeling. You sit down at the table, enjoy all the mouthwatering foods made by generations of family members, and you feel fine, happy, even content. But, then as soon as you stand up from the table, all the food you ate “hits bottom” like a ton of bricks. And that same guilty feeling comes over you. The same feeling that snuck up on you last year. That feeling that echoes in your head saying, “Oh no. I did it again. I ate too much.”

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practical steps you can take to maintain your weight by minimizing fat intake during the holidays. A little something extra is on the last page—tasty, healthy vegetable recipes and cooking tips to consider as you prepare your Thanksgiving feast. Check it out!

We hope that this Thanksgiving is a blessed one for you and your family. We wish you good health this Thanksgiving and your whole life long. Blessings!



Well, let’s make this year different. Let us help you to have a happy, healthy Thanksgiving holiday. There is much advice that I can offer you this Thanksgiving on how not to gain weight. So, I chose to talk about fat cells. The more we understand about them, the more able we are to make conscious decisions to fight against them and maintain our weight this holiday season. So, let’s talk about fat cells. What they are, what they do, and how not to help them.

Eating to maintain and/or lose weight is not so much about what we eat, but rather, how much and how often we eat. In order to be successful, we can’t feed our fat cells; we need to turn them off. But where do our fat cells come from?

Please see *Holidays* on page



Calling All Coaches!!



Sports Team Training Available!

2GH offers Team Training in the comfort of your own facility for as little as

\$6.50* per athlete per 1-hour session

Training Sessions Can Include:

- ✓ Speed Training
- ✓ Agility Training
- ✓ Core Training
- ✓ Strength Training

CALL NOW to schedule your team!

770-881-7733

*Hourly rate is based on an estimated 20 athletes.

The Doctor Speaks

2 Good Health will be conducting free Nutrition Education sessions to help you start off the New Year.

Come learn how you can optimize your daily nutrition. If you've ever asked the question: "Is it important for me to take dietary supplements?" Or, "What are the benefits of nutritional supplementation?" Come get all your questions answered...And much more.

Mark your calendars and come join us at these locations:

"5 Steps to Optimal Nutrition"

Jefferson Library

Tuesday, January 13 at 5:30 pm

AND

Auburn Library

Monday, January 19, at 6:00pm

January is Health month at WIMO Radio (1300AM)
Tune in to the Dottie Coffman Show as Charles and Sheril discuss health and wellness.

Friday, January 30 at 10:45am

Nutritional Nuggets

Do you suffer from indigestion? Heartburn? Lactose intolerance? Does thinking about Thanksgiving dinner scare your tummy?

If you answered "YES" to any of these, then you may benefit from supplementing digestive enzymes with your meals.

Supplementing digestive enzymes replenishes the enzymes that our body creates that are necessary for proper digestion and nutrient utilization of foods you eat.

Many different enzymes are needed to digest carbohydrates, proteins, and fats. And they are all in *Digest-A-Meal* (Infinity2 Health Sciences).

To learn more about this all natural, whole-food digestive supplement, contact us at 770-881-7733 or view detailed product information at <http://www.infinity2.com/2goodhealth>.

It's not too late to have *Digest-A-Meal* at your Thanksgiving table.

Friends of 2 Good Health



This "Friends" section is a little different this month. We want to take this time and devote this space to honor our friend, Vince Heard.

Please join us in saying a big

CONGRATULATIONS!

Vince won the 1st place Men's Masters Award at the November 1st SNBF Professional Bodybuilders' competition.

Great Job Vince. You deserve it!

(view photos on the SNBF website at www.snbfc.com)

Holidays

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The average person will have developed 6 billion fat cells as they enter adulthood. The job of those fat cells is to store fat to help with Body Temperature Regulation, to store certain vitamins (fat-soluble vitamins), and to use as an energy source. Each fat cell has a significant storage capacity. Collectively, we have the potential to fill those fat cells “to the brim”—not a good thing.

So, let’s say that your body is like a fire place (nice winter analogy here for those of us who live in cold states). How do you keep a fire burning? You add more logs to it. This is where so many people get “tripped up” in their nutrition intake or dieting. You must add fuel (in this case, logs) to the fire to keep it burning. Likewise with your body. You must add fuel (food) to keep that fat burning process (metabolism) burning longer and hotter. So don’t deprive yourself of other food because you know that the big family dinner is coming. Likewise, don’t skip meals after your Thanksgiving dinner to “make up” for what you ate at the dinner table. Instead, here are some practical steps that you can take to increase fat cell burn and decrease fat cell storage.

1. **Eat breakfast.** Eating breakfast increases your metabolism. Remember, your metabolism is always working day and night, slowing down during the night. So, eating breakfast helps to tell your body “I’m awake” and “you need to get working this morning”. So, skipping breakfast while waiting for that big turkey dinner may not be the best idea. Instead, try having a small breakfast, just enough to get that body going and be full until snack time. Forget that Denny’s Grand Slam.
2. **Eat your largest meal earlier in the day (i.e., lunch).** Most families already do this on Thanksgiving day—the early dinner around 2 or 3pm. That’s great because our body’s ability to burn fat is greater during daylight hours (when you are moving more and haven’t begun to slow down).
3. **AVOID skipping meals,** especially lunch. Your fat cells like when you skip a meal because it puts them in charge. They are in charge of your survival process and will start storing fat, as opposed to burning fat the next time you eat.

4. **AVOID overeating.** O.k., this is the big one for Thanksgiving Day. Some tips to help with this are to drink a glass of water before each meal or you can use this hunger scale¹ to help you better determine when it is time to eat or stop eating.

1. You feel weak and light-headed — Your stomach acid is churning.
2. Very uncomfortable — You feel irritable and unable to concentrate
3. Uncomfortable — Your stomach is rumbling
4. Slightly uncomfortable — Your just beginning to feel hungry
5. Comfortable — You’re neither hunger nor full
6. Perfectly comfortable — You feel satisfied
7. Full — A little bit uncomfortable
8. Uncomfortably full — You feel bloated
9. Very Uncomfortably full — You need to loosen some clothing
10. Stuffed — You are so full you feel nauseous

When eating, you should put your fork down at step 5 (for weight loss) or 6 (to maintain weight). You should eat only at step 4, 3, 2, or 1.

5. **Eat smaller meals more frequently.** Instead of eating that really big meal with turkey, stuffing, and the works, try to eat less. Then eat a little more in 3 hours or so.
6. **Reduce the amount of fat in your diet.** We should only be consuming 30% or less of our daily calories from fat. To help decrease the fat in our diets we can add some more fruits and vegetables to our holiday table. See below for some ideas for healthier side dishes.
7. **Set a “stop eating” time.** Try not to eat beyond 8pm (or 3 hours prior to bed time). If you do eat at night, it should be a small, low calorie, low fat snack (e.g., rice cake, fruit, or pretzels). Say no to the cold turkey sandwich at midnight.
8. **Finally, eat more slowly.** Eating slowly allows your other senses to more fully enjoy your food. Look at the colors and textures, smell the aromas, then taste the flavors. Take your time to chew, chew, chew and really enjoy your food.

Have a happy, healthy, and safe Thanksgiving!

Tasty Nutritious Holiday Side Dishes

Walnut Winter Squash (Acorn Squash)

1. Cut the acorn squash in half and seed it
2. Place 1-2 Tb chopped walnuts inside each hollowed half
3. Season to taste with cinnamon
4. Place about 1 Tb of butter on top of walnuts & cinnamon
5. Steam to desired tenderness
6. Scoop, eat, enjoy



Thanksgiving Cabbage (green)

This is one of the simplest, tastiest veggies you can put on your Thanksgiving table.



1. Chop cabbage into bit-sized pieces
2. Season to taste
3. Steam to desired tenderness
4. Serve, eat, enjoy
5. Tip: If you want to add a different flavor to the cabbage without adding fat, place a little sesame oil or soy sauce into your steaming water before steaming cabbage. The cabbage will get the subtle flavor and not the fat.

Baked Garnet Yams

Try this simple recipe as an alternative to sweet potato casserole or candied yams

1. Purchase garnet yams (these yams have a deep brownish-red color)
2. Bake yams (uncut) at 400 to desired softness
3. Slice each yam and place a small pat of butter
4. Add cinnamon, brown sugar, and/or raisins to taste



Healthy Holiday Cooking Tips

Tip for Stuffing

Use chicken broth instead of butter or cream of chick soup, cream of celery soup, cream of mushroom soup...you get the idea. Also add more veggies for natural flavoring (chopped onion, red pepper, celery, even raisins)

Tip for Sweet Potato Casserole

Bake potatoes instead of boiling, then scoop them out, mash and continue with baking your casserole. Baking leaves in a lot more of the nutrition of the potatoes.

Tip for cakes and muffins

Replace ½ of the oil with natural apple sauce; e.g., if your recipe calls for ½ cup of oil, use ¼ cup of oil and ¼ cup of applesauce.