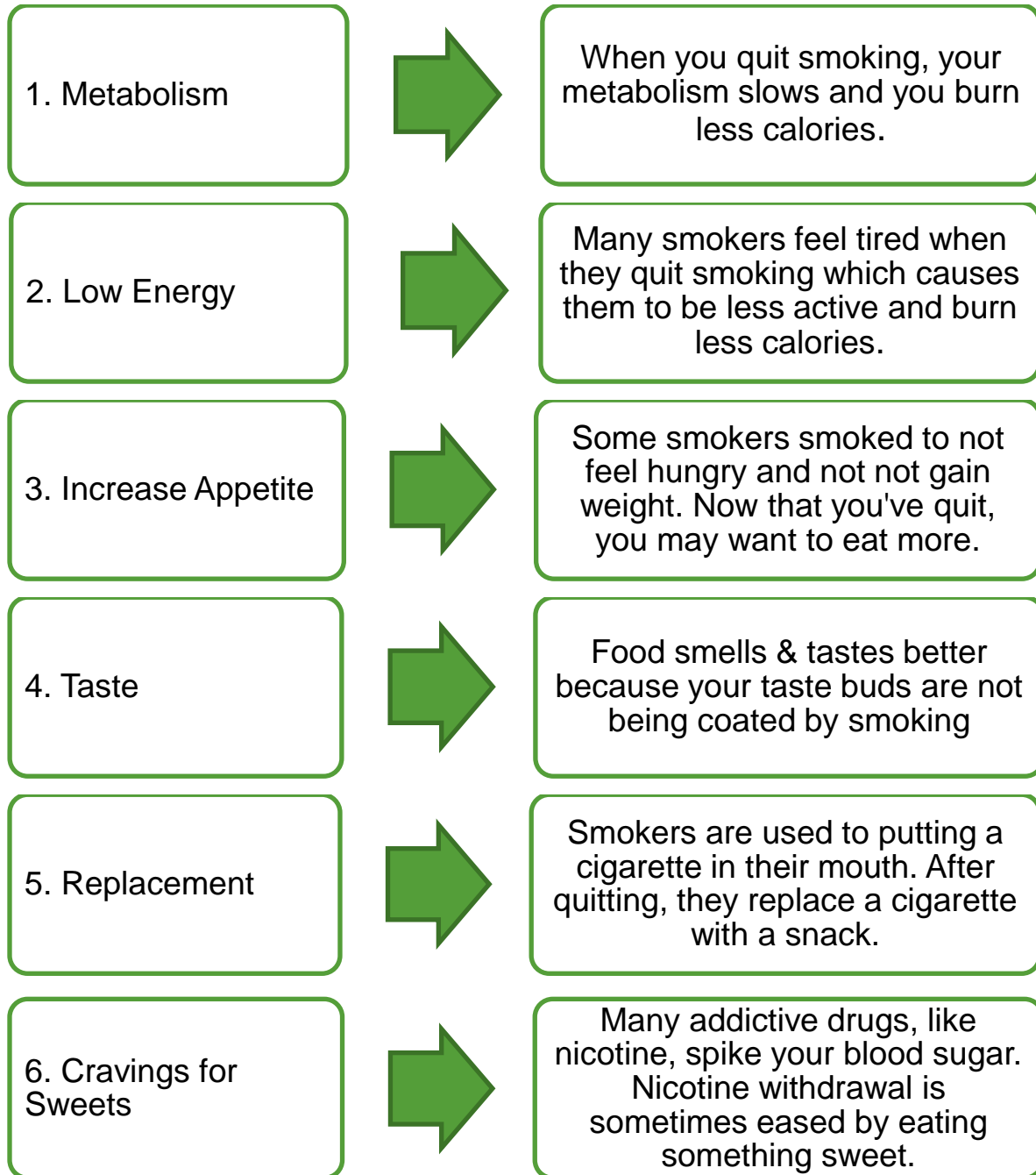


# THE TOP 6 REASONS WHY YOU MAY GAIN WEIGHT WHEN YOU BECOME TOBACCO-FREE

Some people gain weight after becoming tobacco-free.



# 6 THINGS TO PREVENT WEIGHT GAIN AND STAY HEALTHY

Some of these are taken from the book, YOU The Owner's Manual by Michael Roizen, MD and Mehmet Oz, MD (Harper Collins)



1. **Use a smaller plate.** Your smaller portions will seem normal and you will feel like you have enough. Swap a 13" plate for a 9" inch one. There are studies to support this suggestion.

2. **Eat something small every 3-4 hours to prevent over eating.** And it will keep your blood sugar level stable and keep you energized.



3. **Go on an easy walk after dinner or any meal.** Keep yourself active, especially if you ate a large meal and you feel sleepy.

4. **Drink water, at least 8 cups a day, instead of sodas or sugary beverages.** Sugary beverages contain high fructose corn syrup and can cause diabetes, obesity, and cavities.



5. **Eat fruit with your meals, especially in the morning with breakfast.** You can train your taste buds to like the less intense sweetness of fruit. View dessert as something special not commonplace.

6. **Choose whole grain or whole wheat over white flour.** Try whole wheat or whole grain breads, bagels, tortillas, pastas, muffins and more!



# “GET HEALTHY” MAKEOVER



**Take a  
Multi-Vitamin**

## EAT BREAKFAST

Try oatmeal, cereal,  
fruit and yogurt  
instead of donuts,  
pastries and white  
flour bagels



**Drink Low or Non-fat  
milk and dairy  
products**

## Replace Unhealthy Fats

Use trans-fat free  
spread instead of  
butter. Eat nuts,  
avocado and peanut  
butter



**Try Olive Oil or  
Canola Oil**

## Drink to Your Health!

Choose water and  
teas over sodas and  
coffee.



**Eat More Cancer-  
Fighting Fruits &  
Vegetables**

## Eat 5-6 ½ cup Fruits & Vegetable Servings a Day

Eat fresh and various  
colors: red, blue,  
green, yellow.



**Whole Wheat/Grain  
Bread is Better!**

## Eat White Meat

Chicken and Turkey  
has less saturated fats  
than beef or pork.  
Animal fat causes high  
cholesterol levels  
which can lead to  
heart disease.



**Get your Omega-3s  
by Eating Fatty Fish:  
Tuna, Salmon,  
Sardines, & Halibut**

## Eat Whole Grains, Beans & Legumes

For fiber for problems  
with constipation. Try  
Metamucil or Citrucel  
if you need it.

# The Importance of Water



## To Be Healthy You Need to Drink 8 Glasses of Water Every Day

1. Water is your coolant, lubricant, solvent, and transportation system. It regulates your body temperature, maintains body fluids, carries nutrients, removes waste, and is the medium for every cellular reaction.
2. You need to drink enough water to keep you hydrated. The average person loses two cups of fluid through normal perspiration, two cups are exhaled as water vapor while breathing and the kidneys and the intestines use six cups a day. That's 10 cups just living, not counting any water lost through physical exertion or exercise.
3. Drinking water can help eliminate the accumulated toxins that have resulted from years of smoking. Soda, coffee and other drinks cannot because your body still has to digest it.
4. Water revives the body and keeps us energized. The next time you are so tired you can hardly move off the couch, cannot concentrate or are having a bad day, pour yourself a big glass of water. The cure may be just that simple.

# Detoxing After Quitting

Now that you have quit smoking you may want to accelerate feeling better by cleaning out your body.

Here are a few ways to help clear you out:

1. Drink 6-8 glasses of water per day, every day (not soda, juice, coffee, etc.).
2. Morning detox-drink 16oz (tall glass) of warm water with a quarter of a lemon squeezed into it each morning before breakfast.
3. Build up your sweat equity - start exercising now if you haven't already started. Start slowly. Get to the point where you are actually sweating! The idea is to MOVE your body on most days of the week.
4. Get a skin brush from the health food store and brush your skin in the morning before your shower.
5. Take some hot baths. Pour in 2 cups Epsom salts (from any drug store), and relax...
6. Better yet...book some time at a sauna. You will feel great!
7. Eat plenty of fruits and veggies. Get plenty of Vitamin C, either by eating oranges, grapefruit, lemons and other fruits and veggies or taking Vitamins C tablets (Ester C is buffered and easier on your stomach). Aim for 1 gram to 3 grams per day. Chewable is good, too. (Former smokers need more Vitamin C)
8. Get out in nature-get to someplace where pollution is less. Ocean Beach, Golden Gate Park, the Marin Headlands are good bets and are accessible by bus. Breathe deeply. Keep it up. This **does** aid in clearing out your lungs.
9. Drink Milk Thistle tea. Or try Dandelion Tea. Both are very beneficial for the liver. Both are mild and generally regarded are safe herbal teas. If you decide to add sugar, be aware of how much you're adding!

