



Eating Amnesia Comes In Two Forms.

Eating amnesia is not conscious and can really be a cause of major frustration for a lot of people who are trying to lose weight, especially during the Holiday season.

1 Eating something and forgetting that you ate it.

Classic examples:

- A handful of jelly beans (or any candy) out of the candy jar.
- Three french fries off your child's plate.
- A bite of hot fudge sundae from your spouse's dish.
- Forgetting you had a piece of bread from the bread basket.
- Not thinking the creamer in your coffee needs to be recorded.

2 Forgetting how big the portion was you ate.

Classic examples:

- Estimating 1 tbsp of mayo on your sub, but really squirted on 4 tbsp.
- Writing down a small cookie for 80 calories and it was really 250 calories.
- Thinking your bagel was 250 calories, but it is really 340 calories.
- Estimating that you ate 1/2 cup of mashed potatoes but it was really 1 cup.
- Thinking you only used 1 tbsp of oil to dip your bread, but really soaked up 3 tsbps.

UPCOMING HOLIDAY SCHEDULE

The following information will apply to both our Redding and Chico office locations. Our offices and CarbEssentials stores will be closed the following dates:

Saturday, December 24th – Monday, December 26th

Friday, December 30th – Sunday, January 1st

We will be open for weigh-in's and product purchases:

Tuesday, December 27th – Thursday, December 29th!



Monthly Sneal® Savings

WEIGH-IN ACCOUNTABILITY

Your accountability matters to us! Weigh-in for 4 consecutive weeks and get 10% off your CarbEssentials purchase at any location!

DATE: _____

WEEK: 1 2 3 4

EAT RIGHT. LIVE RIGHT. FEEL RIGHT.



Holiday Weight: How to Maintain, not gain

When you're trying to lose weight, the holiday season — and the tasty treats that come with it — may seem to pose a threat to your weight-loss goals. But there's a way to navigate the holidays without sacrificing your hard-earned progress. It's called weight maintenance. Some evidence suggests that people gain an average of 1-2 pounds during the holidays, and slightly more for those who are already overweight or obese. But weight maintenance can refocus your energy on balancing the calories you eat with the ones you burn through exercise. And with the right formula for your body and lifestyle, you can avoid the holiday gain while enjoying the fun of the season — a few tasty treats included. Focus on portions, Incorporate movement, Celebrate the HoliDAY, not HoliWEEK or HoliMONTH, Don't let setbacks deter you. Dieting can be tough when celebrations and treats abound. You may find it's more manageable to shift your focus from weight loss to weight management during the holidays. Use this mantra: "Maintain, don't gain." When you focus on maintaining, not gaining, you can enjoy the season and avoid the post-holiday regret that comes from having overindulged.

LOOK PARTY PERFECT THIS SEASON!

Be the envy of all your friends this Holiday season! Take advantage of our Aesthetics Day sale on Friday, December 9th. You don't want to miss out on these amazing aesthetics deals, Botox at just \$13 per unit with a minimum purchase of 25 units and \$50 off a full syringe of Juvederm. Space is limited call our Redding office today at 530.223.0216.



Sneal® Reward Points

Your time is running out, don't miss out on using your Sneal® reward points this year! The last day to use the points you have earned all year, is December 31st. Because on January 1st all points reset to 0. You can redeem your points at both Redding and Chico locations or online at carbessentials.net any day of the week! Please ask one of our staff members if you have any questions or concerns on how to use your points. We don't want you to miss out on these great deals that you have earned by shopping with us, so start shopping before they're gone!





12/26/22 through 1/1/23

2023

COUNTDOWN

SALES EVENT!

Monday, December 26th

JERKY

BUY 10 GET 2

FREE!

Tuesday, December 27th

WEIGHT

Appointment

Buy 3 mo., Get 4th mo. 50% OFF!

Wednesday, December 28th

POINTS

Every 100 Earned,

Receive 100 FREE!

Thursday, December 29th

B-VITAMIN

Injections

BUY 9, Get 3 FREE!

Friday December 30th

BOX BARS

BUY 1 GET 1

50% OFF!

Saturday, December 31st

CHIPS

BUY 6 GET 2

FREE!

Sunday, January 1st

15% OFF

Sitewide!

(\$75 minimum order)

Starting December 26th Physician's Plan & CarbEssentials will have a new special each day, counting down to the new year. Savings like these only come this time of year! Sign up today for the daily online codes. *Some restrictions apply.

EAT RIGHT. LIVE RIGHT. FEEL RIGHT.

THE CURE FOR HUNGER IS FOOD

"The cure for hunger is food." Those who reported being more hungry had the greatest holiday weight gain. So, how do you keep from being hungry? An important tip is to eat before you plan on eating. If you know your going to be exposed to a "Food Event": remember the '20 minute, 60 calorie protein rule'. Also eating Sneals® every 2 to 3 hours stimulates the gut to release CCK. Cholecystokinin (CCK) is made by the first part of the small intestine and stomach in response to protein. This increases satisfaction by delaying the emptying of the stomach. It stimulates the satisfaction center of the Ventromedial Hypothalamus of the brain. The general rule is 60 to 80 calories of lean protein and 20 minutes before you eat, get home, go to a restaurant, or attend an event.

HOLIDAY EATING GUIDE

1 Don't skip meals. This backfires because you come to the next meal over hungry and eat more than intended.

2 Fill up on lower calorie, nutrient dense foods such as veggies, and lean cold cuts.

3 **Make just one trip to the party buffet.**

4 Eat slowly and enjoy each mouthful. Hold your glass in the hand that you normally eat with to make finger foods less accessible.

5 Avoid grazing while you cook. Little nibbles can really add up! When it's time to eat, sit down and savor.

6 Don't waste calories on foods you don't like or foods you can have anytime.

7 **Eat only when you are hungry & not because food is near.**

8 Don't buy candy or goodies too far ahead of an event. Once purchased keep it out of sight.

9 Beware of liquid calories; eggnog, beer, soda, wine. They go down so easily and often do not add much nutrition to your intake, but add a lot of calories.

10 Write a list of things to do other than eat (such as taking a walk, calling a friend, or housework), to have available when you feel bored, angry, frustrated, lonely, depressed or any way that leads to cravings.

11 **Choose only the foods you really want & keep the portions small.**

12 Don't hang out near the food-socialize a distance away. This will prevent unconscious nibbling.

13 **Use a plate for even the smallest "snack" - you'll eat less.**

14 Contrast flavors, textures, and temperatures for more satisfaction in your eating.

15 **Take a walk after dinner, or partake in an activity.**

16 When you arrive at a party, avoid rushing to the food. Greet people you know - conversation is calorie free! Get a zero-calorie beverage and settle into the festivities before eating. Overall, you may eat less.

EAT RIGHT. LIVE RIGHT. FEEL RIGHT.