



SPECIAL ISSUE

contents

VOLUME 8, ISSUE 1

FEATURES

12

Getting a Grip on Your Life

by Lee Kern, MSW, LCSW

A five-step life goals exercise to help you manage your time and feel more in control.

16

What to do About Comfort Eating

by Melissa McCreery, Ph.D., ACC

Don't let it sabotage your weight loss plan. Craft alternative comfort strategies to help you be effective with your healthy lifestyle choices.

18

The Value of Physical Activity in Fighting Chronic Health Conditions

by Tom Abshire

Reduce the risk of adverse health outcomes... see how the workplace plays a critical role in helping employees become more physically active and foster a healthy mindset.

20

Quantum Weight Loss

by Dr. Russ L'HommeDieu, DPT

Change your thoughts about perceived failures of the past by controlling your attitudes in the present.

24

Ending the Fear and Guilt Associated with Being Overweight

by Joseph J. Colella, MD

There is hope! There is a solution. The impossible dream of successful and sustained weight loss can be achieved.

40

How to get your vitamins? EAT THEM!

by Susan Maria Leach

Susan Maria reminds us that nothing fuels the body as effectively as beautiful whole foods.

46

Conquering Your Inner Critic

by Katie Jay, MSW

Learn to develop compassion for yourself and embrace the hope of lasting transformation.

56

I'm Afraid I Can't Stop!

by Beverley N. Mucciardi, LCSW, ACSW

A closer look at why some post-op bariatric patients develop transfer addictions.

60

Winning the Mind Games

by Teresa White

Healing addictions and nourishing the hunger of your inner child.



6

Understanding

by Liam J. Burns

Sarah

COVER: Sarah Ferguson, the Duchess of York, shares her inspiring journey to reinvention and healing. Having triumphed over divorce and near-bankruptcy in her quest for better health and happiness, she shares important lessons for long-term success. Read this inspiring story about how this mother, advocate, businesswoman, philanthropist and best-selling author has achieved peace through a better understanding of herself.

Cover photo courtesy of Bruno Vincent/Getty Images Entertainment/Getty Images

IN EACH ISSUE

- 26 For Women: Menopause Can Be GOOD for Your Health**
by Dr. Tara Allmen
- 31 Health Update magazine** (reprint fall 2003)
Blues legend B.B. King, scats about life after his diabetes diagnosis.
- 54 Ask Dr. Huberman**
by Warren Huberman, Ph.D.
Clinical psychologist, Dr. Warren Huberman answers your questions.
- 64 Recipes**
by Chef David Fouts
Healthy and delicious recipes... including a menu for two.
- 68 One More: Why be Healthy?**
by Gwynne Hunter

HEALTHY LIVING

- 35 Healthy Eating Habits For Kids**
by Rachel Lerner, CNC, FNC
Is your home filled with healthy foods? Follow these basic guidelines and take control of the meals & snacks you serve in your home.
- 38 Creating a Buffet of Movement®**
by Rochelle Rice, MA
Are you stuck in an exercise rut? Avoid burnout and boredom and get started with these three steps.
- 44 Yo No Quiero Taco Bell!**
by Susan Maria Leach
Delicious, simple and healthy recipes with the rich flavors of Mexico.
- 52 Healthful Bites: Please Pass Up the Salt Shaker**
by Vicki Bovee, MS, RD, LD
- 53 Tricks of the Trade: Low Sodium Cooking**
by Chef David Fouts

MIND, BODY & SPIRITUALITY

- 50 I'm Going to Let my Soul Shine... Keep Flying With Me!**
by Teresa White
Teresa's adventure continues... speaking the universal language of love only got easier as her trip went on.
- 66 Soulful Living**
by Louisa Latela, MSW, LCSW
Reacquaint yourself with your inner child and "heal the child within."

WEIGHT LOSS SURGERY

- 28 Partnering with Your Adjustable Gastric Band**
by Lori Sperleng Nevins, MSW, LCSW
Solutions to common challenges and support resources that can help keep you moving in a positive direction.
- 62 My Weight Loss Story**
by Pam Davis

CHANGING LIVES ONE ISSUE AT A TIME

WLS Lifestyles™



Inspiration & Guidance for Weight Loss Success!

Tips, Tools and Inspiration for Obesity, Weight Management, Weight Loss Surgery, Childhood Obesity, Healthy Living, and so much more...

To subscribe to WLS Lifestyles, please fill out this form and mail to:

WLS Lifestyles magazine
385 Main Street South, Suite 404, #121
Southbury, CT 06488

Please include your check or money order for \$24.95 payable to DDB Media, LLC.

Magazine subscriptions include access to all magazine articles online at www.wslifestyles.com for the duration of your subscription.

Please feel free to make copies of this subscription card to bring to your support group meetings, your doctor's office or to pass along to anyone interested in learning more about WLS Lifestyles.

To subscribe online visit us at: www.wslifestyles.com

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

● Call toll-free 866.255.4WLS (4957) with any questions

Allow up to 4 weeks for delivery of first issue. Magazine subscriptions are issued quarterly.

Source Code: WLS-SPRG10