

[http://www.huffingtonpost.com/eatingwell/healthy-foods\\_b\\_1594248.html](http://www.huffingtonpost.com/eatingwell/healthy-foods_b_1594248.html)

## TOPICS ABOUT MINDFULL\* (proper) EATING AS FOOD FOR THOUGHT

Health, Healthy living news, Nutrition, Diet, Eating well, loose weight and keep it off, tips\* (tricks, ideas) for weight loss, diet pills controversy through the frenzy\* (the fuss, the agitation) over new diet pills, special diets like slimming soups, lower -cal\* (calories) cooking, health myth busted\* (broken), making sport or hiking\* (to go on a hike, to walk) on an empty stomach or only drinking soup all day long for a week. This is fasting (to fast : not to eat or very little for a while = during a period of time).

## GRAMMAR FOCUS

### Expressing advice with :To + Ing-form

(Eg. : the key to + noun = the key to + Verb + ing) / the incentives to, an approach to, to be due to, to limit oneself to, steps to, alternative to, energy to, attention to, to be devoted to,...

**Expressing agreement (Eg. : So, do I / Neither, do I/ ...)** / **or disagreement (But I do/ Well, I don't...)**

**Expressing emotions with TAGS** : expressing surprise, disbelief (incredulity)... (eg. : oh, you do, do you ? / Oh, I do /...)

**THE DEBATE** : What to do to eat safely\* (properly, healthy food with no harmful goods) ? or, to put it in a more realistic way : Let's share our spirit junkie tips for staying healthy . It is generally believed that what we eat not only fuels our body , but has a serious impact on our happiness. Eating is a contagious behavior, let's talk about our sensitive taste buds !

**RELATED TOPICS** : Do you have any special advice or tricks to make your favourite food healthier ? What are the must-have food to be healthier ?

Should one follow any detox diet or any fast (un jeûne) from time to time ? Should eat raw, avoid any category of food, ... ?

What healthy tips can you share to cut back on calories?

Which Bad Eating Habits You Should Break ?

Shall we cancel drinking coffee or on the contrary keep on drinking it ?

What are the power ingredients to fuel your workout ?

Any surprising food you have just got to know ? (Any veggie food like Edamamé, ancient vegetables, new tastes ...)

Do some products like apples, chocolate, deserve their health hype ?

Food to give you extra push ?

Any Jean Pierre Coffe-like tip to stop wasting food and start saving money ?

How to overcome social eating temptations ?

Healthy food isn't necessarily more expensive than junk food ?

Do you think vegetarian or vegan or veggie diet is deprived of the best food or key nutrients ? or do you think there are good or better alternatives to meat or dairy products ? Can it be a balanced diet ?

What a spirit Junkie eat to stay happy and healthy ? Get slim without the gym : The best food (or moves) for flat and tighter abs ?

The safety of aspartame ? Should we bake without butter or oil ? Gluten-free recipes ? Cow milk ? **GMO's** in soy and corn ? (Genetically Modified Organisms), Ways to treat acid reflux ?

## **Vocabulary**

*périmé* : past its use or sell-by date / out of date, expired

Well cooked, well done

Blue or rare (= *saignant*) meat

Cooking / oven cooking / steam cooking / long or short cooking time

Anti-inflammatory disorder

Chronic disorder

*Les alicaments* : nutraceuticals

Osteoarthritis (the joints of the knees for example)

Curative effects from stones, gems or herbs

Plant treatment

To cure, to treat, to take care of

Remedial treatment : *un traitement curatif*

A visée curative : curative intent

Medical care : *soins médicaux*

To develop special skills for curing pain, ache, diseases

The suitability or appropriateness of mineral stones, gems, herbs : *les propriétés ...*

The ability to cure : *les capacités à soigner*

A wonderful cure : *un remède miracle*

Homeopathic drug : *un remède homéopathique*

To find a cure for

An old wive's cure : un remède de grand-mère, de bonne femme

Product / produce (from agriculture) / the proceeds from ... = the result / foodstuffs (to eat) / a chemical / cosmetics / cleaning product / basic consumable (for basic consumption) / basic commodities (*de 1ère nécessité*) / income from sales : their result.

## **Trying to Find Ways to Eat Clean**

How much do you know about healthy eating habits ?

Eating well : when good taste meets good health

Feel an urge to “healthify” your diet ?

Does weather inspires you to take a close look at your eating habits ?

Does it make sense to focus on right eating to detox your diet ?

Is this statement true for you ? Eating at Your Desk Makes You Gain Weight?

What tips would you recommend to help turn away from food ?

Can it be useful to divert your attention from food as if you could distract your own attention on your own ? What would you think of doing ?

**Video link about eating well**

[http://www.huffingtonpost.com/eatingwell/weight-loss\\_b\\_1671850.html](http://www.huffingtonpost.com/eatingwell/weight-loss_b_1671850.html)

## **Easy Tricks to Outsmart\* (to be wiser, more intelligent than) Your Appetite**

Posted: 07/28/2012

By Kerri-Ann Jennings, M.S., R.D. Associate Nutrition Editor for *EatingWell* Magazine  
*Kerri-Ann Jennings, a registered dietitian, is the associate nutrition editor of EatingWell Magazine, where she wields\* (performs, uses) her master's degree in nutrition from Columbia University writing and editing news about nutrition, health and food trends. In her free time, Kerri-Ann likes to practice yoga, hike, bake and paint.*

You know that one of the keys to **losing** weight is **eating fewer calories**. But it can be hard to know how **to cut back without feeling deprived or hungry**. As a registered dietitian and the associate nutrition editor of *EatingWell* Magazine, I know there are a bunch of\* (quite many) tricks that can help you consume fewer calories without feeling deprived\* (of lack).

### **Out of Sight, Out of Mind**

It's **hard to resist temptation** when it's staring you in the face. When office workers were given candies in clear dishes to place on their desks, they helped themselves to candy 71 percent more often than a similar group that was given the same candy in opaque dishes so that the candy wasn't visible, according to research by Brian Wansink, Ph.D., director of the Cornell University Food and Brand Lab in Ithaca, N.Y. "We're all on the 'see-food' diet," he says, "so don't let yourself see what you don't want to eat." Do yourself a favor and **keep tempting foods out of your sight**. If you're going **to keep snacks\*at home** (to snack, snacking), stash\* (to put aside, to hide) them inside a cupboard; **keep healthier options\*** (products, goods, foodstuffs) like apples out on the counter.

### **Focus on Your Food**

If you eat while you're distracted -- like when you're watching TV or even thinking about other things -- you may end up eating more without even enjoying it. A new study in the journal *Appetite* found that people who ate lunch while listening to a recording that cued\* (to speak to) them to pay attention to the look, smell, taste and texture of their food ate fewer cookies as a snack later on. **Rather than mindlessly plowing through food, take time to savor it.**

### **Eat With Chopsticks\*** (chinese sticks)

An easy way to slow down your eating (which can help you lose weight) is to put your fork down between bites -- or consider using chopsticks. When eating, it takes **20 minutes for your body to register fullness**. And according to a University of Rhode Island study, **you can save 70 calories by eating slowly over about half an hour versus eating in under 10 minutes**. If you ate slower at every meal, that **would translate into losing about two pounds a month**.

*Must-Try: [Lose 2 Pounds a Week with These Diet Meal Plans](#)*

**Fill Up on Fiber** (easy swaps\* (alternatives) to boost your fiber intake\* (consumption) throughout the day.) Vegetables are low in calories, **but their water and fiber content make them filling\*** (no longer hungry, to feel fuller). **Whole grains** (like brown rice, quinoa, 100 percent whole-grain bread) are also **more satisfying than refined grains**, so you might find you can feel fuller on a smaller portion.

### **Size Down Your Dinnerware**

A smaller portion will **look meager if served on a gigantic plate** (I know... I had this experience at a restaurant the other night). Invest in 7-inch plates (about the size of a salad plate) to eat your meals on: They will look more ample. **Another trick you can take from** new research by Brian Wansink, published in the *Journal of Consumer Research*, is to make sure your plates and bowls contrast color-wise\* (aware, informed) with your food -- e.g., oatmeal\* (*l'avoine*) served in a red bowl rather than a white one. Researchers found that participants **ate less when served food in a high-contrast plate or bowl**, likely because it made **their portion even more noticeable**.

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**ADVERTISEMENT = An ADD about the kreb's cycle : *le cycle de Kreb (terme medical)***

### **KREBS Bio Kit, Get better with age.™**

#### **Need More Energy? Vitamins Not Working?**

The **KREBS Bio Kit™** helps stimulate and nourish the Krebs Cycle in your cells for optimal energy production and health, naturally.

- **More Energy, Naturally**
- **Boost Your Metabolism**
- **Regain Your Youth**

**100 Day Supply of:**

- KREBS Optimizer Oral Spray
- KREBS Ultra Multi Vitamin
- KREBS Recovery Oral Spray

**Only \$98.00**

***Do you take vitamins?***

Ever wonder why you should?

**Here's the scoop:**

Your cells have these 'energy factories' that go through a multi-step process called the '**Krebs Cycle**', **to turn food into energy**.

Each step needs **a specific vitamin**.

Without vitamins present in your body, the Krebs Cycle **breaks down\*** (deregulates), and the cell cannot produce energy, while waste products build up in your cells.

The Krebs Cycle can also break down due to **stress and environmental toxins** in the food/air/water, and products we use.

**An impaired\* (unbalanced) Krebs Cycle can cause a long list of Metabolic Disturbances\* (disorders)**

- weight gain
  - fatigue
  - immune system dysfunction
  - dementia
  - depression
  - behavioral disturbances
  - attention deficiency
  - muscle weakness and pain
  - angina
  - heart disease
  - diabetes
  - skin rashes
  - hair loss
- etc.

The KREBS Bio Kit™ is a revolutionary, **all-natural set of\*** (range of) **products** that helps optimize the Krebs Cycle for increased energy, cellular repair, recovery and growth.

***Need Energy?***

If you need more energy, you don't need to waste your money on **dangerous energy drinks and stimulants that cause jitters\*** (to feel nervous/ to feel also nervous before a performance for an actor for example).

We're so confident you're going to love the KREBS Bio Kit™ it comes with a 30 day money back guarantee!

The KREBS Bio Kit™ has **no side-effects** and is **safe to take daily**.

***The Krebs Cycle Keeps You Alive. Feed It.***

Order\* (buy) Your KREBS Bio Kit™ Today!

THE DEBATE : Did you ever wondered why you should by all means or, on the contrary, should not at all take any kind of youth or energetic or immunity booster pills to keep fit or in good shape ?

**Let's comment upon those different ads (= advertisement) statements (declarations) :**

"I have more energy than I've had in a long time. I love the vitamin because my hair is healthier and my nails are stronger. What I love about the Recovery is I sleep all through the night and feel really rested. **I don't have to hit the snooze button\*** (to stop the alarm clock). My confidence has improved a lot since taking the KREBS Bio Kit."

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"I've been body building since I was 18 years old and I'm 38 now. I haven't felt this good with this level of **energy and motivation for as long as I can remember. My energy level has definitely been boosted** after just 1 week of using the KREBS Bio Kit. **I used to be cloudy-minded**, and I'd get very sluggish\* (with no energy, laziness) in the afternoon, but I've noticed that since taking the KREBS Bio Kit I can't remember the last time I've felt this good, where my mood has been this good, where I've been this motivated, and where my mind feels this clear. What's great about it is the other supplements I've tried for energy would make me jittery\* (nervous) and the energy boost would be followed by a crash\* (to feel exhausted because of a crash diet, a very hard diet). With the KREBS Bio Kit, I have more energy, sustained throughout the day, with no jitters\* and no energy crash\*.

With the kind of weight lifting I do, muscle soreness\* (painfulness) after a workout\* (exercise, training) is a good thing, which means you've pushed your muscles to the limit. Before taking the KREBS Bio Kit, it would be rare that I'd feel soreness\*. Now, every time I workout, I feel that soreness\*. The soreness\* will now last 2-3 days, and when I hit that muscle again, I'll be stronger and I can lift\* (hold, bear) more. If it weren't working, I wouldn't be able to lift heavier. This shows me **the muscle recovery has greatly improved** in just a couple weeks of using the KREBS Bio Kit." -

"I love the new Krebs Bio Kit!

I've definitely gotten stronger and I feel more youthful and energetic. **Since I've started taking these products the results of my exercise have increased.** I have **an improved physique** and my husband even pointed out\* (noticed) an improvement in my complexion\* (skin) ! I feel great! Thanks so much!" –

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"It's amazing that I have so much more energy at the end of the day when before I would be very fatigued. Now, after working 13 hours standing on my feet, **I still have the energy to walk for miles** or do whatever else I need to do before the end of the day. I don't feel worn out at the end of the day, like I need to rest or have a coffee **to get my energy back up**. With the KREBS Bio Kit, **I feel great all day long** and have **a constant level of energy no matter what the day throws at me**. **I used to have pain in my joints and muscles**, but with the KREBS Recovery spray, soreness\* is much less and I'm ready for my next workout\* much sooner."

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**A Healthy Feast: Thanksgiving Nutrition**

[Charlotte Health Center](#)

Monday, November 19, 2012



## Event Details

Most people call this time of year “The Holidays.” Unfortunately, because it’s “The Holidays,” people **tend to get irresponsible and careless**. While everyone should love this time of year, many North Americans fear it because they know what it can do to their health.

When you’ve done so well through the year to make positive steps forward in your health, **why backtrack over\*** (go backwards) “The Holidays” by eating mass quantities, putting all sorts of horrible food and drink into your body, exercising less - if at all)-, and putting off self improvement initiatives until January?

- Prevent Cancer & Heart Disease!
- Overcome Weight-loss resistance!
- Increase your energy!
- Reverse disease!
- Lose weight, tone up\* (to get stronger : *tonifier*), and build muscle through the holiday!