



February 1, 2010 – Grand Rapids, MI

## Mindset

Today is the beginning of the second month of 2010. Many of you have told me how you've done eating 20% less and moving a little more. If you haven't, and you have something to share, let me know either by emailing me, or if you've joined The 30 Pound Club, posting your comments to the Wall of the 30 Pound Club Group on Facebook.

Most readers are pleasantly surprised that they're losing weight with such a simple approach. Others of you still feel hungry. That's normal—it's going to take your stomach some time to let your brain know that it really doesn't need as much food as you were used to eating. But the other element of that feeling is that you still have a certain expectation of the volume of food you need to eat and the way you should feel after eating. That's why using the fiber cocktail or the apple is important before meals—you'll get the sense of a fuller stomach with very few calories. The other trick you can try is to eat what you're supposed to eat and then wait; tell yourself you can have more food if you still want it in 15 or 30 minutes. You'll find that the urge to eat more usually passes.

Weight loss is often more mental than physical. True, you're taking physical steps to eat fewer calories and burn more calories, but your mindset may still be that you need more food; never underestimate how powerful your preconceived ideas can be. There are other factors that impact hunger and weight loss such as hormone levels and genetics, but if you keep your head in the game, you can overcome most of those issues most of the time.

Here's my suggestion for your goal for this month: to create the correct mindset about the lifestyle you're going to have. What will you look like? What will you wear, what will you do, how will you feel? Write a description or draw a picture of yourself enjoying your new life. If the picture is strong enough in your mind, your body will follow. It has no other choice.

What are you prepared to do today?

*Dr. Chet*

---

### **WGUVU** Straight Talk on Health

Hear Dr. Chet's take on the latest health news and research—listen to *Straight Talk on Health* at 7 p.m. Sunday in the Eastern Time Zone on WGUVU-FM 88.5 or 95.3, or listen live via the Internet by going to [www.wgvu.org](http://www.wgvu.org) and clicking on "Listen Live" in the gray bar at the top.

---

The health information in this message is designed for educational purposes only. It's not a substitute for medical advice from your healthcare provider, and you should not use it to diagnose or treat a health problem or disease. It's designed to motivate you to work toward better health, and that includes seeing your healthcare professional regularly. If what you've read raises any questions or concerns about health problems or possible diseases, talk to your healthcare provider today.

Subscribe to the Message from Dr. Chet at [DrChet.com](http://DrChet.com) — © Chet Zelasko PhD LLC