

## Fulfilling Resolutions

By Dr. Tyteeka Reye

The New Year brings with it the promise of new beginnings. Unfortunately, while many people enthusiastically make New Year's resolutions, they often fail to keep them after just a few weeks. In order to succeed, you need to understand the three most important elements in changing a behavior:

1. *Readiness to change* - Do you have the resources and knowledge to successfully make a lasting change?
  - The earliest stage of change, you may not view your behavior as a problem, often described as "in denial." Eventually, you will enter the next stage and become increasingly aware of the potential benefits of changing, but at this point the negative tend to stand out even more. This conflict creates a strong sense of ambivalence about changing.
2. *Barriers to change* - Identifying potential obstacles preventing you from changing?
  - Oftentimes, resolutions fail due to a lack of preparation. There are some steps you can take to improve your chances of successfully making a lasting life change. Gather as much information as you can about ways to change your behavior. Prepare a list of motivating statements and write down your goals. Find outside resources such as support groups, counselors or friends who can offer advice and encouragement. If you are currently taking action towards achieving a goal, congratulate and reward yourself for any positive steps you take. Reinforcement and support are extremely important in helping maintain positive steps toward change. Take the time to periodically review your motivations, resources, and progress in order to refresh your commitment and belief in your abilities.
  - If you are trying to maintain a new behavior, look for ways to avoid temptation. Try replacing old habits with more positive actions. Reward yourself when you are able to successfully avoid a relapse. If you do lapse, don't be too hard on yourself or give up.
3. *Expect relapse* - What might trigger a return to a former behavior?
  - In any behavior change, relapses are a common occurrence. When you go through a relapse, you might experience feelings of failure, disappointment, and frustration. The key to success is to not let these setbacks undermine your self-confidence. If you lapse back to an old behavior, take a hard look at why it happened. What triggered the relapse? What can you do to avoid these triggers in the future?
  - While relapses can be difficult, the best solution is to start again with the preparation. You may want to reassess your resources and techniques, reaffirm your motivation, plan of action, and commitment to your goals. Also, make plans for how you will deal with any future temptations.

Resolutions fail when the proper preparation and actions are not taken. By approaching a goal with an understanding of how to best prepare, act and maintain a new behavior, you will be more likely to succeed.



### **News from Acacia:** **Happy New Year!**

**Come in today to purchase  
some immune boosting  
Colostrum.**

**Colostrum, with its  
concoction of antibodies,  
vitamins, growth factors and  
other nutrients, represents  
an inexpensive therapeutic  
tool in prevention and  
treatment of several human  
microbial infections,  
including influenza.**

## Fighting Fatigue Naturally

Many of us never feel well rested or naturally energized and accept it as normal. With some simple changes to your daily habits, you can tackle many of the energy drains in your life.

- **Have breakfast... even if you don't feel hungry.** Studies show that people who eat breakfast feel better both mentally and physically. British researchers at Cardiff University found that eating breakfast every morning is associated with lower levels of the stress hormone cortisol.
- **Fuel your brain with omega-3s.** Found in fatty fish (such as tuna and salmon), walnuts, and canola oil, these essential fatty acids play a role in keeping brain cells healthy, helping you feel mentally alert. Another potential bonus: Omega-3s encourage the body to store carbs as glycogen rather than as fat.
- **Stay hydrated.** Water makes up the majority of your blood and other body fluids, and even mild dehydration can cause blood to thicken, forcing the heart to pump harder to carry blood to your cells and organs and resulting in fatigue. Also, ample fluids keep energy-fueling nutrients flowing throughout the body, says Nancy Clark, R.D., author of *Nancy Clark's Sports Nutrition Guidebook*. Tip: Besides drinking more, you can also consume foods that naturally contain water, such as yogurt, broccoli, carrots, and juicy fruits, like watermelons, oranges, and grapefruits.
- **Watch caffeine intake after noon.** Typically, consuming a moderate amount of caffeine — 200 to 300 mg, the amount found in two cups of coffee — can make you more energetic and alert in the hours following, but when caffeine is consumed in large quantities — or anytime in the afternoon or evening — the quality of your sleep that night can take a nosedive, leaving you with heavy eyelids the next day.

## Gluten and Dairy Free Recipes

*Make Ahead Breakfast!*

### **Steel Cut Oats with Flaxseed, Blueberries & Almonds**

*Studies show making breakfast a daily habit can help you lose weight - and keep it off.*

**Yield:** Serves 4-6

1 cup gluten free steel cut oats\*

3 ½ cups water

Pinch of salt (optional)

½ (plus extra for reheating) cup milk alternative (I use unsweetened Almond Milk)\*\*

1 teaspoon gluten free vanilla extract

1 teaspoon cinnamon

½ cup frozen blueberries (no sugar added)

$\frac{1}{3}$  cup sliced almonds

1. Bring the water to a boil in a large pot. Add the steel cut oats and salt. Stir.
2. Reduce the heat to medium low and cook for 30 minutes. Make sure you stir the oats occasionally so they don't stick to the pan.
3. When the oats start to thicken, at about 30 minutes, add in the milk and vanilla. I think the milk makes the oats creamier. Stir the oats, milk, and vanilla together and cook for ten more minutes.
4. Stir in the cinnamon, blueberries and almonds.
5. Serve the oats hot or to save them for future breakfasts, let the oats cool and then portion them out into smaller containers. To reheat, I add a splash of almond milk and reheat in the microwave for 1-2 minutes.

\*If you have trouble finding gluten free steel cut oats, you can use regular (old fashioned) gluten free oats and replace steps 1-3 with the package instructions.

\*\*Note-you can use 4 cups of water and omit the milk, I just like the creaminess the milk adds.