

NEW YEAR, NEW YOU

by Dr. Eugene Strasser

New Year's resolutions have become clichés for wishful thinking rarely connected to commitment to action. The circumstances of this New Year are, however, different. Not only are the majority of Americans overweight, but we are in an economic downturn while our planet is in need of greening up. The answer to all the above is within our reach. And since a serious commitment by you can improve your looks, health, and wealth while helping our planet, it just might be enough for a call to action. Follow me on this.

The majority of Americans are overweight or downright obese. The reason is simple. We eat much more than our bodies need. There are two possible ways of improving this - really! We can decrease the amount we eat or increase our activity enough to burn the excess calories. Hopefully, you will do both for the greatest benefit. Our bodies are very efficient energy users. This was great when our ancestors' main problem was trying to find enough food to survive. Now we have an overabundance of easily accessible, inexpensive, great looking, smelling and tasting food of endless variety where self discipline becomes a necessity for survival. Yes, too much of a good thing can be bad. As a physician, I have seen patients eat themselves to death. So if you eat less and become more active, you will bring your intake and calorie needs into better balance and you will loose weight. If you just do it, you will feel better, look better, be healthier and enjoy life more.

How does this effect your economic outlook? Well you will save money by buying less food because you need less. You will be healthier and maybe even loose some chronic illnesses thereby decreasing doctors' visits and costs. You will need to buy less medication further adding to your new found wealth. You might just save enough to take a vacation, increase your education or improve your appearance, further improving your outlook. Remember, being smart, attractive and confident gives you a tremendous competitive advantage.

When you buy less food think about the bags, bottles, boxes and packages you will not throw away. You are also likely to be less wasteful further decreasing the trashing of our planet, not to mention the carbon foot print savings on producing fewer bags, bottles etc. Admittedly your increased activity level will produce an increase in carbon dioxide you exhale, but nature can deal with that through plant photosynthesis much better than it can deal with a discarded plastic bottle.

So you see by eating less you improve your life, your economy, and in the process you help your planet. It is a win-win for all if enough of us just do it. This year make the resolution and keep it. It will go a long way to making this truly a Happy New Year.

Should you have any doubt about which course of action you should take just remember this: the course of action requiring the greater effort will produce the better result! Let this be your guiding light. Remember good things happen because of effort, bad things just happen!

Good Luck! Happy New Year and a happy, healthy new you!

