

Eat deliberately this holiday season

*****SOT*****

Dr. Andrew Zasada, internal medicine physician at OSF HealthCare in Savoy, Illinois

“If you come to the meal hungry, you tend to try to make up for not having breakfast. You load your plate up, which is going to cause you to overeat. Instead, have a light snack an hour or two before you sit down to the meal.” (:19)

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“Put the food in one room and sit down in another room to eat. That necessitates you going there rather than having food available for another fill.” (:09)

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“That opens up the sphincters of your stomach, slows down digestion and increases the chance for heartburn.” (:08)

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“Repeated bulimia will damage your teeth. It’s corrosive. You lose electrolytes when you vomit. You become sick. If you do this repeatedly, you will lose weight in an unhealthy way. You will possibly dehydrate. You will start losing muscle mass. It’s just not a good thing.” (:20)