



Living WELL Aware™ Fall Newsletter 2015

What Are You GIVING UP for Christmas??

Giving up for Christmas? Isn't the statement usually "What are you GETTING for Christmas?" When it comes to wellness, if you want to be healthier and happier, it often means GIVING UP something to GET what you want in life.

What do you need to GIVE UP? For some it may be a lot of extra calories so as to burn off the excess calories (fat) you are carrying around. One pound is equal to 3500 calories. In order to lose one pound a week, you will have to burn off 500 more calories a day than you take in (500 calories x 7 days = 3500 calories). For example, if you take in 1500 calories a day in food, you are going to have to burn off 2000 calories a day to have a deficit of 500 calories a day to lose that one pound per week.

If you are like most Americans, your physical activity level is low, meaning that your body does not require that many calories per day to run all the body parts. That's why it is so easy to gain weight and so difficult to lose it. And please don't think you can exercise off all that weight! Even if you walk one full hour EVERY day, you will have difficulty losing weight if you don't also cut the calories. Exercise is an awesome addition to your weight loss program but it is by no means the primary solution. But, Making Movement Mandatory is important. It's predicted that physical inactivity will overtake smoking as the #1 cause of death worldwide. A sedentary lifestyle is something we should be GIVING UP if we want great health, and it will help us lose weight.

For others, it may be giving up alcohol, cigarettes, or some other harmful substance. These substances are the direct causes of thousands of deaths each year. Lung cancer, the majority of which is caused by smoking, is the number one cancer killer of men and women, not breast or prostate. Plus, smoking also is directly linked to heart disease, stroke, and numerous other serious health disorders.

Excessive alcohol is linked to liver disease, dementia, a variety of accident related injuries, and numerous emotional and relationship problems. While one alcoholic beverage a day is not harmful and may even have health benefits for some, if you are trying to lose weight, it's over a hundred extra calories per drink that you don't need making it

Wellness for Women of All Ages
December 2: 8:30 - 11:30am
Cedarbrake Retreat Center
Belton, Texas
Call NOW to register:
254-780-2436
\$25 fee covers cost of conducting
the program at Cedarbrake

St Vincent De Paul of Greater Temple

Dr Sulak receives a big Thank You from Ken Valka and Gary Janacek for her \$1,000 donation from sales of *Should I Fire My Doctor?*



A Great Christmas Gift

Should I Fire My Doctor? is available locally at the financial office of Melinda Bulls at

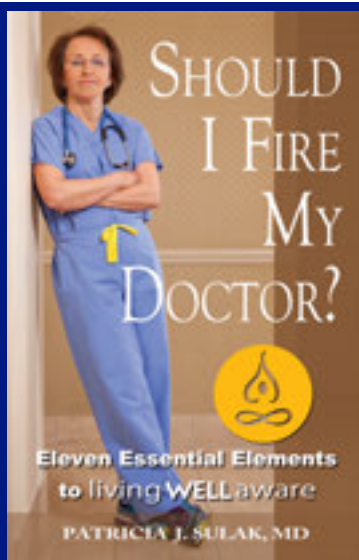
803 S. 33rd St, Temple 76504 near Ave H and 31st Street.

Cost is \$17 cash or \$19 check (includes sales tax).

Office hours M-F: 9 to 5pm

254-899-9944.

THANKS Melinda!!



very difficult to get to that 500 calories deficit you need daily to lose just one pound per week. If you can't seem to keep your alcohol intake to less than 1 to 2 drinks per day, you are also risking suffering from many of the health problems associated with long term use.

Drug abuse is at epidemic rates in our country. The CDC has stated that we have a "prescription narcotic epidemic" especially among women with almost one million emergency room visits annually by women alone for drug use and misuse. If you are on an addictive substance, discuss the situation with your healthcare provider. While use of pain medications may be necessary, it's up to all of us to decide what type of pain med, how much, how often, and for how long, and also to look at alternative therapies to assist with pain management to minimize narcotic use.

For some, it's not substance abuse but behaviors that are disruptive to our lives. It could be a gambling or pornography problem. For others, it may be financial difficulties from overspending on things that are just not essential in our lives. Get help if you are struggling in any of these areas. It's the best gift you could give yourself for Christmas.

You may be saying "Hey, I'm not overweight and don't smoke, drink alcohol, use addictive substance, gamble, view pornography, or have any financial debt. Great.

Are you totally satisfied with your relationships? Have any grievances against anyone you should GIVE UP? Ever get stressed out over things that are beyond your control? Giving up negative thoughts about past events and focusing on the beauty of the present may be the best PRESENT you can give yourself and those around you.

We all have something that we should consider GIVING UP so we can GET to a higher level of health and happiness. What are you spending your precious time and or money on each day that is keeping you from a greater level of physical, emotional, and spiritual health? We can all get closer to that best version we are capable of being. It's about Living WELL Aware!

December 2, 2015: WELLNESS for Women of All Ages

Speaking of Christmas gifts, give yourself or someone you love an early Christmas gift. Wellness for Women of All Ages will be held December 2 at Cedarbrake Retreat Center outside Belton Texas. Registration before November 30 is required. For more information, [see the flyer](#).

Due to high demand for speaking throughout the state and country, there are no women's wellness seminars planned locally in 2016. Don't miss this one!

Merry Christmas and the Best to You in 2016!

Patricia J. Sulak, MD

Exciting News for Living WELL Aware!

Jack Canfield - Author of *Chicken Soup for the Soul* - Endorses Patsy's Book!

Popular self-help author and motivational speaker Jack Canfield gave *Should I Fire My Doctor* by Patricia J. Sulak, MD, resounding praise:

"Dr. Sulak gives practical, doable advice from not only her role as a practicing physician, professor, and internationally known researcher, but her own life experience. She and her husband Jeffrey Waxman, MD have applied the essential elements to health and happiness and are living examples of the amazing results possible when Living WELL Aware. Their journey outlined in the book is the prescription you need to live life to the fullest."

-Jack Canfield, Co-Author of *The Success PrinciplesTM* and *Chicken Soup for the Soul®*