

The saga of a dieter

By Karin Peacock

Once upon a time there lived a young woman who was constantly on a diet. This young woman tried everything. She fasted, tried pills, "drank three shakes a day and ate a sensible dinner" and still had no luck. "If Tommy Lasorda can do it, so can I," she told herself, but he didn't do anything for her but cost a fortune.

Every time she read a magazine or watched TV, she would see these incredible women who looked perfect, and she wondered if she would ever have a body like theirs. Dieting began to occupy her every thought, and soon her road into dieter's hell had begun. This is not a fictional character; it is about people like you and me who have been dieting for too long, too dangerously.

I am this young woman, Karin Peacock, and I know what it's like to be trapped in an overweight body and "mindset."

I have tried every type of diet on the market to lose those extra pounds, from Weight Watchers to Slim Fast to Jenny Craig, but the only thing I got in return was extra poundage and frustration.

The problem with all of the diets I tried was that they didn't teach me how to eat right, nor did they encourage me to exercise.

Instead, they gave me either fake milkshakes that have no nutritional value or boxed dinners that couldn't even fill up a small child.

As each day passed, I grew more and more angry at myself because I was

becoming larger and my clothes were becoming smaller. I began to hate myself and have a low self image; I felt trapped.

After returning home from summer school last August, I knew that I wanted to do something about my weight problem. I had decided that I was sick and tired of being fat for more than 18 years and that something had to be done about it.

My first step was a doctor's appointment and complete bloodwork, including a cholesterol test. This doctor told me that if I really wanted to lose weight, I needed to eat right and exercise daily; I was waiting for him to tell me something profound, possibly a secret, but when he told me those two words, I felt like a fool because I realized I already knew that!

When I got my test results back, my cholesterol level was way too high, and I discovered that I was at high risk for cardiovascular disease. That was it.

From that day on, I made the most important decision of my life: to stop dieting and to become a healthy individual.

I have learned to cut most dairy products and fats from my diet, drink lots of water, do a step aerobics class and walk aerobically four times a week.

Today, I am more than twenty pounds lighter, my cholesterol level is down thirty points, and I have never been this happy in my entire life.

I have found a new freedom within myself; I know that I can do anything because I believe in me! If I can do it, anyone can.

Food for better thought



By Tracey Catalan

Growl... rumble rumble... growl! Suzy slowly and quietly sinks lower into her seat and notices that every eye in

150 Columbia is on her. Oh no! Here comes another one - and oh, it's going to be loud; she quickly pushes on her stomach to stop the growl before it starts.

As she sits there paranoid, her concentration is far from where it should be. Not only is her stomach embarrassing her and driving everyone else crazy, but her mind is fuzzy and she can't seem to focus on the essay question in front of her.

Suddenly, Suzy draws a blank on everything she knows; she begins to squirm and breaks out into a cold sweat when it comes time to hand in the test.

On her way home, Suzy reflects back on her recent study habits to determine what could have possibly caused her to suddenly draw a blank; this is the third time in the past week it has happened. After carefully evaluating her habits, she still fails to find a cause for her spaciness and decides to make an appointment with a counselor at the Student Health Center.

After a couple of sessions, the counselor determined that Suzy's problem lies not in her study habits, but rather in her eating habits! Suzy has never been a breakfast eater, but she will now include this meal in her morning agenda.

One week later, Suzy sits in her class and awaits yet another examination. This time, however, she's attentive, well-focused and prepared for the test. Why? Because Suzy ate a nutritious breakfast!

For many of you, breakfast may seem pointless, but many researchers and doctors consider breakfast to be the most important meal of the day. Scientific studies prove that beginning the day with a good breakfast leads to increased awareness and allows people to have a more productive morning than those who skip it altogether.

Working all morning without eating anything for breakfast is analogous to spending money before it has been

earned. If you begin eating at noon each day, the food you consume is used by your system to make up for what you didn't eat earlier rather than providing nutrients and the energy needed to help get you through the rest of the day.

Because everybody is different, our food preferences and amounts we consume individually tend to vary.

Some people prefer large breakfasts and consider it the largest meal of the day, whereas others who aren't accustomed to eating breakfast, may eat nothing or very little.

These people usually begin their breakfast regimen by eating small portions and gradually work their way up to larger servings with the essential nutrients.

Breakfast foods need not be high in calories, but they should include servings from at least three of the four food groups to ensure maximum nutrition.

The following menu is a simple suggestion for a quick, easy and nutritious breakfast:

Food Group	Serving	Example
Vegetable-Fruit	1	1/2 Grapefruit
Bread-Cereal	2	Toast/Cereal
Dairy	1	1 cup Milk

With the winter months already upon us, it is especially important to make time in your morning to eat a nutritious breakfast to help give yourself a boost through the dark and gloomy days.

Not only does eating breakfast provide energy and nutrients, it also helps to increase metabolic processes, thus preventing the body from putting on unwanted pounds.

The body's natural tendency during the winter is to store extra calories as fat to provide insulation for warmth.

Therefore, eating a low-calorie breakfast every morning will prevent your metabolism from slowing down. So if you think that eating breakfast is a waste of time that could be spent sleeping an extra ten minutes, think again.

Just by eating something small, whether at your kitchen table or on your way to class, your overall performance can and will improve significantly - you will be surprised by how good you feel at the beginning and even at the end of the day.

ALCOHOL

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Other medical researchers don't believe that alcohol has anything to do with preventing heart disease.

"There is no direct proof that it's the alcohol that protects against coronary heart disease," says heart disease researcher William Connor of The Oregon Health Sciences Center.

Conversely, studies have shown that people who drink moderately have a lower risk of heart disease. Unfortunately these studies do not prove that alcohol prevents heart disease. And we do not have a more convincing explanation for this link between alcohol and HDLs.

Another point that researchers have made is that alcohol association with a lower risk of heart disease could actually have nothing to do with alcohol.

This is not likely, but it is possible. Maybe moderate drinkers lead a less stressful or less rigid life than non-

drinkers.

Most research in this field has been on men, and the research that has recently been conducted involving women has not had favorable results.

Researchers have found that in women alcohol has the same effect in increasing HDLs, but it also increases the chance for breast cancer.

At this point in research on the connection between alcohol consumption and heart disease, I feel that if you are a person who drinks moderately, you may be doing yourself more good relaxing than someone who never takes the time out to relax.

By no means am I suggesting that anyone go out and start drinking. We need to remember that there are many ways to prevent heart disease, such as diet and exercise, but everything should be done in moderation.

WORKSHOPS

Helpful information for a healthy lifestyle

Smoking Cessation

Two 4-week workshops which will follow the American Cancer Society Guidelines.
Mondays: 2:00-3:20pm, Medical Library
1st Session: January 25th, February 1st, 8th and 15th
2nd Session: February 15th, 22nd, March 1st and 8th

Weight Management

7-week workshop
Wednesdays: 2:00-3:20pm Medical Library
January 20th, 27th, Feb 3, 10, 17, 24, and March 3rd

Vegetarianism Workshop

3-week workshop
Tuesdays: 1:30-3:00pm, Medical Library
Feb 9th, 16th and 23rd

Women, Weight & Food Issues

4-week workshop
Wednesdays: 1:30-2:30pm, Group Room
Begins January 27th
Call the Health Education Center to pre-register for workshops at 346-4441 or 346-4456.

Resources for well-being

Conflict Resolution:

University Counseling Center
13th Street at Agate 346-3227
UO Crisis Center hotline
346-4488 24 hours a day

Sexual Assault Support Services

484-9795
U of O Mediation Program
EMU Room 318
346-4240

Office of Student Advocacy

EMU 318 346-3722
Women's Resource
and Referral Center
Suite 3 EMU 346-3327

Physical Ailments:

Student Health Center
13th Street at Agate 346-4441

Health Information:

Lifestyles Planning Program
Health Education Center
346-4456

Financial Concerns:

Office of Student Financial Aid
260 Oregon Hall 346-3221
Student Employment Office
12 Hendricks Hall 346-3214

Academic Concerns:

Office of Academic Advising and
Student Services
164 Oregon Hall 346-3211
Career Planning and Placement
244 Hendricks Hall 346-3235
Center for
Academic Learning Services
68 PLC 346-3226