

Revitalizing Your Well Being

Do you have after lunch blues? For most people, there is a simple solution to revitalizing your afternoons, improving your mood, increasing your productivity and feeling alive — really! That is the word from Craig S. Rubenstein, D.C., CCN, DACBN, whose *Wellness Wisdom Newsletter* offers holistic approaches to maintaining good health.

He offers a test to help you determine how your lifestyle and habits may be responsible for your tired, blue feelings.

Complete the checklist below as accurately as possible. It is important you respond to the statements in relation to your present diet and lifestyle, not as you wish you were eating and behaving:

1. Are you tired mid-morning and/or mid-afternoon?
 2. Do you desire sweets or snacks within two hours of a meal?
 3. Does skipping breakfast feel good?
 4. Do you have a high desire to eat snacks, sweets or starches?
 5. Will you eat something, or feel like eating something, if you think dinner is late?
 6. Are you frequently not satisfied after eating a full meal?
 7. Do you prefer starchy foods to vegetables and salads?
 8. Does snacking make you feel better?
 9. Do you prefer not to eat rather than to have frequent small meals to lose weight?
 10. Are you frequently fatigued or sleepy after meals?
 11. Is dessert very important or very tempting?
 12. Does a meal without starches seem incomplete?
 13. Do you like to snack late in the evening?
 14. Do you find people eating while you are not unpleasant?
 15. Do you sometimes feel like snacking at night if you wake up?
 16. Do you like to eat lots of bread before a meal?
- If you have checked more than four statements, you may have a problem regulating your blood sugar, Rubenstein says. If so, he advises, try a simple experiment for

one week. Eat a protein-rich, starch and sugar-free lunch every day and feel the difference. This means a lunch without any rice, bread, pasta or any other grains, fruit, potato or other starchy vegetables like carrots and peas. And no desserts!

"What's left?" you ask. Fish, seafood, eggs, turkey, chicken, red meat, pork and non-starchy vegetables like broccoli, cauliflower, string beans, spinach, asparagus and such salad items as lettuce, tomatoes and cucumber. And use high quality oil in the dressing. You need some good fats for energy and hormone production.

For your beverages, water is best or drink seltzer. Do not drink sodas or fruit juices. Decaffeinated tea and coffee are fine, but do not have dessert. These suggestions work best when you eat a low-sugar breakfast that has some protein in it.

If these suggestions work for you, you probably have a problem regulating your blood sugar, Rubenstein says. If these suggestions do not alleviate your symptoms, you may need further in-depth analysis; an individualized dietary and nutritional treatment plan; or blood sugar regulation may not be your main problem.

If further investigation is necessary, you should, he advises, contact your holistically-minded practitioner.

Rubenstein will provide a referral near you and a complimentary copy of his newsletter if you call him at 696-2039.



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