



# WEIGHT ★ NO ★ MORE DIET CENTER<sup>SM</sup>



[www.weightnomoredietcenter.com](http://www.weightnomoredietcenter.com)

<b>Brick</b>	<b>Marlboro</b>	<b>Oakhurst</b>	<b>Brooklyn</b>	<b>Cedarhurst</b>
<b>732.903.7700</b>	<b>732.536.2027</b>	<b>732.663.0222</b>	<b>718.998.8898</b>	<b>516.569.6400</b>

## HAVE A HEALTHY CHANUKAH

Whether it's low-carb, low-fat, calorie-counting, cookies or cabbage soup, it seems like our society is truly obsessed with dieting. Unfortunately, many start dieting way too young. A recent research report issued by California State University and published in the Journal of the American Dietetic Association, found that 60% of 10<sup>th</sup> graders said they had tried to lose weight; 36% said they started dieting by age 12; 85% by age 13! Some used extreme tactics, like skipping meals and self-induced vomiting or using laxatives and over-the-counter diet pills.

For any teen, dieting can be risky. Their physical development requires appropriate nutrition, and dieting has been called the most important predictor of eating disorders. All the more reason to encourage safe weight control practices early enough to catch most potential dieters before they take matters into their own hands. The only way for teens to practice a safe and healthy eating lifestyle is if you—the parents—are preaching, *and practicing*, the same.

The festival of Chanukah is one of the best loved holidays in the Jewish calendar. The powerful images of the miracles of the Jewish victory over the Selucid Greeks in the 2nd Century BCE and the miracle of the one-day supply of oil burning eight days in the rededication of the Temple are an annual inspiration to Jews everywhere. The Hebrew word Chanukah means "dedication." Why not then, this Chanukah, dedicate yourself to setting a good example for your children as relates to your health, to your well being, to a healthy eating lifestyle?

***A righteous person eats to satisfy his soul (Proverbs 13:25)*** When children have poor table manners—using their hands instead of utensils, chewing with their mouths open—parents will likely reprimand them and say, "You're eating like an animal." Yet, while animals lack the etiquette of Emily Post, we can say this much for them: they eat only for their bodily needs. Animals do not overeat, nor do they indulge in the pleasures of eating the way that humans do. Titillating the palate is a uniquely human obsession.

People who sincerely believe they were put on earth in order to serve God will eat in order to sustain life and to have the energy to carry out their assignment on earth. While they may enjoy eating, they neither overindulge themselves nor constantly seek ways to enhance their food. These people are unlikely to develop obesity, because they would not consume more food than is necessary to maintain optimum bodily function.

In the thirteenth century, Maimonides stated that the majority of human ills come from unhealthy eating practices. Current medical science substantiates his assertion. Still, so many people, instead of developing more body-conscious eating habits, apply their genius to seeking ways to stuff themselves without become overweight. It is a humbling thought that if humans *did* eat like animals, they would live longer and be healthier.

It is fitting that Chanukah begins during the month of Kislev, the month of dreams and sleep. As we near the winter solstice, we prefer more and more to stay in bed. Many of the Torah portions of this month speak of sleep and dreams—Jacob has his dream of a ladder and God speaking to him; Pharaoh has dreams that need to be interpreted. In sleep we have access to a world where what is impossible during the day becomes possible; we only have to picture it.

As Walt Disney said in 1955 at the grand opening of his magnificent and miraculous Disneyland, "If you can dream it, you can do it!" He did. And so can you. There's a miracle right around the corner.