



SOCIAL SERVICES CORNER

VOLUME 9, ISSUE 11

NOVEMBER 2014



FAD DIETS DEBUNKED

Question: I want to lose weight going into the holiday season splurge. Do “fad” diets actually work?

Answer: Great question. Fad diets do work, which is what makes them popular. Any diet can work in the short term because you are thinking about your weight and watching what you eat. You might even start exercising or drinking more water as part of the diet plan.

The way fad diets work, however, is mostly in your mind. People who want or need to lose weight want it to be quick and easy; hence they will try anything. Furthermore, if someone has tried one fad diet and experienced short-term success but no long-term effect, they are willing to try another in order to re-experience the pride of short-term success. Many dieters have a vested emotional interest in the diet succeeding, so it succeeds, but only briefly. When they stop the diet and their weight goes back up, they try the next fad. Many dieters get caught in this cycle.

The problem with these diets is that they work only in the short term because you cannot live on such a restrictive diet. Have you seriously considered

these fad diets: The Grapefruit Diet, The Vegetable Soup Diet, The High Protein–No Carbs Diet, The Blood Type Diet, Food Pairing or Combining, and The Twinkie Diet?

Healthy, sustained weight loss is neither quick nor easy. It must be complemented with physical activity and lifestyle changes if you want to keep the weight off. Lifestyle changes, such as packing a lunch instead of eating out, drinking water instead of soda and cutting portion sizes, take time and experimentation. It’s a worthwhile endeavor and an investment in yourself to see what changes you can make and keep.

Any diet that sells you something fast, easy, convenient or miraculous is a fad. Fad diets can be downright unhealthy. Your body needs what it needs. The best diet for you is a balanced diet that meets your unique nutritional needs. Ask your doctor for a referral to a registered dietician or nutritionist to determine what those are.

Sources: “Nutrition for Weight Loss: What You Need to Know About Fad Diets,” www.familydoctor.org. “Diet Fads: 11 Crazy Diets You Should NEVER Try,” *Everyday Health*, Beth W. Orenstein, *Huffington Post*, 11/07/2013. http://www.huffingtonpost.ca/2013/11/06/diet-fads-_n_4226681.html

JOKE OF THE MONTH

“These turkeys in your frozen food section seem so small. Do they get any bigger?”

“No ma’am, they’re dead.”

—*A Prairie Home Companion Pretty Good Joke Book*

Laughter is known to boost the immune system, lower blood pressure, burn calories and release pleasure-inducing chemicals in the brain.

Go Green!

Receive Social Services Corner by email.

Call (888) 994-3863, ext. 2370,

or email info@wrmail.org.

Do you or does someone you know need our assistance? Call toll-free (888) 994-3863 or visit www.wrpioneers.org to find out more about our assistance programs.



MARRIAGE AND RE-MARRIAGE



One of the wonderful things about the holidays is getting together with family. And one of the toughest things about the holidays is getting together with family.

When you or any family member is in a second or third marriage, chances are you have assembled a blended family. Dividing the guest list, travel plans and holiday tasks may feel overwhelming. We offer some unconventional tips here, and hope you are willing to part with some familiar conventions.

Statistics show that while half of first marriages end in divorce, two-thirds of second marriages fail. Sometimes third marriages follow. When people remarry later in life, having the grown children and grandchildren meet and try to get along with one another can feel awkward. Building new family traditions takes patience and creativity. Old hurts and deep-rooted dynamics may complicate things as family members try to preserve or recreate long-standing, cherished traditions with newcomers.

Tip 1: Be flexible. Adhering rigidly to traditions may limit contributions a new family member can make.

Source: "The Intelligent Divorce," Mark Banschick, M.D., available at <http://www.psychologytoday.com/blog/the-intelligent-divorce>.

NEW ADDITIONS TO THE MPPAF'S NATIONAL RESOURCE DIRECTORY

Food Insight, www.foodinsight.org

Food Insight helps the public make good and safe food choices. Their website has information about food safety, nutrition and healthful eating.

Academy of Nutrition and Dietetics, www.eatright.org

This website contains a wealth of information about nutrition, including news releases and consumer tips, nutrition fact sheets, consumer FAQs and the "Good Nutrition Reading List."



QUOTE OF THE MONTH

“Never let yesterday use up too much of today.”

—Will Rogers

Create opportunities to include their traditions too. Take turns. There's always next year.

Tip 2: Be forgiving. People want holidays their way, not your way. If an adult stepdaughter wants to do a vegetarian Thanksgiving or your new son-in-law goes surfing on Christmas morning, it's OK. Keep in mind, that if you object you may be breaking one of their family traditions.

Tip 3: Be daring. Imagine letting go of your holiday conventions. Instead of cooking, go to a restaurant. Instead of hosting, be the guest. The holidays may not seem like the best time to step out of your comfort zone, but they can be a time for personal growth, so go for different!

Family is what you make it. Sometimes "families" are created out of true affection and not a marriage license. Many people stay friends with their exes or their former stepparents. Try not to let the pain of a divorce separate you from someone you care about. When adults remarry and their kids are adults, the benefit is that adults can choose their friends and their "relatives." If you have an issue that you are finding difficult to get past, call our social workers for a referral to a therapist in your area. You are not alone!

To view our entire National Resource Directory, please visit www.wrpioneers.org.