

The Healthy Weigh

Jan/Feb 2003

Caryn Honig RD LD, Ronda Eisenbrook RD LD, Jennifer Lindsay MS RD LD,
www.thehealthyweighonline.com

Alcohol: To Drink or Not to Drink?

By Caryn Honig RD LD

"Until you make peace with who you are, you'll never be content with what you have."

Doris Mortman

"Don't compromise yourself. You are all you've got."

Janis Joplin

"But to look back all the time is boring. Excitement lies in tomorrow."

Natalia Makarova

"Kind words can be short and easy to speak, but their echoes are truly endless."

Mother Teresa

"It's better to have a rich soul than to be rich."

Olga Korbut

"When I look in the future, it's so bright it burns my eyes."

Oprah Winfrey

"It's never too late to be what you might have been."

George Eliot

THE HEALTHY
WEIGH
713-622-6422

Alcohol is everywhere: in the aisles of grocery and convenience stores, in restaurants and bars, and at parties and social events. Alcoholic beverages have been used for various reasons by many societies throughout human history. Alcohol is a controversial topic. Some say alcohol is bad for you and should not be consumed. Others say alcohol has health benefits and can prevent heart disease. So, what is the truth?

There are many negative effects of alcohol. Alcohol supplies calories, but very few nutrients. The extra calories in alcohol can cause weight gain, which can lead to medical problems. Heavy drinkers are at risk of malnutrition because alcohol contains calories that may substitute for those in more nutritious foods.

Alcohol has a diuretic effect, which can put individuals at a greater risk of dehydration. Muscles cannot contract properly without certain valuable electrolytes including magnesium, calcium, and potassium. These electrolytes can be lost because of alcohol's diuretic effect.

High levels of alcohol raises the risk of high blood pressure,

stroke, heart disease, certain cancers, accidents, violence, suicides, birth defects, and overall mortality. Furthermore, too much alcohol may cause cirrhosis of the liver, inflammation of the pancreas, and damage to the brain and heart.

Even small amounts of alcohol rob the body of B-vitamins and minerals (such as zinc) that are essential for converting food to energy. Finally, alcohol increases the level of lactic acid, a chemical present in body tissue. Too much lactic acid can lead to muscle fatigue and cramps. Alcohol use increases the chances of suffering from muscle cramps.

On the other hand, the United States Department of Agriculture Dietary Guidelines for Americans acknowledges some health benefits of moderate alcohol intake. The American Heart Association agrees and recommends, "if you drink alcohol, do so in moderation."

Please note that **moderation** is the key word here. Moderation is defined as no more than one drink per day for women and no more than two drinks per day for men. One drink is equivalent to: 12 ounces of regular beer (150 calories)

5 ounces of wine (100 calories)

1.5 ounces of 80-proof distilled spirits (100 calories)

1.0 ounce of 100-proof distilled spirits (100 calories)

Over the past several years, many studies have been published about how drinking alcoholic beverages can have positive health effects. Red wine, for example, contains flavonoids and other antioxidants, which can reduce the risk of heart disease. The best-known positive effect of alcohol is that it has been shown to increase the HDL (the good or "happy") cholesterol, which also reduces the risk for heart disease. Alcohol may also prevent platelets in the blood from sticking together, which may reduce clot formation and reduce the risk of heart attack or stroke. *Note: aspirin may help reduce blood clotting in a similar way. The U.S. Food and Drug Administration warn that people who take aspirin regularly should not drink alcohol. Always check with your physician before taking any medication.*

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Binge drinking, or downing at least five alcoholic drinks on one occasion, has become increasingly common among United States adults since the early 1990s. According to the US Centers for Disease Control and Prevention (CDC) in Atlanta, Georgia, the number of binge drinking episodes per year has increased by 300 million since 1993. There were 35% more binge-drinking episodes each year between 1995 and 2001.

According to the CDC, the majority of binge drinkers are men. Furthermore, binge drinkers are 14 times more likely to drive intoxicated than non-binge drinkers. Other dangers linked to binge drinking include injuries, car accidents, physical and sexual abuse.

Some people should **not** drink alcoholic beverages at all. These include:

- * Children and adolescents.
- * Individuals of any age who cannot control their drinking to moderate levels. This is a special concern for recovering alcoholics and people whose family members have alcohol problems.
- * Women who are trying to conceive or who are pregnant. Major birth defects, including fetal alcohol syndrome, have been attributed to heavy drinking by the mother while pregnant. While there is no conclusive evidence that an occasional drink is harmful to the fetus or to the pregnant woman, a safe level of alcohol intake during pregnancy has not been established.
- * Individuals who plan to drive or take part in activities that require attention or skill. Most people retain some alcohol in the blood for two to three hours after a single drink.
- * Individuals using prescription and over-the-counter medications. Alcohol may alter the effectiveness or toxicity of medicines. Also, some medications may increase blood alcohol levels or increase the adverse effect of alcohol on the brain.

The best advice to all people is that drinking alcohol is a big decision and huge responsibility that should be carefully thought out and planned. If you do decide to drink socially, then drink in moderation, with meals and with lots of water. And most important, be sure that the alcohol consumption does NOT put you or anyone else at risk.

***The Healthy Weigh & Associates Proudly
Announces The Addition Of
Tina Steiner, RMT***

Tina Steiner brings her sparkling personality and 11 years of massage therapy experience from Miami Beach, FL to The Healthy Weigh. She trained at the Florida Institute of Massage Therapy and has taken many additional courses to enhance her technique. Tina specializes in relaxation massage, neuromuscular massage, sports massage, aromatherapy, and Swedish massage to provide a nurturing, yet therapeutic, experience. Outside of work, Tina loves her dog, Taffy, an adorable Maltese-Poodle mix. She is also a big fan of the arts.

Tina is available by appointment only at The Healthy Weigh. To schedule an appointment, please call 713-622-6422.

***NEW SUPPORT GROUP
FOR OVEREATERS***

Who: Those suffering from overeating are encouraged to come for help and support

When: Tuesdays, 6:00-7:00 p.m.

Where: 2801 Bammel Lane

Call: Jennifer @ 713-622-6422

Cost: \$10.00 per session or \$65.00 for 8 sessions (pre-paid)

Space limited: 10 persons



**HAIR TODAY
GONE TOMORROW!**

Katie Glaves and Caryn Honig recently cut their long hair and donated their ponytails to Locks Of Love, a non-profit organization that provides hairpieces to financially disadvantaged children across the U.S. These children suffer from long-term medical hair loss from illnesses such as alopecia areata, which has no known cause or cure. Locks of Love uses donated hair to create high quality hair prosthetics. The prostheses help restore the children's self-esteem and their confidence and enables them to face the world and their peers.

Katie and Caryn donated more than 12 and 11 inches of hair, respectively. Barbara at Studio 21 on Richmond cut and styled both Katie and Caryn's hair. "Thank you for letting me be a part of this," she said after all was said and done.

For more information about donating your hair, please visit www.locksoflove.org or call Barbara at (713) 529-8890.





HEALTHY NEW YEAR RECIPES



Lite Potato Soup

Great for those cold Houston nights

Ingredients

- 8 cups reduced-sodium chicken stock
- 1/2 cup brandy
- 1 1/2 to 2 pounds new potatoes, peeled and quartered
- 4 shallots, peeled
- 6 cloves of garlic
- 2 tsp. dried thyme
- 1/2 tsp. dried rosemary
- 1 bay leaf
- 1/4 cup minced fresh parsley
- pepper to taste

Directions

1. In a large pot, combine all ingredients except parsley and pepper.
2. Bring to a boil, then turn down to medium heat.
3. Cook until the liquid is reduced to just covering the vegetables and the potatoes are very soft.
4. Remove and discard bay leaf and process mixture in a blender or food processor until smooth.
5. Season to taste with pepper.
6. Serve garnished with fresh parsley.

Zucchini Lasagna

Ingredients

- 1 medium onion, chopped
- 1 Tbs. vegetable oil
- 1 15-oz. can tomato sauce
- 1/2 tsp. oregano
- 1/4 tsp. basil
- pepper to taste
- 4 medium zucchinis (1/4 inch sliced lengthwise)
- 1/2 lb. cottage cheese
- 2 egg whites
- 2 Tbs. flour
- 1/2 pound low-fat mozzarella cheese
- cooking spray



Directions

1. Pre-heat oven to 350 degrees
2. Sauté onion in vegetable oil.
3. Add tomato sauce and seasonings.
4. Combine the cottage cheese and egg whites.
5. Arrange 1/2 the zucchini slices in bottom of dish which has been greased with cooking spray.
6. Sprinkle with 1 Tbs. flour.
7. Top with cottage cheese and 1/2 the tomato sauce. Repeat.
8. Sprinkle with mozzarella.
9. Bake for approximately 40 minutes.

TOO BUSY TO COOK?

TRY READY MEALS

(Healthy Meals for Busy Lifestyles)

For over 15 years, chef and personal trainer Devin Strahan has been preparing gourmet meals for his family and friends. He decided to turn his love of cooking into a business called Ready Meals USA. Ready meals are made with the health conscious person in mind. The meals are low in fat, nutritionally balanced, and high in flavor. Ready Meals USA is the perfect solution for busy professionals, fitness enthusiasts, and stay anyone who wants to eat healthy meals yet does not have the time or desire to cook them.

Devin offers meal management programs for individuals as well as group and corporate clients. He also provides catering services for dinner parties, meetings, and luncheons.

For more information, call Devin at 281-431-5973, or pick up a menu at The Healthy Weigh.

The Healthy Weigh

2801 Bammel Lane
Houston, Texas 77098

The Healthy Weigh

etceteras

EATING DISORDERS SUPPORT GROUP

Who: Those suffering from an eating disorder are encouraged to come for help and support.

1st timers: Please call for initial screening and to reserve a spot.

When: Mondays at 6:00 p.m.

Where: 2801 Bammel Lane

Call: Caryn or Ronda @ 713-622-6422

Cost: Free

***Note*:** Caryn is back to co-lead the group with Ronda for the next 16 weeks.

THE TIME HAS COME!

FRIDAY, FEBRUARY 28

7:30 a.m. – 5:00 p.m.

BEAUTIFUL ME!

EATING DISORDERS CONFERENCE

Radisson Hotel, Astrodome

Houston, Texas

Call 713-622-6422 for a brochure and more information.

CONGRATULATIONS TO ALL WHO RAN THE hp HOUSTON MARATHON, 1/2 MARATHON, AND 4-MILE RACE on Sunday, January 19.

THERAPEUTIC MASSAGE OFFERED AT THE HEALTHY WEIGH

Call Tina or Gladis
713-622-6422

10% DISCOUNT AT RUNSPORT FOR ALL HEALTHY WEIGH CLIENTS AND ASSOCIATES. Call (713) 524-6662.

THE HEALTHY WEIGH NOW ACCEPTS VISA, MASTERCARD, AND AMERICAN EXPRESS. Call 713-622-6422 for more details.

WHO WAS THAT MAN IN RED? Yes, it was Dr. Jon Divine, who posed as Santa Claus for The Healthy Weigh's holiday cards. Good job to those who guessed correctly. And, thank you, Dr. Divine, for being such a sport!



CONGRATULATIONS SHARON AND DARREN McLENDON ON THE BIRTH OF THEIR BABY BOY, CONNOR GREEN McLENDON. Connor was born on November 18, 2002 and weighed 8 lbs, 12 oz.

Caryn Honig's mother, Arleen Honig, has written her first novel, *Journey from Eastern Parkway*. Read an excerpt and order copies at www.xlibris.com/JourneyfromEasternParkway.html



BEAUTIFUL ME!
An Eating Disorders
Conference
Friday, February 28, 2002
7:30 a.m.—5:00 p.m.
The Radisson Hotel, Astrodome

- 7:30 - 8:30 a.m. *Registration & Continental Breakfast*
8:30 – 9:00 a.m. *History of Eating Disorders: From 1900 to present*
 Caryn Honig RD LD
9:00 – 10:00 a.m. *Beyond Normal: Etiology and Treatment of Eating Disorders*
 Cheryl Verlander, LMSW – ACP
10:00 – 11:00 a.m. *Medication and Medical Management of Eating Disorders*
 Jon Divine, MD, MS
11:00 – 11:15 a.m. *Break*
11:15 a.m.-12:15 p.m. *Beyond The Meal Plan: Teaching Patients To Eat **Normally** Again.*
 Caryn Honig RD LD
12:15 – 12:30 p.m. *Krav Maga Demonstration by Kicksport. Israeli self-defense. Learn how men and women can*
 defend them selves at any height or weight.
12:30 - 1:30 p.m. *Lunch Program*
1:30 – 2:30 p.m. *The Female Athlete Triad: How To Win The Battle*
 Catherine Kruppa MS RD LD
2:30 – 3:30 p.m. *Non-Traditional Approaches to Eating Disorder Therapy: Using Music,*
 Stories, Candles, Myths, And More To Assist With Recovery
 Ronda Elsenbrook RD LD
3:30 – 3:45 p.m. *Break*
3:45 – 4:30 p.m. *MY STORY! Stories from recovering anorexics and bulimics. Tips for*
 families and health care providers: what to say, what not to say, what helps,
 what hurts.
4:30 – 5:00 p.m. *Questions, answers, credits awarded to professionals.*



REGISTRATION FORM

NAME _____ **PROFESSION** _____

ADDRESS _____ **CITY** _____ **STATE** _____

ZIP CODE _____ **PHONE NUMBER** _____ **(W)** _____ **(H)** _____

I am paying for the following (please check):

Conference	_____ \$125.00
Student Price	_____ \$65.00
LMSW CEU Processing Fee	_____ \$5.00
Lunch Program (optional)	_____ \$15.00
<u>TOTAL</u>	_____

_____ **Check enclosed (payable to The Healthy Weigh)**

_____ **Please charge my MasterCard/Visa/American Express (circle one)**

Account Number _____ **Expiration Date** _____

Authorization Signature Required _____

Return registration form to: The Healthy Weigh, 2801 Bammel Lane, Houston, Texas 77098