

Weight Loss-R_x

Happy October!



Halloween is one of my favorite holidays but having all that delicious candy in the house can pose a challenge for those of us trying to stay fit, and if we aren't careful we can start to look pretty scary in no time. Try these tips to make your holiday fun but healthy too.

1. Buy Candy The Day Before Halloween



Speaking for myself, my willpower goes downhill fast if I get too close to the things that tempt me. Luckily, Halloween falls on a Monday this year, which means we can wait right up until the day before to do our Halloween candy shopping. That way, it won't be sitting around for a week, taunting us.

2. Eat Normally During The Day



Don't try to save up calories so you can eat Halloween candy later. If you skip meals earlier in the day, you are almost certain to eat way too many snickers bars at night. Instead, eat normally that day. You'll still be able to indulge a little but won't be as likely to overdo it. And you will feel a whole lot better the next day.

3. Take The 3 Minute Test



Numerous studies have shown that whatever good feeling we get from eating foods high in refined sugar lasts for about 3 minutes. Past 3 minutes we start to feel guilty and worse about ourselves. So try this. Before devouring an entire bowl of candy, set a timer for 3 minutes so you can see how little satisfaction you are actually about to get for wrecking a whole week's worth of progress.

4. Check The Wrappers



We all cheat on our diets occasionally. But make a plan ahead of time and stick to it. Decide how many calories of candy you are going to have and take out just that much. And whatever you do, don't throw the wrappers out until you are done munching. Leave them on the table. Otherwise you are likely to forget whether you've had two Kit Kats or eight!

5. Detox The Next Day



Despite our best efforts, we all sometimes fail. So if you wind up in a sugar coma and wake up the next day feeling like a complete loser, don't beat yourself up too much. Just get back on track as soon as you can. It is way too easy to go totally off the rails. And let's be thankful that Halloween only comes once a year!

We Love Referrals

Refer someone and your next visit is only half price. Refer two people and your next visit is

completely free. Four referrals and the next 2 visits are free, etc.

Exciting new offer for Weight Loss Rx patients

We have decades of experience with Botox and dermal fillers (like Restylane and Juvederm) and would like to offer you 15% off your first visit. Ask us if you'd like to learn more about how Botox and fillers can help you look as great as you feel.

**Visit our website for more information:
WeightLoss-Rx.com**

Contact me:

DrBarnes@WeightLoss-Rx.com

630-870-1842 (call or text)

Weight Loss-R_x

Feel Great, Look Incredible

Weight Loss Rx, 55 South Main St., Suite 345, Naperville, IL 60540

[SafeUnsubscribe™ {recipient's email}](#)

[Forward this email](#) | [Update Profile](#) | [About our service provider](#)

Sent by drbarnes@weightloss-rx.com