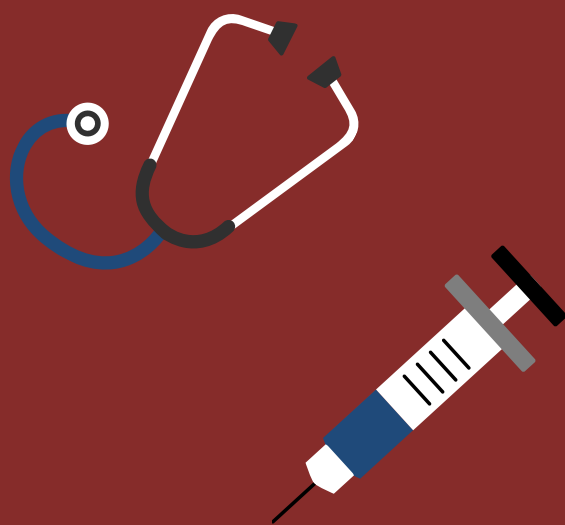


# GET YOUR FAMILY'S NUTRITION BACK ON TRACK

Your family medical practitioners want you and your family to live a healthy and happy life as you can.

Here are a few ideas to help you battle your way back to a "normal," healthy diet for yourself and the family:

*by Founders Family Medicine and Urgent Care*



## 1 TRY FASTING

If you can endure water fast for even one day, the cleansing effects can be significant, and some of those cravings will diminish. Many people report that the first few hours of fasting are difficult, but that the next morning, they wake with better energy and less desire for junk food or alcohol. And if you can go two or three days, you might surprise yourself with how much good you can do for your body



## 2 PUT YOURSELF ON A QUOTA

If you find it too difficult to cut out a favorite food or drink completely, try establishing a limit and sticking to it. Some people find "trade-outs" effective, allowing themselves a "treat" as long as it's accompanied by something healthy: a full glass of water for every glass of wine; a serving of vegetables for every salty or sugary snack.



## 3 KEEP A JOURNAL

Many patients report that they had no idea how far they'd gone "off track" until they wrote down everything they ate or drank... often, patients have a hard time believing what (and how much) they're actually consuming until they review a well-kept journal.



## 4 TAKE JUNK FOOD OFF THE SHOPPING LIST

It can be powerful to run out of junky treats, and be left with nothing but healthy, nutritious food when the munchies strike!



## 5 SUPPLEMENT YOUR DIET

You can go overboard with supplements and vitamin pills... but until you're able to get back on track with a healthy diet, it's not a bad idea to take at least one good multi-vitamin, and to make that a disciplined part of your daily routine.

