

Healthy Living

How To Deal With Stress Eating

(NAPSA)—You can eat right even when things go wrong. Stressful times often create cravings for comfort foods and many people adopt a “what-the-heck” attitude. Fatty snacks may bring temporary comfort, but there are healthier ways to deal with these cravings.

The real basis behind the cravings is that you may not be eating right—instead, you’re eating processed foods, fast foods leading to nutritional deficiencies. The cravings are your body’s signal, but humans are not fine-tuned enough to know exactly what vitamins and minerals you need. So you may try to satisfy the craving with convenient foods and foods that you’ve been programmed to eat.

Jamie McManus, M.D., member of the Herbalife Medical Advisory Board, suggests healthier ways to deal with comfort and stress eating:

1. Even if you overeat at night, don’t skip breakfast—You wake up in disbelief that you ate so much the night before. While you may think that skipping breakfast is a way to avoid more calories, the opposite is true—start your day off with a healthy breakfast and eat small frequent meals throughout the day. Not eating breakfast tends to lead to overeating and more difficulty in controlling weight.

2. Don’t focus on the negative—You may not be having the best day, on any particular day, but always focus on the positive. Look for the silver lining—it is almost always there. Make sure you’re not using this as an excuse to overeat.

3. Take vitamins on a regular basis—Much research has been



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done on feeding the human body at the cellular level. Give yourself nutritional assurance that at least you’re getting the minimum amounts of vitamins and minerals you need. Taking a multivitamin can also help in reducing cravings.

4. Make sure you hydrate—The part of our brain that senses hunger is right next to the part that senses thirst. So drink water, and your hunger will often subside within 10 to 20 minutes.

5. Try eating smaller portions—You can always eat just half of the ice cream and finish it the next day.

6. Exercise is a great stress reducer—It provides an outlet for pent-up emotions and stimulates the release of endorphins that can minimize the body’s response to stress.

Keep these tips in mind and you may find yourself in a healthier body, even in tough times.

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