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New Year's Resolutions

A new year brings a sense of renewal, rebirth, and a guilty awareness that you ate your own weight in chocolate during the holidays. Will this year's resolution, like last, be to go on a diet, get more exercise and be healthy? Statistics indicate that a full 90% of us have such good intentions for the new year. But what happens when these resolutions fall by the wayside?

Although there is nothing wrong with making plans to become healthier, this may not be the best time to be on a diet. In fact, there is never be a good time to be on a diet. According to Dr. Denise "Diets make us fat. Dieting is an obsession in our culture and the diet industry is a multi-billion dollar enterprise," states Denise Lamothe, Psy.D., H.H.D., author of *The Taming of the Chew: A Holistic Guide to Stopping Compulsive Eating* (Penguin \$14). "We are bombarded with messages to be thin and to try fad diet products, diet pills and wraps that promise to 'melt off pounds' while we do nothing. When these products fail and our diets fail to bring us the contentment, balance and good health we so avidly seek, we may feel discouraged, more frustrated and helpless. The tendency then is to soothe these difficult emotions with sugars and simple carbohydrates. We then get fatter and the cycle repeats itself.

This year, instead of resolutions, Dr. Lamothe suggests you welcome 2006 with a commitment to do the best you can to take the most loving and gentle care of yourself possible on a daily basis. "None of us can behave perfectly at all times. This is not the human way. When we set perfection as our goal, we set ourselves up to fail and then propel ourselves back into old familiar unhealthy patterns. We must do our best to stay in the present moment and to make as many self-loving choices as possible. If we stop beating ourselves up and starving ourselves, we can gradually develop healthier habits and make permanent changes."

In her book, Dr. Denise shows compulsive eaters how to take control of their dependence on and obsession with food. *The Taming of the Chew* offers advice ranging from specific how-tos to wide-ranging suggestions that readers can use to devise their own, personal plan for taming their Chew. By guiding readers to discover what their real needs are, and how to fulfill them, Dr. Denise forges a path to recovery and wellness.

Dr. Denise is a professional speaker on the psychology of eating and how to stop emotional overeating. She is author of *The Taming of the Chew* (Penguin \$14), had appeared internationally on radio and television and in many publications, including "O" The Oprah Magazine. She is a featured expert on a number on websites including www.FatFlush.com.