



Ottawa Integrative Health Centre Inc.

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New satellite office inside The Ottawa Birth and Wellness Centre - 2260 Walkley Rd. Ottawa

## Helping You Achieve Health . . . Naturally!

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### **How to Cheat on your Diet**

By: *Cathy Cochrane, NNCP*  
*Holistic Nutrition*

Are you, or have you ever settled into the healthy habits of a spring detox or a new diet – giving up sugar, or an anti-inflammatory diet, or maybe you’re trying to be Paleo or vegetarian – and you get tempted by the forbidden fruit that threatens to derail all your efforts? You end up spending more time & energy trying not to eat that one thing rather than focus on all the good stuff you are allowed to eat.

It seems we’ve become a society of rebels. As soon as someone creates a rule for us, our minds automatically look for the loophole whereby we won’t need to stick to the rule 100%. Early on in my practice, I had a client who was prepared to follow any changes I suggested as long as she could keep eating Fruit Loops for breakfast.

When you start new habits it’s almost inevitable that temptation is going to show up at some point. Consider 3 ways to prepare for this eventuality, know the all-important question to ask yourself when it hits, and

what to do if you decide to give in. Perhaps there’s even a way to prevent temptation from rearing its head in the first place.

You can think about cheating in terms of food choices, how you want cookies when you’ve given up sugar, or baguette when you’ve given up gluten, but you can apply these ideas to cheating on any type of good habit: skipping today’s session at the gym, checking Facebook before bed when you’ve sworn off scrolling after supper, hitting snooze instead of getting up to meditate.

Cheating is however you break a commitment, be it big or small, long-term or short-term. Basically, consider it cheating (and potentially “bad”) if you’ve established rules, to do otherwise.

If you decide to swim across the lake, stopping for a rest on a rock partway across isn’t cheating. If, however, you’ve pledged to get across non-stop, then that rock is off-limits.

### **Here’s what to do when that thoughts of that forbidden fruit have you ready to throw in the towel.**

1. The first consideration happens before you make the commitment, as you’re setting the rules. When changing habits, people have a tendency to go whole hog: you decide to make it across the lake, so you dive off the end of the dock and start swimming. Some people can do that. Others are more of a wade-slowly-into-the-shallow-end sort, getting deeper and deeper until they’re ready to immerse completely.

### **Which type are you? Be honest.**

More people fall into that second category. Sure, you may prefer diving into the deep end for the short term, but can you sustain your stroke for a long time? Think about your last New Year’s resolution.

Even if you’re making a short-term commitment (a week-long detox or no sugar for a month), take a few days to ease in.

**Pick a date for when you want to be fully immersed, then break the new habit into logical baby steps over a set amount of time until you get there.** This gradual shift will help you to create new habits along the way, and find solutions for the places you get stuck, so that you can sustain your decision more easefully.

If you are, honestly and truly, a whole-hog-dive-in type, then take time to read about your choice, talk to professionals or others who have gone through it, find online support groups, understand what you’re getting into and plan ahead for contingencies. This would include clearing your pantry of the items that are not part of the program, filling it with the stuff that is, as well as gathering recipes, meal ideas, and shopping lists, so you’ll be all set when you decide to jump off that dock.

2. Once you’re into the commitment and swimming along nicely – following those new eating habits – you might see that rock where you can perch for a few minutes. When those moments present themselves, and they will, **ask yourself this simple question: Will it be worth it?**

*For more information or to make an appointment please call:  
(613) 798-1000 or email: [info@oihc.ca](mailto:info@oihc.ca) or visit our website at: [www.oihc.ca](http://www.oihc.ca)*

Understand that when you decide to cheat – do something that you're not supposed to do in present circumstances – you will feel bad on one level or another. If your body is much happier off gluten and dairy, be aware that eating a grilled cheese sandwich might mean stuffy sinuses tomorrow. If you're off sugar and eat a few cookies, you will likely have to go through the pain of cravings all over again. If you sit on that rock for 5 minutes, your body might cool down and your muscles tighten up, making the last leg of your swim much more difficult.

Even with no physical set-back to your choice, will you be down on yourself for days to come? Will you flog yourself with nasty thoughts for hours after eating one cookie? (That can be as bad, if not worse, for you than the Oreo.) Will you have a hard time focusing all day if you skip your meditation?

This is also a good time to **(re)assess WHY you're following the rule** in the first place. Have you chosen to eat this way, (and yes, YOU chose it; no matter who suggested it or where you read it, no one is forcing you to comply), because you want to look great in your bathing suit come July? Because this way of eating is your best chance for avoiding the cancer that runs in your family?

Basically, it comes down to asking yourself, **is the end result more important than the brief thrill** of a chewy piece of baguette? OR Will the pleasure you derive from the forbidden fruit now outweigh the pain of regret you'll feel later? Again, be honest.

3. So, you've settled into a good stride, you spy that rock in the distance; if you decide the rest will be worth any pain it might cause, cheat consciously.

Make a cup of herbal tea, take out a pretty plate and sit down with the cookie – yes, just one, maybe 2 – and savour every bite. Sit on that rock and drink in the feel of the sun on your skin for a fixed amount of time.

One last consideration, and perhaps **the key to reducing the frequency and intensity of those desires to cheat**: What would happen if you **put that much conscious enjoyment**

**into the commitment** itself? How would your eating habits feel if you savoured every bite of kale as much as you do the cookie?

Luxuriate in the silky cool of the water on your skin and the pull of effort in your muscles with every stroke.

### Dr. Guy is in the HOUSE !

Dr. Vivienne Guy had been referred to over the years as, the Naturopathic Dr. House. **Do you know that character?**

He's the grumpy MD who heads a medical diagnostic department on the TV show HOUSE.



He's got a bit of an anger and drug problem, so Dr. Guy isn't like him in all ways LOL!

Like him though, she is a great diagnostician.

Medical Doctors and other health professional trust her with their difficult cases. They often refer clients to her when they haven't been able to figure out why they are unwell. These clients arrive with a stack of lab results, specialist consultation reports, and yet no answers.

Dr. Guy came to the field of Naturopathic medicine with a Pre-Med Degree, and years of medical research. It is this background that allows for her to operate differently than others. She considers all the information provided, asks more questions, explores in more areas, dives into new diagnostics and research, and can provide fresh perspective. She is an expert in diagnosing and treating fatigue, pain, inflammation, headaches, mental emotional issues and more.

If you or anyone you know is feeling unwell and does not know why, a consultation and case review with Dr. Guy is just what the doctor ordered.



Call today to set up your appointment and discover how Dr. Guy can help.

## UpComing

**What are you doing  
April 21st or 22nd?**

***Dr. Vivienne and Jess Sherman will be at the Healthy Brain and Body Show, a free to attend two-day wellness expo at the EY Centre.***

The Healthy Brain and Body Show is unlike any other in Ottawa! It brings together experts in the fields of mental, emotional, spiritual and physical health and places a heavy emphasis on our brain health.

We will have a booth there and invite you to stop in and say hello. Check out our show specials for some Healthy Deals.

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**Calling all busy parents who take care of everyone around them and don't have time to eat a solid breakfast!**

***If you're feeling tired, grumpy, anxious or anything other than awesome, it's time to make some changes.***

The Full Body Spring Clean-up is exactly what you need to rev up your energy, lose some weight, and charge into spring with new vitality.

Our holistic nutritionist, Jess Sherman, will be leading the Full Body Spring Clean-up - a food based re-set created just for busy people like you.

Join her and several of the OIHC practitioners for top tips and simple strategies you can start incorporating into your busy lives right away.

Registration opens FRIDAY APRIL 6 - watch Jess's Facebook page for details on how to register and get the early bonuses or contact her directly

[www.facebook.com/jessshermanRHN/](http://www.facebook.com/jessshermanRHN/)  
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