



September 4, 2010 – Grand Rapids, MI

## From the Mouths of Babes

It's a holiday weekend, so I'll keep today's message relatively short. I got an email from a long-time reader the other day who talked about how her attitude toward overeating changed a little when she visited a buffet with her family. She always looked forward to it because it was a chance to overeat. I relate to that. I almost never go to buffets because I have a well-honed strategy on how to eat a massive amount of food; it's one of the skills that got me to the weight I used to be.

On this particular day, there was a very overweight woman who was filling her plate. The reader's young daughter asked in a very loud voice: "How long do you think she's been here?"

In the child's mind, the woman had continually eaten until she weighed what she weighed. That's not far from the truth. It takes a real commitment to continually overeat until you weigh 100 or more pounds than you should. You won't get there in one day, but if you really commit yourself, you can do it. Of course, if taking it off is more to your liking, keep in mind that the same level of commitment and time will be required. On or off, it's not an overnight achievement.

As the school year begins, it's a great time to adjust the foods we eat. Because the next time you or I are at a buffet—or as we gather around the Labor Day picnic table—we don't want the words from the mouth of a babe directed at how we eat or how we look.

One and Done.

### ***All About Kids Replay***

So many of you have asked about the *All About Kids* webinar that I've decided to offer the replay of the webinar as a download. The kids are starting school, sports, and other activities, and this information will help them perform their best. This download will be available at just \$14.95 for only a limited time.

What should kids eat to perform better in school? What's the latest information on ADHD? What's the most important meal of the day for kids? You'll find out by getting the webinar replay. The bonus is that all the questions I was asked are a part of the replay as well as a PDF of the slides. In addition, if you're an independent business owner, I'll tell you the products you should focus on to help kids do their best.

You can have this information today! Don't wait because it won't be available for long.

What are you prepared to do today?

***Dr. Chet***

---

**WGVU** FM 88.5/95.3 **npr** ***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 WGVU-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**