

Hello.....

Another Halloween is here, with all the candy (and calories!) that are not on program. Never fear, coping skills are here!!! Just have a strategy plan!

Try keeping sugar-free candy near you. If the urge to raid the candy dish sets in, just try a delicious sugar-free candy to feed the need for a treat. Creme savers are really good, and there are toffee flavors, too. Remember to count them in as condiments!

Stay on schedule with the meals. Often we get busy or distracted, and miss meals. This will actually SLOW your weight loss and set up up to overeat later!

Try the chocolate varieties of Medifast products to satisfy the chocoholic that lurks within! Hot Cocoa, Dutch Chocolate, Chocolate pudding, and Swiss Mocha... I could eat chocolate ALL day!! ...Oh, yeah....sometimes I DO!

Try a warm cup of bouillon if the hunger hits, and it is not time to eat. Very satisfying.

Remember the snack. Often the crunch of the celery, or the saltiness of the cucumber is just what you need.

Even with the cooler weather, remember to drink LOTS of water. The more, the better. At LEAST 64oz per day.

Attached is a wonderful chicken recipe to use as a "lean". Let me know if you have any problems with opening it.

This is YOUR journey to health and wellness, and I am here to help in any I can. I am always available by phone (503) 812-5877 or email. It is my greatest joy to help others.

Yours in Health-

Joanne, YOUR Health Coach