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HAPPY NEW YEAR



From

Alliant

With the new year beginning we wanted to take a moment to pass along our appreciation for your business.



www.alliantservices.com

Keep your company informed with important health information!

This e-newsletter is designed to benefit you and your employees, so please feel free to forward it to family, friends and co-workers!

As always, we hope you enjoy this edition and would like to hear from you with any questions, concerns, or suggestions. Send us an email at news@alliantservices.com.

Top 10 Reasons Not to Diet

1. Diets don't work. Dieters don't lose weight in a lasting way.
Dieting causes short-term weight loss, continuing no more than six months, followed by weight regain. Often more weight is gained than was lost. (Studies show people who diet are more likely to become overweight than those who eat normally.)
2. Dieting can cause lasting injury and death.
Sudden death from heart arrhythmia or electrolyte imbalance is a real risk. Each year dieting is related to severe health damage and deaths in the United States.
3. Dieting disrupts normal body processes.
Rapid weight loss puts the body into a stressful, defensive state. The body tries to protect itself against weight loss by lowering metabolism, heart rate, temperature and sexual function. In addition, there is a drop in intellectual, emotional and social activity.
4. Dieting causes weight cycling (yo-yoing up and down).
Research shows higher death rates are associated with weight cycling.
5. Dieters often feel tired, lightheaded, and have difficulty concentrating.
They may lack essential nutrients, including high quality iron, zinc, protein and sufficient calories.
6. Dieting leads to binge eating, disordered and chaotic eating.
Dieting disrupts normal eating. Dieters override inner signals of hunger and satiety, so they may no longer know when they are hungry or when they are full, and eat accordingly.
7. Dieting is the primary precursor to eating disorders.
Many experts believe the increasingly high rate of eating disorders in the U.S. is due, at least in part, to the high percentage of people who are dieting and restricting food.
8. Dieting causes food preoccupation.
People who diet spend more time thinking about food and eating. This "drive to eat" when food is limited is believed to be a natural survival trait defending against starvation.
9. Dieting diminishes women, and increasingly men and children.
Dieting focuses attention on appearance, rather than self-worth, talent and personal fulfillment. And unfortunately, dieting mothers become role models for dieting children.
10. Dieters put their lives on hold, "waiting to be thin."
Instead of playing the anticipation game, accept yourself and others. You're okay, just as you are. Move on to healthy living – live actively, eat well, feel good about yourself – and let weight come off as a result, or not. You deserve the best, right now.



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Are you a normal eater?

Normal eating means having a healthy relationship with food. It is flexible and trusting. With normal eating patterns, we eat as do small children and babies, consuming food naturally when hungry and stopping when full, attuned to inner signals. Normal eating refers to eating behavior – *how* a person eats, not *what*. Typical emphasis today focuses only on *what* foods people eat. *How* we eat gets ignored, yet it is at the root of many eating and weight problems. Normalizing eating can improve life immeasurably for the chronic dieter or disordered eater and help them move on with their lives.

What is normal eating?

- A healthy relationship with food that is natural, trusting and flexible.
- Usually eating at regular times, typically three meals and one or two snacks to satisfy hunger.
- The amount eaten is regulated by inner signals of hunger and satiety. The normal eater is attuned to these signals, eating when hungry and stopping when full and satisfied.

How does normal eating promote good health?

- The basic purpose or function of eating is to satisfy hunger and nourish the body. Normal eating fulfills this purpose, and thus enhances our feelings of well-being. Afterward we feel good. At times we eat for pleasure, to satisfy appetite and for social reasons, trusting that that's okay, too.
- Normal eating promotes one's natural weight, weight stability, and helps prevent both eating and weight problems. It nourishes wellness, health and the growth and development of children.
- Normal eating furthers clear thinking, the ability to concentrate, mood stability, and healthy relationships. Thoughts of food and weight take up only a small part of the day.
- Normal eating – at meals – means food choices likely provide balance, variety and moderation, the principles of good nutrition. It means all foods can fit. There are no "bad" or feared foods.

How does dysfunctional eating differ?

- Dysfunctional (disordered) eating is chaotic (dieting, fasting, bingeing, skipping meals), or it can mean overeating or undereating much more or less than the body wants or needs.
- The disordered eater eats less for nourishment, and more for purposes of reshaping the body, for thinness, or to relieve anxiety and stress.
- Often eating causes distress. Afterward, instead of feeling better, the disordered eater may feel guilty, ashamed, uncomfortably full, or unsatisfied and fearful of bingeing.
- When food is restricted, thoughts of food, eating, hunger and weight often dominate waking hours.
- Because food is unsatisfying and may be limited, the dysfunctional eater often feels tired, irritable, unable to concentrate, and increasingly self-absorbed.

How can parents promote normal eating?

- Offer a variety of nutritious food at regular intervals – usually three meals and two or three snacks (for children).
- Help the child identify feelings of hunger and fullness.
 - The parent is responsible for *what, when, where* the family eats.
 - The child is responsible for *how much* and *whether* he or she eats.
- Set a good example of normal, diet-free eating and positive body image.

Message from Alliant—When you refer a friend or family member to us it's the most satisfying rewards in our business and you can rest assured that we'll offer the same level of service and personal touch you have come to expect from Alliant.