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Results Wellness Newsletter

Are You an Emotional Eater?

Have you ever reached for food for reasons other than hunger and nutriment? Have you ever opened the refrigerator door looking for a snack out of boredom? Do you celebrate by going out to dinner? Do you reach for food when you are stressed or anxious? Do you ever crave "comfort food"?



If you answered "yes" to any of the above questions then you are an emotional eater.

Think about this: When you were a baby and started crying your mother gave you a bottle. When you were a child and fell down, perhaps your mother gave you a cookie to ease the pain. When you finished the school year, your teacher threw a class party with all kinds of tasty treats. When your team won their ball game the coach took the team out for pizza. When you were promoted at work you were taken out for lunch. After a bad date

you grabbed the container of Haagen Daz.

As you can see, we are programmed from very early on to use food as reward and a pacifier to ease pain. This programming is rooted deep in our subconscious minds.

Can you reprogram your subconscious mind to remove negative habits?

The answer is "yes!"

The first thing to do is to identify the emotion. We can then work on replacing the negative response, eating, with a positive one. For example, if you typically reach for food as a reward, your new response might be to buy yourself a little gift. Another example, if you are a stress eater, meaning you reach for food when you are anxious or under pressure, you might benefit by learning to meditate.



Do you overeat when dining out with friends? Your new response might be to order something healthful on the menu and drink plenty of

water throughout the dining out experience. Pay attention more to the conversation. Enjoy and be grateful for the time you spend with your friends.

If you are a late night snacker perhaps you need to get to bed earlier????!

Next Step— Reprogramming the subconscious mind for success!

We can reach the subconscious mind, which is the most powerful part of your mind fairly easily with a little practice. One way is through meditation. By using my meditation technique you can remove unwanted habits and replace them with good habits. You can train your brain with these four objectives to reaching your healthful weight goal.

1. Give less importance to food as it relates to your feeling of well-being.
2. Build up your confidence and self-esteem so you can accept a slimmer self.
3. Increase the appeal of healthful food and drink.
4. Incorporate into your life new patterns of behavior in regard to times, places and



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Need help with nutrition or a fitness program? Would you like to Quit Smoking? Would you like to discuss how Hypnotherapy could help you?
Contact me for a **FREE** consultation in person, over the phone or video conference.

Blueberry Apricot Breakfast Bars

By Jessica Goldbogen Harlan **Makes:** 16 bars

Hands-on time: 15 minutes

Total time: 40 minutes

INGREDIENTS:

- Olive oil cooking spray
- 4 cups old-fashioned rolled oats
- 1 cup whole-wheat flour
- 1 tsp ground cinnamon
- 1 egg plus 3 egg whites
- 1 cup unsweetened applesauce
- 3 tbsp raw honey
- 1 tsp pure vanilla extract
- 1/3 cup chopped dried apricots
- 1/3 cup dried blueberries
- 1/4 cup dried cranberries
- 1/4 cup raw unsalted slivered almonds

INSTRUCTIONS:

1. Preheat oven to 350°F. Mist an 11 x 8-inch glass baking dish with cooking spray. In a large bowl, whisk oats, flour and cinnamon.
2. In a medium bowl, whisk egg and egg whites. Whisk in applesauce, honey and vanilla until smooth. With a rubber spatula, fold into flour mixture until no white streaks remain. Fold in apricots, blueberries and cranberries.
3. Transfer mixture to dish, spreading in an even layer. Sprinkle with almonds. Bake for 25 to 30 minutes, until a toothpick comes out clean when inserted in center. Let cool completely in dish. Slice into 16 bars.

Nutrients per serving (2 x 2 1/2-inch bar): Calories: 168, Total Fat: 2.5 g, Sat. Fat: 0 g, Carbs: 30 g, Fiber: 4 g, Sugars: 9 g, Protein: 6 g, Sodium: 16 mg, Cholesterol: 1 mg



Learn to Meditate

Find a quiet place where you can completely relax. Loosen any restrictive clothing and allow yourself to sit or lie in a comfortable position.

Begin by focusing your eyes upward above your line of sight. Take in a long, slow, deep breath. As you slowly exhale think “relax, relax within”. Another deep breath in and on the exhale repeat to yourself “relax, relax within”. Repeat approximately six more times.

Your eyes should start to become fatigued. Close them.

Imagine relaxation beginning in your toes. You may imagine it in the form of a color, such as a soothing aqua blue liquid. Allow that relaxation to spread upwards into your feet and ankles. Allow that feeling of relaxing to spread upward into your shins and calves, knees and hollow of your knees, your thighs and back of your thighs. Allow that relaxation, that soothing liquid to flow up into your abdomen, your chest, heart and lungs. Allow it to grow and spread upward throughout your body.

Next, imagine yourself in a special place of relaxation. We'll call it “your place.” It might be lying on a beach on a warm summer day, or relaxing in the country by a peaceful river or stream. You might prefer being in your backyard or garden or even in your home.

Now is the time to give yourself positive suggestions in the form of visualization or in a phrase such as : “I am in control of my life, food no longer controls me.” Or “I am calm, relaxed and in control.” Or “Each and every day in every way I am getting better and better.” Repeat the suggestion 6 times.

Count yourself up with 1-10 giving suggestions for wellbeing, energy, happiness. If it is your bedtime just drift off to sleep.

More News...

Learn How to Relax

Learning how to relax and make much needed time for yourself is a big component of dealing with stress. Relaxation techniques include: yoga, meditation, and deep breathing activate the body's relaxation response. When you do these activities regularly, these activities could lead to a reduction in your stress levels and boost your feelings of joy and serenity. This will also lead to the ability to stay calm under pressure.

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