

## WeightMatters Newsletter January 2009 - 'Do you want this year to be different?'

We are well into the New Year, and perhaps your best intentions of an eating and weight transformation in 2009 are slowly slipping from your grasp. This means you have a desire to change, but are lacking in the skills and resources to break old habits. Our CBET (cognitive behavioural emotional therapy) is an approach designed specifically for changing peoples' thoughts, behaviours and emotions around eating, food and body image. So if you want 2009 to be different, [contact us](#) and find out how we can help you become the person you want to be.

### january offer

#### January Offer

We are offering a special newsletter only **£25 OFF YOUR FIRST SESSION**, for any of our services. Offer ends 31.01.09 [contact us](#) and quote 'January Newsletter Offer'



#### Services

##### 6-session block of CBET [sign-up now](#)

Change the way you think, feel and behave around food, eating and body image. [read more >](#)

##### Nutritional Therapy [sign-up now](#)

Learn what foods nourish you, and how your lifestyle is affecting your health.

##### Low-cost Fridays [sign-up now](#)

Low-cost Friday is a way of helping those who are a little strapped for cash, who really need our help. [read more >](#)

#### Discounted Partner Offer



Beautcamp is the revolutionary way to **GET FIT FAST**, because it combines the **three best fitness routines** in one hour: weight-lifting, circuit training, and Pilates.

Now you can **lose weight**, and get that sculpted body - **FAST!**

The Evening Standard named Beautcamp one of London's TOP Pilates organisations, because we guarantee you'll **lose weight, develop muscle tone, increased flexibility, and more defined abdominal muscles - all in just SIX weeks!**

Beautcamp are offering WeightMatters Newsletter readers **their first 2 classes free, and 10% off classes**. Offer ends 28.02.09. Call them on 020 7034 0000 or email [info@beautcampilates.co.uk](mailto:info@beautcampilates.co.uk). Classes available in Bayswater and the City of London.

### testimonial

"I was initially quite nervous about starting a program with WeightMatters - after all, sharing personal and sometimes embarrassing or painful details of one's life can be quite daunting, however within 5 minutes of starting my first session all my fears were wiped away. At WeightMatters I have found a safe, comfortable and strengthening environment in which to sort through my issues. Since working with James Lamper I have noticed a marked difference in my attitude and self-confidence, allowing me to get on with my life and not be held back by my size and body issues. I would thoroughly and without hesitation recommend WeightMatters to anyone who has ever felt held back by their size, or has a difficult relationship with food. My experience has been a weight off my mind... and the rest of my body!"

**Ellie Wade - Finance Professional**

### quote

#### Quote of the Month

"Some people have a foolish way of not minding, or pretending not to mind, what they eat. For my part, I mind my belly very studiously, and very carefully; for I look upon it, that he who does not mind his belly, will hardly mind anything else."

**Samuel Johnson**

### health



#### Obese women - link between raised insulin and breast cancer

Raised insulin levels may account for much of the increased risk of breast cancer among obese women, reports the Journal of the National Cancer Institute

US researchers analysed blood samples from 1,651 postmenopausal women enrolled in the Women's Health Initiative Observation Study. High fasting insulin levels were associated with a 46% greater risk of developing breast cancer. High estrogen levels were also associated with an increased cancer risk. Researchers claim that levels of estrogen and insulin tend to be higher in obese women and this may largely explain the association between obesity and breast cancer. They suggest interventions aimed at cutting fasting insulin levels may reduce breast cancer risk among postmenopausal women. Previous studies have supported a role for insulin in the development of breast cancer.

### nutrition



#### Are meals at restaurants worse for you than fast food?

A new study, by the US Review of Agricultural Economics, has compared fast food and table service meals at restaurants

US researchers compared restaurant meals and fast food. They found both types of meals are larger and have more calories than meals prepared at home. However, the typical fast food meal is smaller and has fewer calories than the average meal from a table service restaurant.

The study used data from the 'U.S. Department of Agriculture Continuing Survey of Food Intakes by Individuals,' a large sample of information regarding nutritional intake.

Fast food was found to be more energy dense than food from a table service restaurant, but fast food meals also tend to be smaller. As a result, the typical fast food meal had fewer calories than the average meal from a table service restaurant.

However, table service diners were more likely to reduce their food consumption during the rest of the day, most likely because of the difference in energy density. As a result, fast food may ultimately result in more calories.

### exercise



#### Should you exercise if you have a cold?

You have what seems to be a really bad cold. You are coughing and sneezing, and it is hard to breathe. Should you work out?

And if you do have a cold, should you push yourself as hard as ever or take it easy? Will exercise have no effect, or make you feel better or worse? Two little-known studies that were published a decade ago in the journal *Medicine and Science in Sports and Exercise* (May 97/Nov 98) showed results so much in favor of exercise that the researchers themselves were surprised.

The investigators found no difference in symptoms between those who exercised and those who rested. And there was no difference in the time it took to recover from the colds. But when the exercisers assessed their symptoms, people said they felt O.K. and, in some cases, they actually felt better.

In Dec 2008, Dr. Leonard Kaminsky, an exercise physiologist at Ball State University, encourages people in a New York Times article to exercise when they have colds, at least if they have the type producing symptoms like runny noses and sneezing. He is more cautious about other types of colds that produce fevers or symptoms below the neck, such as chest congestion.

### recipe



#### Recipe of the Month - Roasted Winter Root Vegetables

Cold winter days are made for the tastiest root vegetables straight from the oven

##### Ingredients

- 1 medium swede, peeled and cut into cubes
- 2 large carrots, peeled and cut into pieces approx. the same size as the rutabega cubes
- 2 large parsnips, peeled and cut the same size as the carrots
- 7-8 shallots, peeled
- 6 cloves garlic, peeled
- 3 sprigs fresh thyme
- 1 sprig fresh rosemary
- 3 tablespoons olive oil Tsp kosher salt fresh ground black pepper
- 2 tablespoons water

##### Directions

1. Oven to 400 degrees.
2. Cover a sheet pan with foil.
3. Toss the vegetables with the thyme, rosemary, olive oil and salt and pepper to taste.
4. Pour into the sheet pan, spreading them out so they lay in a single layer.
5. Pour the water into the pan, cover with foil, bake for about 30 minutes.
6. Take the foil off the pan, and continue to roast, stirring once, until softened and beginning to brown, probably another 20 minutes.
7. Serve warm.