

10 Tricks that Speed Weight Loss

When you're trying to drop pounds, these healthy tips may help you shed them faster. Try one or two! All you've got to lose is weight.

You Want it? Be Smart and Make it Happen

Two friends are chatting about their diets. The first one says, *"I want to be healthy and feel great."* The second one says, *"I intend to be healthy and feel great."*

Which one do you think is going to get healthy and feel great? Yup – the one who intends it.

Wanting is simply *wishing* you can have or do a particular thing it. *Intending* means you're committed to achieving something by making a plan for success—and sticking to it!

The Fuel for Desired Results

The key to intention is action – try this to build your intention muscle:

- Get clear on what you want. Create a vision board by gathering images and words that pertain to your goal, and gluing them onto a large piece of construction paper. Hang the collage in a spot where you'll see it often.

- Do something to make your desire happen. Let's say you want to eat four servings of vegetables a day. Your first action may be to go to a farmers' market and purchase a few veggies you can cook for dinner.
- Celebrate your achievement! Don't forget to congratulate yourself for meeting your goal.

How to Have a Great Day... Every Day!

Did you know that you can even set an intention to have a great day?

Rather than diving into your morning and hoping you'll achieve your day's big goal, why not take a moment and set yourself up for success?

Try this **"Setting An Intention to Succeed"** exercise used by professional athletes, speakers, politicians, and performers:

- Upon waking, lie in bed and think about what you have planned for your day (or, find a quiet spot to sit and contemplate).
- Think about your desired outcome. Take a deep breath and visualize yourself succeeding.
- Replay your success several times in your mind.
- Next, add other senses, including sounds, smells, and touch. For instance, as you replay your success, you now also hear the director offering you the gig, or you feel the physical sensation of your finger hitting the "send" button on your latest assignment.
- Lastly, replay the scene again, adding emotions. Feel your elation at getting the part, or your pride at finally finishing your work.

You can perform An Intention to Succeed, throughout the day as desired.

Get even healthier – Begin your transformation!

Do you intend to lose weight, eat healthy, and feel fantastic? Make a plan to succeed by getting the support you need! As a Health Coach, I specialize in helping people make their own healthy changes. Ready to get started living the Smart Life? Schedule a FREE One Hour Consultation with me today—or pass this offer on to someone you care about!

9 Ways to Get Organized for Fall

Early fall is the perfect time to get organized. With the end of lazy summer days and the beginning of a new school year, my family, possibly like yours, needs to get its act together. As I prepare to send one daughter off to college and another to a new grade in middle school, I like to gain control of my home before we all get very busy and life gets less manageable.

Let's start with the kitchen. Try these 9 fast tips for prepping your refrigerator, freezer and pantry for autumn:

1. **Multitask shopping trips.** While shopping with your kids for school supplies, grab a few extra items, like folders, organizers and office supplies, that will make shopping, menu planning and meal prep a snap this season.
2. **Create a recipe file folder.** Buy an extra accordion folder and label the tabs with Poultry, Fish, Beef, Vegetarian, Smoothies, Breakfast, Vegetarian, Dessert and Snacks. Whenever you come across a recipe in a magazine that you want to try, print or tear out the

page and slip it into the folder. Check out your options before you go grocery shopping for new ideas and shopping lists.

3. **Protect your favorites from wear and tear.** Use a few extra sheet protectors to keep your go-to recipes safe from liquids or foods. I keep my signature salad dressing recipes in these easy-to-clean sheets in the same cabinet where I keep my spices, oils and vinegars. No more hunting for my recipes, and no more destroying the pages when I cook!
4. **Become a smart labeler.** It starts with extra colorful masking tape (you know, the kind you never knew what to do with). My favorite trick is to use it to label mason jars stored in the freezer with extra smoothies. Include the date it was stored and the contents on the tape. If you've got a big family, you can even mark whose smoothie it is. The same masking tape is also useful for party guests to tag their wine glasses.
5. **Purge your fridge and freezer.** During the summer months, when the days are longer and schedules are more flexible, I find that dinner plans often change last minute – we travel, go out for the day and never make it home until late, or get last minute invitations – and I end up throwing things in my freezer. Now is the perfect time to toss anything from pre-summer months that you never got around to using, or anything that's been frozen and forgotten. This includes all those opened jars or packages with no clear purchase or expiration date.
6. **Hunt for suspicious freezer items.** Examine frozen foods for freezer burn or packed ice crystals and check expiration dates. Use all the items that are about to expire the earliest and toss out expired items. Any mystery items? They get tossed, too.
7. **Be a pantry sleuth.** Dig through the shelves (yes all the way in the back) and check expiration dates on all canned or jar foods and spices. Trash the ones too old

to use and move the items about-to-expire to the front. Bonus points if you add recipes to your weekly menu plan that use these ingredients.

8. **Recycle your food containers.** Instead of throwing out used glass food jars, wash and reuse them. These can become great containers for smoothies, nuts and seeds. They can also be used to carry a healthy snack to work or school. Trim celery or carrots into sticks that fit right within the jar. Place with almond or pumpkin seed butter on the bottom as “glue” to keep the veggie sticks in place.
 9. **Stay inspired.** Don't let all this de-cluttering go to waste. Buy a clear picture frame with magnets. Print motivating quotes and insert in the frame. Place on your fridge or your office bulletin board. Keep changing the quote to keep yourself on track and making smart choices, especially when you're reaching into the fridge. I can always get myself going by looking at the logo of my health coaching company which reads, “I live the Smart Life!”.
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4 Healthy Lunch Box Suggestions

It's hard enough to get kids to eat healthy, especially at school when junk food or sugary snacks seem to magically sneak their way into the cafeteria. Try these easy, nutritious lunch box ideas that your kids will actually enjoy instead of toss in the trash.

1. **Switch out the traditional unhealthy white bread sandwich** for something a little more interesting. One of my favorites

is a vegetarian bagel sandwich, which you can re-create each week with new toppings.

Bagel Sandwich

1 whole grain seeded bagel

$\frac{1}{4}$ large ripe avocado, sliced

Pinch of sea salt

1 tablespoon sprouted sunflower seeds

$\frac{1}{4}$ cup sprouts

4 thin slices cucumber

- Slice the bagel in thirds horizontally and save the middle slice for another use – smear with nut butter for your own mid-day snack. Bagels have ballooned in size over the years so the top and bottom part are plenty for a sandwich.
- Mash avocado into the bottom part of the bagel and sprinkle with sea salt, sunflower seeds and sprouts. Arrange the cucumber over the sprouts and cap with the bagel top.
- Cut in half. Wrap well or store in a snug container.
- *This is best made in the morning before school to keep the bagel fresh and soft, not soggy.*

2. Innovate classics, like PB&J, with ingredients that are so yummy, your kids won't know they're good for them. My Nut-Butter Pinwheels, for example, get their sweetness from apples and honey, not sugar-laden jelly, and the nuttiness from natural nut butters. The roll-up lavash makes them a fun finger food.

Nut-Butter Pinwheels

1 whole wheat lavash

2 tablespoons unsweetened almond, peanut or pumpkin seed butter

$\frac{1}{4}$ cup apple, chopped and unpeeled

1 teaspoon honey

2 teaspoons unsweetened granola (optional)

- Cut the lavash in half crosswise and spread both halves with the nut butter. Drizzle with honey and top with apple and granola.
- With the shorter edge of the lavash toward you roll up into a wrap. Do the same with the second half and cut each roll into four pinwheels.
- Store in snug container or reassemble each half and wrap in parchment paper.
- *This can be made a day ahead, but it's really best made in morning before school.*

3. Add a side of veggie sticks. Adding one cup of veggies to meals will help prevent the blood-sugar swings that may make them feel tired and cloud their thinking mid-day. By adding zucchini, celery, carrots and cucumbers to their snack bags, your child can benefit from more energy and better focus. If they can't bear to eat "plain" veggie sticks, add a tablespoon of hummus for dipping.

4. Surprise them with blueberries for dessert. These berries soothe their sweet tooth while boosting their brain power at the same time. The bold color of this fruit comes from anthocyanins, antioxidants that studies have shown activate brain neurons. A recent report from Tufts University suggests that 1 cup of blueberries can increase brain energy by approximately 45 percent. Your kids can enjoy them fresh, dried or frozen all school year long.

Probiotics? Prebiotics? What

are the benefits and how do we pick one?

Doron Kahana, M.D., CPNS

There's been a lot of hype recently about the benefits of probiotics and prebiotics. And rightly so, these healthy bacteria keep our digestive system balanced, healthy and in optimal condition. When our digestive system works like it should, many symptoms and issues disappear. This month, I invited guest blogger, Doron Kahana, MD, CPNS to help me bring the best advice for Smart Life readers.

Sure, they're both "Biotics", but what do "Pro" and "Pre" mean?

Probiotics are live microorganisms that benefit your body. Usually either bacteria or yeast, they boost immunity, aid digestion and promote regularity. If it sounds strange to consume "good bacteria" to stay healthy, consider that more than 400 different types of happy bacteria already live in your GI tract. No joke.

Prebiotics are functional foods that can be used by healthy bacteria for nourishment. A fancy word for fiber, prebiotics promote a healthy microecology, or the composition of the intestinal microflora, in our body. Prebiotics are naturally found in onions, garlic, flaxseeds, whole-grain breads, beans and other high-fiber foods.

Probiotic benefits

I recommend probiotics because they are preventive powerhouses that enhance digestion, strengthen the immune system, rev the metabolism, and ensure detoxification and elimination. Not bad, huh? Especially because the safety profile of probiotics

is excellent, with minimal adverse effects reported even with very large doses.

The 3 most common issues

Researchers believe we're only beginning to discover how valuable pre- and probiotics can be to our bodies. Whether or not you're prone to the conditions below, consider that many things – stress, anxiety, fatigue, junk food – can put a strain on our system. Here are just a few benefits:

1. It treats UTIs, vaginitis and yeast infections. These conditions arise when there's an imbalance in good and bad bacteria. Probiotics, when taken daily, regulate the balance so unhealthy situations don't spring up.
2. It reduces the severity and frequency of colds. Healthy bacteria bolster your immune system and keep sickness at bay.
3. It alleviates constipation, diarrhea and IBS. Studies have shown probiotics are a natural and effective way to reduce and/or eliminate the symptoms like pain, bloating, discomfort and irregular bowel movements.

How to pick a Probiotic

Before buying, determine:

- **What type of bacteria it contains**, including the genus (first letter/word) and species (second word). Some types include: *L. acidophilus*, *L. bulgaricus*, *L. casei*, *L. gasseri*, *L. plantarum*, *Bifidobacterium bifidum*, *B. lactis*, *B. longum*, *Saccharomyces boulardii*. The more types of bacteria, the better, since different strains benefit your body in different ways.
- **How many bacteria per dose it contains**. You want at least 2 to 10 billion. If a brand doesn't list potency, that's a red flag not to buy. *S. boulardii* may sometime be listed in milligrams,

- choose 250 mg or more.
- **How pure is the dose.** Does it have additives or unhealthy bacteria? The cultivation and purification process varies considerably. Some higher grade products will request that you keep the probiotics refrigerated, others will be blister-packed to ensure freshness. Except for *S. boulardii*, which has a darker, sandy color, probiotics should look white (like sugar). Expect the scent and taste to be pleasant and not offensive.
 - **What research or reviews say about the product.** ConsumerLab.com, for example, is an excellent resource for finding out which supplements are effective. Stay with reputable brands and shy away from discount offers. In this instance, there's a reason they're on sale. Good quality probiotics usually cost upward of \$1 a day.
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Newsletter October 2013 Issue

This month, the Smart Life Newsletter includes even more information about making smarter choices about nutrition and lifestyle that will help you live the life you want. A blog by guest contributor, Doron Kahana, M.D., PCNS, founder of Center for Digestive Health & Nutritional Excellence, shares with Smart Life readers how Prebiotics and Probiotics boost our immune system, aid digestion, and promote regularity.

This month, I share with Smart Life readers my vision for a Smart Life and how the Smart Life logo, created by TLVD, captures everything about my approach to health coaching.

Looking for tips on getting what you want? Read my blog **You Want it? Get Smart and Make it Happen** and learn how to set your intention and make your goals a reality.

Two great recipes this month feature my favorite super green, Kale, which is high in fiber, acts as a powerful detoxifier, and is packed with nutrients. Try my Super Healthy Kale Salad and the nourishing fall Kale & Lentil Soup that makes me feel good any time of year.

Did I mention that the early bird catches the free gifts? Be one of the first 10 to sign up for Smart Life's Monthly Newsletter, and you'll receive 10% off of your Smart Life Health Coaching program of choice.

By signing up for the Smart Life Newsletter you can receive the latest tips, tricks and tools for weight loss, fitness and overall wellness delivered right to your inbox. In each edition to follow, you'll find more seasonal recipes, strategies for helping you reach your health goals and the latest information you need to help you live a happier, healthier life you love.

After you've read the October Edition of the Smart Life Newsletter, ask questions, send comments, and share your feedback on our Smart Life Facebook page or Smart Life website. The Smart Life Newsletter is designed to be a resource you can truly use to improve your health.

Get it today and get smarter about your life!

Stay healthy,

Ronit

Newsletter September 2013 Issue

This month I am launching the first Smart Life Newsletter. The launch edition includes timesaving tips for streamlining your kitchen for your busier fall lifestyle, fun lunch box options for picky eaters (they won't even know it's brain food!), on-the-go snacks that are good for you and take minutes to prepare, and a warm seasonal salad so flavorful it can stand alone as a meal (think Meatless Mondays!).

By signing up for the Smart Life Newsletter you can receive the latest tips, tricks and tools for weight loss, fitness and overall wellness delivered right to your inbox. In each edition to follow, you'll find more seasonal recipes, strategies for helping you reach your health goals and the latest information you need to help you live a happier, healthier life you love.

Did I mention that the early bird catches the free gifts? Be one of the first 10 to sign up for Smart Life's monthly newsletter, and you'll receive 10% off of your Smart Life Health Coaching program of choice.

After you've read your first edition of the Smart Life Newsletter, ask questions, send comments, and share your feedback on our Smart Life Facebook page or Smart Life website. The Smart Life Newsletter is designed to be a resource you can truly use to improve your health.

Get it today and get smarter about your life!

Enjoy the beginning of Fall and stay healthy,

Ronit

Smart Life Stays Inspired, Too!

In May 2013, I attended my first IIN Live Event in NYC. This event brings together current IIN students for an inspiring, motivational and educational weekend. Joshua Rosenthal, the founder of Integrative Nutrition, brings together nutrition and health experts from all areas of wellness and health. Joshua's inspirational exercises and discussions were woven among lectures from guest experts, almost magically transforming students into health coaches!

I left this conference even more excited about my decision to evolve my psychology career into health coaching. From Andrew Weil and Dan Buettner to Donna Gates and Joe Cross, each speaker inspired me to spread the knowledge of how the way we nourish our bodies can heal us, transform us and help us achieve our goals and prevent illness. I felt blessed to be surrounded by so many caring, soul-centered people who share my vision to transform the world by transforming our lifestyle. At IIN live, I was touched by a "...ripple effect to transform the world!" I'm ready to share that ripple effect with you!

S.H.E. Motivates!

Last month, I attended the S.H.E. Summit in New York City. This two-day event was organized by women's leadership and lifestyle expert Claudia Chan. The conference was attended by

women of all age groups, ethnicities and professional backgrounds. The speakers included 40 women in successful positions who reflected upon their achievements and shared practical leadership advice about how women can grow their business or career, make shifts in their life to achieve greater balance and happiness, and expand their networking with other amazing women. The “sisterhood is powerful,” said one speaker, an observation that resonated through the attendees and experts.

High off the energy of thousands of women who participated in the S.H.E. Summit, who gathered to celebrate, collaborate and share, I was particularly inspired by Dondeena Bradley, VP of design and development, nutrition ventures, at Pepsico, who said, “Your best self requires your whole self.” Often women feel guilty about cultivating their careers, business, family, health or spirituality. It is as if devoting time to our personal goals is somehow overindulgent. What I learned from my experiences as a mother, spouse and career woman is that I am at my best when I attend to all my goals, all my needs and all my aspirations.

I am at my best when I am everything I need to be me. Lubov Azria, chief creative officer at BCBGMAXAZRIA, said, “Inspire people to be better than they can imagine for themselves.”

This is my goal at Smart Life Health Coaching. I want to inspire you to be your best, to be your whole self! I can imagine that. And I hope you can imagine that for yourself, too. You deserve it.

Society for Research on Child Development

SRCD Biennial Meeting in Seattle, WA, April 19-20, 2013.

The SRCD Biennial meeting provides an opportunity for thousands of child development professionals and researchers worldwide to share the latest findings about the field. Participants present multidisciplinary research in the area of human development based on empirical research, intervention and teaching. Many of the topics addressed this year were relevant to child health and obesity.

Two of my presentations focused on emotional development in ethnically diverse children. My research showed that the development of emotion understanding in young toddlers and the parenting strategies used to scaffold these emotional skills vary across ethnic groups and reflect the unique cultural values and goals of each group. What can we learn this type of information? One important lesson is how the design and implementation of programs designed to impact a child's emotional, social and overall health must fit his ethnic diversity. One message or strategy will not fit all kids. Similarly, when designing successful health-related programs that address overweight and obese children, we need to consider their unique cultural background.

SRCD Presentation Titles:

Kahana-Kalman R., et al. (2013). Mother's Regulation Strategies in Response to Children's Disappointment in Ethnically Diverse Groups.

Shee, E., Kahana-Kalman, R. & Tamis-LeMonda, C. (2013). The Development of Emotion Understanding in Ethnically Diverse Children.