

November 27, 2015

Dear friends, family, colleagues, and clients,

Sometime in the first quarter of 2016, *Health Matters* will be available for purchase. This is book number five for me, and each one is a labor of love. I keep learning, so I must keep sharing!

At the time I am sending this to you it is the day after Thanksgiving. It will become apparent to you why I chose to share this particular chapter at this time of year.

To be sure you know about the release of *Health Matters*, please join my online community by following the prompts at www.RosieBank.com/FreeEBook

Holiday love, health, and abundance to you and your loved ones.

Rosie

www.GetYourBodyToLoveYouBack.com

Excerpt *Health Matters*:
52 Weeks to Get Your Body to Love You Back

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Week # 27
How to Eat Wedding Cake

“Cut my pie into four pieces. I don’t think I could eat eight.”

Yogi Berra

You are half-way through your *year of transformation*. Please share at www.Facebook.com/GetYourBodyToLoveYouBack what you are enjoying most about your journey so far. I am certain that others will be inspired by what you write, and so will I. You will learn from others as well.

This week is going to be tons of fun. I remember many years ago being at the wedding of my friends Michael and Susan. They served a delicious poppy seed cake

and I enjoyed every morsel of the small piece that was served to me. Someone walked by me and said, “Isn’t that junk food?” My mouth was full, so I couldn’t respond. But I thought, “No! It is nectar from the Gods!”

Let’s explore how, when, and if you can eat wedding cake (or birthday cake, or a graduation cake, or some celebratory special occasion item) without falling off the rails of your commitment to get-and-stay healthy.

If you are going to a wedding, and you want to celebrate with the bride and groom, it is prudent and useful to be mindful the week before to power down on the excess carbs and quantity of food that you consume and power up the exercise in preparation of a celebration. Think and plan ahead. Why not bolster up your cellular health in advance so that a yummy piece of cake will be less of an impact on your body? This is similar to trimming down before going on vacation. It’s like getting a running start. Giving your body a winning edge is how health advocates and practitioners think.

It is not a rule of *Health Matters* that you are never to eat wedding cake. By now you have learned to never pig out. It’s good to have some rules-to-live-and-eat-by, and not stuffing yourself is a good one. Besides which, you now know that you feel really crummy if you do over indulge and wish that you hadn’t, which is why you choose not to do it anymore.

Back to wedding cake. Assuming you have gone through the buffet, made good choices, had plenty of beautiful veggies on your plate, and you have ***saved room*** for some dessert, this too will have less negative impact on your body. Eating an excess of food, *plus* dessert adds up differently than a reasonable amount of food plus a modest piece of cake. This is what this book is all about, namely tricks of the trade so you can feel relaxed and confident around food. I promised to teach you to *go sane* around food.

Speaking of the size of your cake, remind yourself that just because you have chosen to enjoy one piece of wedding cake, this does not mean that you now throw caution to the wind and say “screw it” to all of the good habits you have been developing over the last four months. This is called “fat machinery”. It is the self-talk that undermines your best intentions and leads you to making poor choices. Be vigilant to keep that particular demon as far away from your thought process as possible.

Imagine you are at a feast, like a wedding. Stay in touch with how you feel. Become aware of your pants, skirt, or dress around your waist throughout the meal and when you make your dessert selection. Ideally, if you do choose to have a piece of cake, make sure that you are still comfortable in your clothing even after you eat it. Sensing your breathing helps considerably as well. One thing to avoid is overfilling your stomach so that your lungs feel squished when you want to take a deep breath. More about breathing in future weeks, but this is a useful preview as we are discussing dessert.

Here is an advance technique, which relates to the preceding paragraph. Remind yourself that a piece of wedding cake is a decadent treat. It is an *exception*, and you may choose it with awareness. When you eat it mindfully, staying present with and putting your fork down between bites, you can steer yourself away from thinking about going back to the table for more sweet items. A piece of cake need not become an excuse for cookies, ice cream, and other ancillary desserts. Do what my clients tell me they love to do: stay in control.

Maybe in the past, eating dessert became an avalanche of sugary intoxication. I vividly recall feeling like I was on a runaway train and I had no control. For you, as it was for me, this is more of a problem than a relatively innocuous occasional small piece of a dessert once in a while. It is important that you understand the difference and make decisions accordingly.

PLAN AHEAD

Just as you planned for the “before” phase of enjoying a special occasion treat, you can make adjustments in the post-phase as well. I call this the Thanksgiving Technique. Or in this case, the Wedding Cake Technique. If you ate food that is not typical in your food plan, simply start the next day fresh. No beating yourself up, no shame or blame. No sliding down the hill losing control. Remember, you planned for this. Move forward with your plan. Personally, I use a meal replacement shake a couple of days following some celebratory eating, and it works like a charm. It’s not a diet. It’s an *adjustment*. (See resource section for my recommendation of products you can use in this way.)

Earlier this year I went to Baltimore for my family’s annual Seder dinner, which is also called Passover. It is held at the local country club and the food is spectacular.

Right on schedule, following dinner, the dessert table was presented. Like every year, it was piled with fancy, gourmet concoctions. That particular night, all I could see was sugar. It appeared arranged in different shapes with additional flavors like chocolate, coconut, and fruit. I passed on dessert, feeling like I was saying “*No, thank you*” to a plate of sugar.

Before you think I am boasting, I assure you that on other occasions I may have reached for the richest and most decadent chocolate goody that was offered. And I will likely do exactly that in the future. My point for you, is that it is also possible to say “*No, thank you*” when dessert is offered. Frankly, when I do, especially when there is an excess, I am pleased with my decision. I am never, ever sorry when I pass on dessert. I suspect that your experience might be the same. If you choose to decline when dessert is served, you will never wish that you had eaten something once the meal is in the past.

Imagine coming home from a wedding or a celebration during which you chose to pass on dessert. Like I wrote, I doubt you will ever wish you *had* eaten something, after the fact. Your decision has a lasting benefit. It is astonishing how this works. Compare that to the feeling of wishing you *hadn't* eaten something.

EAT ALL YOU WANT

I remember when I was struggling with my weight I could not possibly understand that some slender people said that they could eat anything they wanted. Honestly, that blew my mind. It seemed either impossible, or perhaps they were lying, or maybe I just got a really bad deal in the metabolism and weight-control department.

At the time, if I ate anything I wanted, I would be the size of a baby elephant, with the health of a patient in ICU fighting for her life. I longed to experience the reality that people described who made this process sound easy, effortless in fact. At the time, I was able to grasp this just about as much if you told me that dogs can fly.

Looking back, it is astonishing how indescribably difficult this was for me *then*, and how effortless it is *now*. What I learned is that *healthy and lean people typically do not want to eat enough food to make them fat*. It is all about perception.

Imagine looking at a piece of pie, an example I'll use since last night was Thanksgiving. If your desires start to go out of control and you have this huge

craving for big pieces (plural) of pie, then you will be at risk to put the pounds on and to feel crummy afterward. Or, you might feel like you have to force yourself, to limit yourself, to deprive yourself to “only” have a slender piece. Personally, I think that takes the enjoyment out of a piece of pie if while you are eating it, you are experiencing insufficiency, rather than pleasure.

As an alternative, with practice, you can adjust your perceptions of what constitutes a serving size. You have probably read about using smaller plates, and this does really help. And there is more to this which I consider transformational. When you are calm, when your choices are aligned with how you want to look and feel, and once you have really connected with your PM, the desire to overeat drops away.

We have been together approximately seven to eight weeks, depending on your pace for going through the lessons. This is a marvelous time for me to share this gift of a treasure with you. If you are one of those people who struggles with quantity, this one is for you. How do you do it? One bite at a time. One plate and one meal at a time. One intention at a time. One series of deep breaths and relaxation at a time.

Do you need to become a master at quantity and portion selection immediately? By now you should realize that the approach in *Health Matters* is far more compassionate than that. Start from where you are and move forward in a positive direction.

Whether you select wedding cake or choose to pass, you will be okay either way. Be conscious, enjoy the celebration, and remember to lead yourself back on the Stay Healthy Super Highway lovingly and consistently.