

# **21 Day Purification Program**

## **Preparation Phase**

We should look for disease in the environment around us – in the food we eat, the water we drink, and the air we breathe.

- Hippocrates, 500 B.C, the “father of medicine”

This is a two week preparation phase to slowly acclimate you and your body to successfully complete the Standard Process 21 Day Purification Program. Rather than just diving right into the 21 day program this preparation phase allows you to work up and prepare yourself for the program.

The preparation phase is designed to help prevent many of the typical “detox” reactions than can occur during a purification program. The preparation phase also allows for a time period to make small changes to ensure success. It gives you time to increase your water intake, to improve bowel function, improve bile flow, get off caffeine, reduce carbohydrate and sugar cravings, and begin to make the switch over to organic fruits, vegetables, meats, and fats/oils.

Enjoy this transformation of health you are beginning to experience. Welcome the new vigor, energy, and overall wellness that is about to come into your life! This is a great opportunity to make healthy lifestyle changes in your life and your families.

Congratulations for taking the first step!!

**Purify Your Body.**

**Transform Your Life!**



## **Goals for the two week period prior to starting the 21 Day Purification Program**

1. Improve bile integrity flow
  - The liver will dump the toxins it processes into the bile. The bile, and toxins, then gets incorporated into the stool for removal from the body. If the bile is not flowing properly the toxins cannot be properly removed from the body.
2. Decrease carbohydrate cravings and simple carbohydrate consumption
3. Improve glutathione levels in the liver
  - The glutathione antioxidant system is the most important system in our bodies when it comes to the destruction of reactive oxygen compounds (very potent free radicals. Glutathione is most abundant in the liver and helps repair the liver during the detoxification process.
4. Increase water intake
  - To assist in removing toxins from the body.
5. Increase vegetable intake
  - To increase fiber and antioxidant levels in the body.
6. Begin to reduce toxin exposure
  - To help reduce toxic burden so the body can begin to remove stored toxins.
7. Begin to eliminate processed foods, alcohol, and caffeine (hopefully cigarettes too!)

## **Toxic Burden**

Toxic burden is a simple formula:

$$\text{TOXIC BURDEN} = \text{Total amount of toxins consumes} - \text{Ability of the body to detoxify}$$

How do we reduce our toxic burden?

- Reduce the body burden is to reduce your total exposure and
- Enhance your body's ability to remove these toxins, or detoxify.

## **We have two types of toxin exposure:**

The goal of the Purification Program is to reduce out individual Toxic Burden. To do this we have to reduce both Exogenous and Endogenous toxins.

- Two types of toxins
  - Exogenous – toxins from the outside environment
    - Air we breathe
    - Water we drink
    - Food we consume
    - Things we apply to our skin
  - Endogenous – toxins produced from within the body
    - Activity of the micro organisms found in the GI tract

## **Simple Steps to Minimize Toxic Exposure (Summarized)**

- Reduce the use of toxic household cleaning products
- Reduce the use of toxic beauty products
- Become aware of the foods you consume
- Get a good air filter
- Make sure the water you drink is purified

## **What to Do During the First Two Weeks**

### **#1 Improve bile integrity and flow**

- Supplements
  - A-F BetaFood – 2 tablets with each meal
- Foods that can help improve bile integrity:
  - Beets
  - Artichokes
  - Bitter leafy salad greens (dandelion, chicory, endive, rocket)
  - Freshly squeezed lemon in hot water

### **#2 Decrease carbohydrate cravings and simple carbohydrate consumption**

- Supplements
  - Gymnema – 2 – 3 tablets per day
  - Cataplex GTF – 2 tablets 3 X per day
- Dietary Changes
  - Begin to remove simple carbohydrates from diet:
    - White flour
    - White rice
    - White sugar
    - **Packaged and processed foods – junk food!**
  - Remove high starch vegetables from diet:
    - Corn
    - White potatoes
  - Reduce grains (grains are not allowed on the 21 day purification program)
  - Eat every two hours
    - To balance blood sugar

### **# 3 Improve glutathione levels in the liver**

#### **Natural Foods That Boost Glutathione Levels:**

- Asparagus is a leading source of glutathione
- Broccoli, Brussels sprouts, kale, cauliflower (Cruciferous/Brassica vegetables)
- Avocado
- Spinach
- Raw eggs, garlic, radish, and fresh unprocessed meats contain high levels of sulphur-containing amino acids and help to maintain optimal glutathione levels.
- Udenatured Whey Protein Isolate. Udenatured whey protein is a non-heated product that preserves bioactive amino acids like cystine. It has been shown in numerous scientific studies and clinical trials to optimize glutathione levels.
  - Many of the products found in health food stores are heated and thus denatured whey products.
  - Standard Process Whey Pro Complete – udenatured whey powder
- Curcumin (Turmeric)
  - Spice your food!

#### **Supplements:**

- Additional Standard Product supplementation to consider for increasing glutathione levels in the liver and body:
  - Cruciferous Complete
  - Cataplex C (vitamin C)
  - OPC Synergy (antioxidants)
  - Vitanox, Milk Thistle, LivCo, Livton (MediHerb herbal extracts)

### **#4 Increase water intake**

If you do not drink an appropriate amount of water, increase daily intake slowly. It is suggested you add ½ to 1 cup of water daily during the two week period before you begin the cleanse. The goal is to get your water intake to ½ your body weight in ounces before you begin the 21 day purification program.

#### **HOW MUCH WATER DO YOU NEED TO DRINK? WHEN TO DRINK?**

To better determine how much water you need each day, divide your body weight in half. The answer is the approximate number of water ounces you should drink daily. **You should drink half of your body weight in ounces.**

For Example:

- If you weigh 200 pounds, you should drink 100 ounces water (3.13 quarts, 2.98 liters or about 10-12 cups of water a day).
- If you weigh closer to 100 pounds you will need only about 50 ounces of water or about four 12-ounce glasses daily.

## **DRINKING TIPS FOR HEALTHY HYDRATION:**

Start your morning's right: Morning is when you are most full of toxin and dehydrated. Reach for a big glass of water first thing in the morning – even before coffee. This water in the morning really gets the blood flowing.

- Drink a glass of water when you get up and another when you go to bed
- Take regular water break breaks.
- Avoid relying on sodas to provide your fluid need.
- Drink water before and after food; ideally drink a glass of water half an hour before you eat your meal and half an hour after the meal. You can drink water with meals, and drink water anytime your body feels like it.

\*It is very important you balance your sodium intake with your water consumption. Take 1/4 teaspoon of salt per quart of water - every 4-5 glasses of water. Be sure to get sea salt. The best is Celtic sea salt or Himalayan sea salt, both of which are readily available at any health food store.

You should always drink water prior to eating, and after eating, to support the digestive process. The stomach depends on water to help digest food, and lack of water makes it harder for nutrients to be broken down and used as energy. The liver, which dictates where all nutrients go, also needs water to help convert stored fat into usable energy. If you are dehydrated, the kidneys turn to the liver for backup, diminishing the liver's ability to metabolize stored fat. The resulting reduced blood volume will interfere with your body's ability to remove toxins and supply your cells with adequate nutrients.

Keep a water bottle by your side at all the times. Use either bottled water or tap water, and carry it with you everywhere, to the gym, in your car, to your office. Start by adding water to your daily regiment, during the first week, and then incorporate more as needed. The point is not to wait until you're thirsty to drink.

Keep water flowing before, during and after workout. Don't forget to balance your water intake with sodium intake. Drink at least 1 liter of water for every 60 minutes of exercise. Drink more if it's hot. During exercise, such as playing sport on a hot summer day, you can lose up to 2 liters per hour of fluid per hour. Water and a balance salt is your best bet to keep healthy and hydrated. During exercise, it is recommended to replenish fluid at least every 20 minutes

<http://www.watercure.com/faq.html>

## **#5 Increase Fruit and Vegetable Intake**

Begin to increase your vegetable intake during the two week period prior to the 21 day purification program. This increases fiber and antioxidant levels in the body, both of which are important in helping the body with the detoxification process.

- Eat twice as many vegetables as fruits
- Add a mixed green salad with lunch and dinner
- Have at least two vegetables (of two different colors) with dinner
- Eat a variety of colors as each color category provides different antioxidants!

### **Chart of Colored Fruits and Vegetables**

<u>Green</u>	<u>White</u>	<u>Red</u>	<u>Yellow/Orange</u>	<u>Blue/Purple</u>
Artichokes	Bananas	Beets	Apricots	Black currants
Arugula	Brown pears	Blood oranges	Butternut squash	Black salsify
Asparagus	Cauliflower	Cherries	Cantaloupe	Blackberries
Avocados	Dates	Cranberries	Cape Gooseberries	Blueberries
Broccoflower	Garlic	Guava	Carrots	Dried plums
Broccoli	Ginger	Papaya	Golden kiwifruit	Eggplant
Broccoli rabe	Jerusalem	Pink grapefruit	Grapefruit	Elderberries
Brussels sprouts	artickoke	Pink/Red	Lemon	Grapes
Celery	Jicama	grapefruit	Mangoes	Plums
Chayote squash	Kohlrabi	Pomegranates	Nectarines	Pomegranates
Chinese cabbage	Mushrooms	Radicchio	Oranges	Prunes
Cucumbers	Onions	Radishes	Papayas	Purple Belgian
Endive	Parsnips	Raspberries	Peaches	endive
Green apples	Potatoes	Red apples	Persimmons	Purple Potatoes
Green beans	Shallots	Red bell peppers	Pineapples	Purple asparagus
Green cabbage	Turnips	Red chili peppers	Pumpkin	Purple cabbage
Green grapes	White Corn	Red grapes	Rutabagas	Purple carrots
Green onion	White nectarines	Red onions	Sweet corn	Purple figs
Green pears	White peaches	Red pears	Sweet potatoes	Purple grapes
Green peppers		Red peppers	Tangerines	Purple peppers
Honeydew		Red potatoes	Yellow apples	Raisins
Kiwifruit		Rhubarb	Yellow beets	
Leafy greens		Strawberries	Yellow figs	
Leeks		Tomatoes	Yellow pears	
Lettuce		Watermelon	Yellow peppers	
Limes			Yellow potatoes	
Peas			Yellow summer	
Snow Peas			squash	
Spinach			Yellow tomatoes	
Sugar snap peas			Yellow watermelon	
Watercress			Yellow winter	
Zucchini			squash	

### **Red Fruits and Vegetables**

- Contain nutrients such as lycopene, ellagic acid, Quercetin, and Hesperidin, to name a few. These nutrients reduce the risk of prostate cancer, lower blood pressure, reduce

tumor growth and LDL cholesterol levels, scavenge harmful free-radicals, and support joint tissue in arthritis cases.

### **Orange and Yellow Fruits and Vegetables**

- Contain beta-carotene, zeaxanthin, flavonoids, lycopene, potassium, and vitamin C. These nutrients reduce age-related macula degeneration and the risk of prostate cancer, lower LDL cholesterol and blood pressure, promote collagen formation and healthy joints, fight harmful free radicals, encourage alkaline balance, and work with magnesium and calcium to build healthy bones.

### **Green Vegetables and Fruits**

- Green vegetables contain chlorophyll, fiber, lutein, zeaxanthin, calcium, folate, vitamin C, calcium, and Beta-carotene. The nutrients found in these vegetables reduce cancer risks, lower blood pressure and LDL cholesterol levels, normalize digestion time, support retinal health and vision, fight harmful free-radicals, and boost immune system activity.

### **Blue and Purple Vegetables and Fruits**

- Contain nutrients which include lutein, zeaxanthin, resveratrol, vitamin C, fiber, flavonoids, ellagic acid, and quercetin. Similar to the previous nutrients, these nutrients support retinal health, lower LDL cholesterol, boost immune system activity, support healthy digestion, improve calcium and other mineral absorption, fight inflammation, reduce tumor growth, act as anticarcinogens in the digestive tract, and limit the activity of cancer cells.

### **White Vegetables and Fruits**

- Contain nutrients such as beta-glucans, EGCG, SDG, and lignans that provide powerful immune boosting activity. These nutrients also activate natural killer B and T cells, reduce the risk of colon, breast, and prostate cancers, and balance hormone levels, reducing the risk of hormone-related cancers.

### **Fiber in the diet:**



Fiber binds up toxin laden bile for removal from the body. Without adequate fiber, bile will be reabsorbed back into the blood stream along with the toxins it carries. A lack of fiber in the diet increases the body's toxic Body Burden.

Lack of Fiber in the diet can lead to:

- Impaired digestion
- Bowel irregularities
- Diabetes, Obesity, and Heart disease

How much fiber do we need?

- Daily recommended intake of fiber:
  - **Men – 38 grams per day**
  - **Women – 25 grams per day**

How much fiber are we getting?

- Men – 18 grams per day
- Women – 12 grams per day

It is suggested that we get close to 40 grams of fiber a day in our diet!

## High Fiber Food Chart

### Category A (more than 7 grams per serving)

FOOD	AMOUNT	TOTAL FIBER (grams)
Avocado	1 medium	11.84
Black beans, cooked	1 cup	14.92
Bran cereal	1 cup	19.94
Broccoli, cooked	1 cup	4.50
Green peas, cooked	1 cup	8.84
Kale, cooked	1 cup	7.20
Kidney beans, cooked	1 cup	13.33
Lentils, cooked	1 cup	15.64
Lima beans, cooked	1 cup	13.16
Navy beans, cooked	1 cup	11.65
Oats, dry	1 cup	12.00
Pinto beans, cooked	1 cup	14.71
Split peas, cooked	1 cup	16.27
Raspberries	1 cup	8.34
Rice, brown, uncooked	1 cup	7.98
Soybeans, cooked	1 cup	7.62

### Category B (more than 3 grams per serving)

<b>FOOD</b>	<b>AMOUNT</b>	<b>TOTAL FIBER (grams)</b>
Almonds	1 oz.	4.22
Apple, w/ skin	1 medium	5.00
Banana	1 medium	3.92
Blueberries	1 cup	4.18
Cabbage, cooked	1 cup	4.20
Cauliflower, cooked	1 cup	3.43
Corn, sweet	1 cup	4.66
Figs, dried	2 medium	3.74
Flax seeds	3 tsp.	6.97
Garbanzo beans, cooked	1 cup	5.80
Grapefruit	1/2 medium	6.12
Green beans, cooked	1 cup	3.95
Olives	1 cup	4.30
Oranges, navel	1 medium	3.40
Papaya	1 each	5.47
Pasta, whole wheat	1 cup	6.34
Peach, dried	3 pcs.	3.18
Pear	1 medium	5.08
Pistachio nuts	1 oz.	3.10
Potato, baked w/ skin	1 medium	4.80
Prunes	1/4 cup	3.02
Pumpkin seeds	1/4 cup	4.12
Sesame seeds	1/4 cup	4.32
Spinach, cooked	1 cup	3.98
Strawberries	1 cup	5.94
Sweet potato, cooked	1 cup	3.68
Swiss chard, cooked	1 cup	5.04
Winter squash	1 cup	5.74
Yam, cooked cubes	1 cup	5.30

**Category C (less than 3 grams per serving)**

<b>FOOD</b>	<b>AMOUNT</b>	<b>TOTAL FIBER (grams)</b>
Apricots	3 medium	0.98
Apricots, dried	5 pieces	2.89
Asparagus, cooked	1 cup	2.88
Beets, cooked	1 cup	2.85
Bread, whole wheat	1 slice	2.00
Brussels sprouts, cooked	1 cup	2.84
Cantaloupe, cubes	1 cup	1.28
Carrots, raw	1 medium	2.00
Cashews	1 oz.	1.00
Celery	1 stalk	1.02
Collard greens, cooked	1 cup	2.58
Cranberries	1/2 cup	1.99
Cucumber, sliced w/ peel	1 cup	0.83
Eggplant, cooked cubes	1 cup	2.48
Kiwifruit	1 each	2.58
Mushrooms, raw	1 cup	1.36
Mustard greens, cooked	1 cup	2.80
Onions, raw	1 cup	2.88
Peanuts	1 oz.	2.30
Peach	1 medium	2.00
Peppers, sweet	1 cup	2.62
Pineapple	1 cup	1.86
Plum	1 medium	1.00
Raisins	1.5 oz box	1.60
Romaine lettuce	1 cup	0.95
Summer squash, cooked	1 cup	2.52
Sunflower seeds	1/4 cup	3.00
Tomato	1 medium	1.00
Walnuts	1 oz.	2.98
Zucchini, cooked	1 cup	2.63

Note: Many of the food listed on the following charts are not permitted on the Purification Program. These foods are included for completeness and for assistance in making healthier choices after the program is complete

## **Summary List of High Fiber Fruits and Vegetables**

<b>FRUIT</b>	<b>AMOUNT</b>	<b>FIBER (grams)</b>
Apples with skin	1 medium	5.00
Apricot	3 medium	0.98
Apricots, dried	5 pieces	2.89
Banana	1 medium	3.92
Blueberries	1 cup	4.18
Cantaloupe, cubes	1 cup	1.28
Figs, dried	2 medium	3.74
Grapefruit	1/2 medium	6.12
Orange, navel	1 medium	3.40
Peach	1 medium	2.00
Peaches, dried	3 pieces	3.18
Pear	1 medium	5.08
Plum	1 medium	1.00
Raisins	1.5 oz box	1.60
Raspberries	1 cup	8.34
Strawberries	1 cup	3.98
<b>VEGETABLES</b>	<b>AMOUNT</b>	<b>FIBER (grams)</b>
Avocado (fruit)	1 medium	11.84
Beets, cooked	1 cup	2.85
Beet greens	1 cup	4.20
Bok choy, cooked	1 cup	2.76
Broccoli, cooked	1 cup	4.5
Brussels sprouts	1 cup	2.84
Cabbage, cooked	1 cup	4.20
Carrot	1 medium	2.00
Carrot, cooked	1 cup	5.22
Cauliflower, cooked	1 cup	3.43
Cole slaw	1 cup	4.00
Collard greens, cooked	1 cup	2.58
Corn, sweet	1 cup	4.66
Green beans	1 cup	3.95
<b>VEGETABLES</b>	<b>AMOUNT</b>	<b>FIBER (grams)</b>
Celery	1 stalk	1.02
Kale, cooked	1 cup	7.20

Onions, raw	1 cup	2.88
Peas, cooked	1 cup	8.84
Peppers, sweet	1 cup	2.62
Pop corn, air-popped	3 cups	3.60
Potato, baked w/skin	1 medium	4.80
Spinach, cooked	1 cup	4.32
Summer squash, cooked	1 cup	2.52
Sweet potato, cooked	1 cup	5.94
Swiss chard, cooked	1 cup	3.68
Tomato	1 medium	1.00
Winter squash, cooked	1 cup	5.74
Zucchini, cooked	1 cup	2.63

## **#6 Begin to Reduce Toxic Exposure**

### **Steps to Reduce Toxic Exposure**

- Reduce the use of toxic household cleaning products
  - Home is where the toxins are!
    - The inside of your home can be 25 to 100 X more toxic than outside
  - You can immediately change the cleaning products you are using
    - Switch to environmentally-friendly products
      - 7<sup>th</sup> Generation
      - Many companies now have Eco-friendly products
    - Get rid of you non-stick pans
      - Release PFOs – perfluorooctane sulfonate when heated
- Reduce the use of toxic beauty products
  - Start using soaps that are free of chemical additives, antiperspirants that are free of aluminum, toothpastes and moisturizers with only natural ingredients.
  - Go to the Environmental Working Group’s website for more information:
    - [www.ewg.org](http://www.ewg.org)
- 6 Keys to a Healthy Diet
  - Eat organically-grown fresh fruits and vegetables daily
    - How to identify Organic produce in the supermarket:

- **Organic** produce has a five-digit number beginning with a 9. Organic bananas, for example, would be given the designation of 94011.
  - **Conventional** produce has a four-digit number beginning with a 3 or 4. Therefore, the number on conventionally grown bananas would be 4011.
  - **Genetically engineered** produce also has a five-digit number on the label and begins with an 8. Again, the number on genetically altered bananas would be 84011.
- Eat free-range pastured beef, chicken, pork, eggs, and butter
  - Eat Wild fish products (no farm raised salmon – highest PCB count of any food product)
  - Reduce unhealthy fats and increase essential fatty acids
  - Include plenty of dietary fiber
  - Drink at least ½ your body weight in ounces of water daily

### Dietary Changes for First Two Weeks

Things to Remove	Things That Can Replace
Alcohol, coffee, soft drinks, hot chocolate	Water, sparkling water, green tea, herbal teas
Refined carbohydrates found in cakes, cookies, muffins, donuts, ice cream, etc.	Foods sweetened with stevia
Artificial sweeteners, table sugar	Stevia
No chemical additives, preservatives, dyes, coloring agents, flavors, etc.	Unprocessed foods
Meats, chicken, pork, turkey, processed meats, hot dogs, etc.	Small servings (3 oz.) organic meats, wild salmon
Fried foods, trans fats	Organic, coconut oil, olive oil, butter

- Get a good air filter
  - To reduce the amount of toxins that are re-circulated throughout your home
- Filter your water

- Make sure the water you drink is purified
- Add a filter to your shower head
- **The skin is highly absorbable of anything that it comes into contact with!**

## **#7 Begin to eliminate processed foods, alcohol, and caffeine**

- Withdrawal from caffeine (coffee, soda, etc) can be of particular difficulty. Many people experience headaches when caffeine is removed from the diet. It is recommended that caffeine be slowly removed from the diet rather than going “cold turkey.”
- Gradually mix decaf coffee with regular coffee. The goal is to be off coffee and soda by the time the 21 Day Purification Program is started. At that point green tea can be used to provide a little caffeine if necessary and can be used throughout the 21 days.
- Alcohol and cigarettes can have their own difficulties. Further assistance with their removal may be needed and may not be realistic during the preparation phase.

### **Important Detoxification Foods**

- **Cruciferous Vegetables**
  - Broccoli, Brussels sprouts, cauliflower, cabbage, collard greens, rapini

- Stimulate both Phase I and Phase II detoxification
    - High in vitamin C and insoluble fiber
    - Contain multiple nutrients with well-known anti-cancer properties
      - Diindolmethane (DIM)
      - Sulforaphane
      - Indole-3-carbanols (IC3)
      - Selenium
  - **Recommendation: 1 cup per day**
- **Sulfur Vegetables**
  - Onions and garlic
    - Supports Phase II pathway - Sulfation
    - Lower blood pressure and cholesterol levels
    - Regulate blood sugar
    - Provide antibiotic effects
  - **Recommendation: 1-2 cloves per day and handful of onions per day**
- **Citrus Fruits**
  - Lemons, oranges, and limes
    - Enhances Phase II pathway – Glutathione conjugation and Glucronidation
    - High in vitamin C and antioxidants
  - **Recommendations: One orange per day and half a lemon squeezed into 8 ounces of filtered water**
- **Pomegranate, Raspberries, and Strawberries**
  - Supports Phase II pathways
  - Contain ellagic acid – antioxidant and liver protective
  - **Recommendations: Drink 3 oz of pomegranate juice or consume ½ cup of raspberries or strawberries daily**
- **Bile Movers**
  - Artichokes, dandelions, and beets
  - **Recommendations: Include ½ cup (combined) of these foods as mixtures in salads**

## **How to Control Emotional Eating**

Emotional eating never truly satisfies. And whether you use emotional eating to feed feelings of stress, depression, loneliness, anxiety, frustration or boredom, in the long run, it only makes



matters much worse.

So learning how to control emotional eating is an essential step towards both mental and physical health, as well as healthy permanent weight loss.

But how do you control emotional eating? After all, you probably already know that indulging in overeating high-fat, high-calorie, high-glycemic, sweet and salty unhealthy food won't fill that empty void for long.

### **Soothing Moods without Using Foods**

Most of us learn emotional eating at a very young age. We get into the habit of using food to sooth stressful feelings, alleviate boredom, reward and comfort ourselves, boost our sprits and celebrate with others.

But even though most everyone's doing it, you don't have to.

If you're ready to take that old frenzied feed-your-feelings bull by the horns, here's our 12 step program for how to control emotional eating.

**1. Make a Commitment.** Like any established bad habit, nothing will change unless you make a commit to changing your behavior.

**2. Practice awareness.** To be more conscious of what's happening, jot it down when and what you eat and how you feel before and afterwards.

**3. Manage your stress.** Healthy emotional distress management is an important life skill. Positive ways to reduce stress include regular exercise, relaxation techniques and getting support from family and friends.

**4. Be physically active.** Exercise reduces stress and is a great mood enhancer too. So be sure you make time for regular physical activity.

**5. Create new comforts.** Make a list of healthy activities you enjoy. And, whenever you feel the need, treat yourself to something on your list.

**6. Start eating healthier.** When you eat for health you'll choose more high fiber foods, such as vegetables, beans, whole grains and fresh fruits, plus healthy high protein foods, like wild fish, organic meats and dairy.

**7. Eat mini-meals often.** By eating 5 or 6 small healthy meals a day, including breakfast, you help keep your blood sugar and moods stable.

**8. Get rid of temptations.** Don't keep unhealthy food in the house, don't shop for food when hungry or stressed and plan ahead before eating out.

**9. Get enough sleep.** When you're tired or lack energy, it's easy to give in to emotional eating. Consider taking a nap or getting to bed earlier.

**10. Use healthy distraction.** Instead of emotional eating, take a walk, surf the Internet, pet your cat or dog, listen to music, take a warm saltwater bath, read a book, watch a movie, work in your garden or talk to a friend.

**11. Practice mindfulness.** Mindful eating means paying attention to the act of eating and observing your thoughts and feelings in the process.

**12. Get some support.** It's easier to control emotional eating if you have a support network of friends or family. And if no one you know is supportive, make some new health-oriented friends or join a support group.

Learning how to control emotional eating can be a life-changing journey. Just be sure to stay on the path and enjoy yourself along the way.

[http://commonsensehealth.com/Healthy-Living/How\\_to\\_Control\\_Emotional\\_Eating.shtml](http://commonsensehealth.com/Healthy-Living/How_to_Control_Emotional_Eating.shtml)