

10 Ways To Avoid Holiday Weight Gain

It's that time again—the time of year where we all begin to feel festive and look forward to the days of celebrating. And during those days, we all seem to do the same thing: eat too much. Since so many of us end the year with a small to significant weight gain that seems to be harder and harder to get rid of in January, I'd like to offer you my 10-Step Alternative to Holiday Weight Gain:

1. Plan to have a substantial healthy meal just before going to any holiday party. If your stomach is already full before you arrive, you'll tend to eat less, if at all, when you are there.
2. Bring a vegetable platter to any party you are invited to, and then be sure to eat more of that than any of the other foods being offered. If vegetables don't seem festive enough to bring to a party, try bringing a dish that involves salmon. The Omega-3 oils in this fish are good for your health and will fill you up, helping you avoid the other animal fats that abound at holiday parties.
3. Drink a large glass of water when you first get to the party or just before beginning to eat. This too will contribute to feeling full and result in less eating.
4. Bring something non-alcoholic to drink and stick to it during the party. Alcohol, a favorite form of sugar for adults, unfortunately sets off the need to keep consuming more of it as the evening wears on. Plain juice or seltzer, or a combination of the two, is a better choice, especially if you have to drive home afterwards. If you don't, and feel you are not really partying unless you can have a drink or two, have as few as possible, with plenty of water between libations.
5. Limit yourself to one small plate of food, and give a wide berth to the holiday dessert tray of cookies and sweets. Consuming those holiday cookies is most people's downfall. If you have the discipline, simply don't eat them.
6. Whether or not you manage to avoid the holiday desserts, begin to increase your exercise program to include more aerobic-type activities such as walking, cycling, using the elliptical machine, and swimming. These activities will help you burn the extra food you've eaten, especially if you do them regularly.
7. Stay home. There is no law that says you must attend every party you are invited to. If the invitation is from a very good friend, you might be able to say you are limiting yourself to one party a week and have already met your quota for that time period. But to avoid seeming rude or ungrateful, it's safer to plead a previous engagement.
8. If you must attend multiple parties, try to limit the time you spend at each one, and make sure you don't spend all your time at them eating. You can also try the buddy system, attending with a friend with whom you've agreed not to overeat, and to leave at a designated hour.
9. Find someone new and interesting to talk to, and you'll forget about eating.
10. Schedule a regular office visit during the holiday season, so that we can discuss why your body craves the excess foods you eat at the holiday parties, and then remedy the imbalance.

If you follow just one of these suggestions each time you are invited to a holiday party, you'll be well on your way to avoiding that extra holiday poundage. Come January 1, that would indeed be a reason to celebrate.

The Omega-3 oils in Salmon are good for your health and will fill you up.



Start the New Year Off Healthy

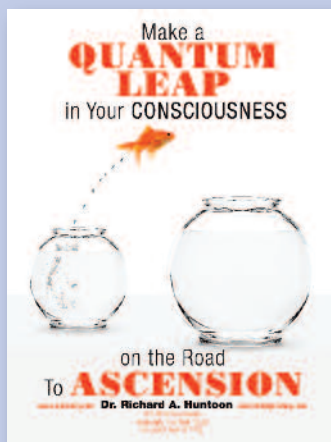
Before the New Year actually begins, I'd like to give you a heads up on the content of next month's issue, so that you can begin preparing for it now. January will be Kidney Health Month. With the kidney energy reaching its peak during this month, you will want to be especially conscious of increasing your overall water intake even before the end of the year.

In next month's issue, I will help you appreciate the importance of drinking water and why guarding against becoming dehydrated is so difficult for most people. To mitigate this issue, I will provide a simple formula to help you determine the ideal daily amount of water necessary to support the health of your kidneys and your overall health. I will also teach you an easy test that you can perform anywhere to determine if you are dehydrated. Additionally, I will help you determine other great ways to help yourself improve the health of your kidneys, your most vital organ.

To help you prepare for the entire New Year, the following is a list of the next twelve *When Your Health Matters* newsletter topics:

- January is** Kidney Health Month
- February is** Bladder Health Month
- March is** Liver Health Month
- April is** Detoxification Month
- May is** Gallbladder Health Month
- June is** Small Intestine Month
- July is** Heart Health Month
- August is** Stomach Health month
- September is** Spleen/Pancreas Health Month
- October is** Lung Health Month
- November is** Large Intestine Health Month
- December is** Year End/Preparation for a New Year of Health Month

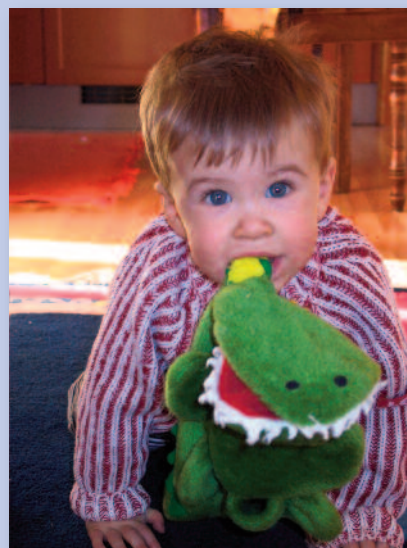
Dr. Huntoon Releases Third Book



Dr. Huntoon is pleased to announce the release of his 3rd book publication just in time for the holidays and to start the New Year Off Right. The title of his new book is *Make a QUANTUM LEAP in Your Consciousness on the Road TO ASCENSION*. Do you find yourself repeating similar patterns over and over, again and again in your life? Since we all are moving through the different levels of consciousness and we would like to make the journey a little easier, Dr. Huntoon has taken his Quantum Leap Seminar and developed the material into a "Do It Yourself" book where you can stop the repetitious nature of your life issues and finally step out of your destructive patterns. This book offers you 12 high quality tools and 10 high-powered exercises designed to help you increase your conscious awareness as we all move toward the process of Ascension. Copies of the book will be available for purchase at the office or through Amazon or Barnes and Noble after the 14th of December. Stop into the office before the end of the year to get your personal copy. And Dr. Huntoon is happy to sign a dedication to everyone who makes a purchase. Make 2012 your most conscious year yet and Make a QUANTUM LEAP in your Consciousness on the Road TO ASCENSION.

Toys-For-Tots Toy Drive

It's time again for our annual holiday Toys-for-Tots toy drive, and Advanced Alternative Medicine Center wants this year to be better than all the previous years. With only three weeks to collect toys from our readers, we are asking each of you to bring in a new, unwrapped toy to the office before the 21st of December. If we meet this deadline, the local Marines will have time to collect them from us and deliver them in time for Christmas. We thank you in advance for your help with our annual drive, which you have so generously supported in the past.





The Alternative Healthcare Network Via the Web and on the Radio



To get prepared to start the New Year off healthy, you can mark your calendar ahead of time with each month's health topic as listed <http://www.SpineBoy.com>. Better yet, listen to Doc Rick on his radio show *When Your Health Matters* or via podcasts on the web at <http://www.TheAlternativeHealthcareNetwork.com> or on WGHQ 920AM; WBNR 1260AM; and WLNA 1420AM on the radio dial and streaming from <http://www.hudsonvalleytalkradio.com>. And now you can also hear Doc Rick on Clear Channel's WRWD-FM 107.3 and WKIP-AM 1450!

It is the mission of the show to help you strive toward better health. I want only the best for you, and it is our privilege to help you attain the highest possible level of health you can achieve.

Past shows have provided specific information about each organ, including common symptoms associated with dysfunction in the organ, the related health conditions you need to be aware of, and the different health checks associated with the organ. The radio show also offers reminders on what special programs are coming up each month at the office, provides sug-

gestions on what you can do yourself to restore your health, and keeps you aware of helpful ideas and products that will be offered throughout the year at Advanced Alternative Medicine Center. In addition, the show is sponsored by a pool of talented alternative healthcare specialists, who offer their talents and energies to help you achieve optimal health.

Listening to the radio show will allow you to begin thinking of health-related questions before your next visit. Once you know them, you can bring your questions to the office or e-mail me at DocRick@spineboy.com, and I will be happy to address them for you.

Why should you bother? It's important to appreciate that proper preparation can help necessary changes in the body occur more easily. If you prepare your body in advance to work with the upcoming natural energy that corresponds to a specific area of concern, you'll be better able to take control of your health, not just in that particular area but overall. I look forward to helping you do this!

Holiday Mailers are Back

December is the time of year many of you have been waiting for. During this special season, Holiday Mailers are available to all current practice members. For those of you who weren't with us in the past during this time of year, a Holiday Mailer provides you with the opportunity to give the *Gift of Health* to one or more family members or other loved ones in your life. Simply stop into the office with their contact information (name, address, and telephone number),



and we will have you sign the gift card that enables the receiver to have a complete consultation and examination absolutely FREE! Offering this \$200.00 value is our way of helping others during the Holiday Season. There is no limit to the number of people you can send a Holiday Mailer, but since supplies are limited, the mailers will be provided on a first-come first-serve basis. Do not wait on this one. Once the Holiday Mailers are gone, they will not be available again until next December.

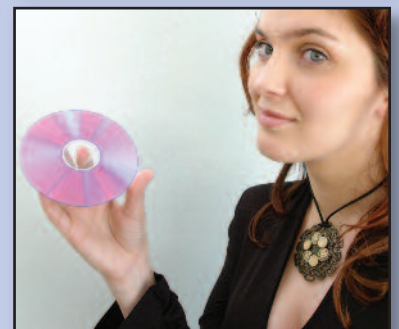
The Real Deal for Improving Your Health

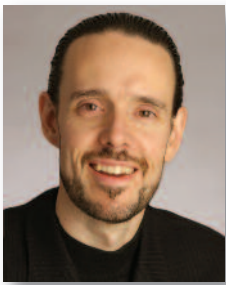
My CD program, *The Real Deal, Strategies for Improving Your Health and Wellness through Understanding Nutrition and Exercise*, is available for purchase at a reduced rate in time for the holidays. This offer comes just in time to help you with resolutions for starting the New Year off healthy.

Inside the 4-CD Program are all the tools necessary to help you get a handle on your weight management issues, while restoring your health and fitness. You will find pertinent information related to helping you understand: the difference between good carbs and bad carbs; what trans fats are and why they are bad for you; the difference

between saturated, mono saturated and poly unsaturated fats, and why you need all three if you want to be healthy; how to shop for food; how to read labels; why you are fat and why it isn't your fault; and, finally, how to eat more and lose weight.

If you or a loved one has weight management issues, this program is a must-have. Normally it sells for \$90.00, but during the month of December it will be available for only \$75.00. We invite you to come to office to purchase this wonderful value, which provides more than four hours of helpful information at the cost of a 30-minute consultation. You or your loved one will be happy you did.





Quotes of the month with Dr. Richard Huntoon

Only those who dare to fail greatly can ever achieve greatly.
Robert F. Kennedy

Stumbling is not the same as falling. **Portuguese Proverb**

*The universe is change, life is understanding.
There is no end to the adventures we can have if we seek
them with our eyes open.* **J. Nehru**

*We are all wonderers on this earth. Our hearts are full of
wonder, and our souls are deep with dreams.* **Gypsy saying**

Wherever you are, be there. **Emerson**

Without labor nothing prospers. **Sophocles**

Courage is the price that life exacts for granting peace.
Amelia Earhart

*To be what we are, and to become what we are capable of
becoming, is the only end in life.* **Robert Louis Stevenson**

Hold on; hold fast; hold out. Patience is genius.
Conte de Buffon

*The purpose of life is to live it, to reach out eagerly and
without fear for newer and richer experience.*
Eleanor Roosevelt

*Coming together is a beginning; keeping together is a
process; working together is success.* **Henry Ford**

Tomorrow's life is too late. Live today. **Martial**

*I Hope You Have Enjoyed These Quotes As Much As I Have
Enjoyed Bringing Them to You!*

Happy Holidays



When Your Health Matters

Radio Show hosted by Dr. Richard Huntoon on **WGHQ 920AM; WBNR 1260AM; and WLNA 1420AM**
on the radio dial and streaming from <http://www.hudsonvalleytalkradio.com> and now you can also hear
Doc Rick on Clear Channel's WRWD-FM 107.3 and WKIP-AM 1450. Doc Rick's show airs
Thursday mornings and Saturday mornings at 9 am and Sunday morning at 6:30 am.



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December Radio Schedule and Class:

No class

On the radio: Five Resolutions to a Healthy Back
WGHQ 920AM; WBNR 1260AM & WLNA 1420AM
WKIP-AM 1450
WRWD-FM 107.3

Radio Show
December 8
December 10
December 11

Class
December 6

Choosing The Best Supplement For Your Health

On the radio: Doc Rick interviews Standard Process President Charles DuBois
WGHQ 920AM; WBNR 1260AM; & WLNA 1420AM
WKIP-AM 1450
WRWD-FM 107.3

December 13
December 15
December 17
December 18

Four Resolutions For A Healthy Back

On the radio: Choosing the Best Supplement for Your Health
WGHQ 920AM; WBNR 1260AM; & WLNA 1420AM
WKIP-AM 1450
WRWD-FM 107.3

December 22
December 24
December 25

December 20

No class

On the radio: Doc Rick Prepares You for 2012
WGHQ 920AM; WBNR 1260AM; & WLNA 1420AM
WKIP-AM 1450
WRWD-FM 107.3

December 29
December 31
January 1

December 27

When Your Health Matters now airs on KKGN Green 960 in the San Francisco Bay Area!

Local Holistic Dentist Dr. Terecita Dean, DDS speaks with Doc Rick from her office in Alameda, CA about how oral health affects the entire body. Also featured this month are interviews with Dr. Paul Quarneri, DC a board certified Chiropractic Neurologist and Dr. Jay Sordean, Acupuncturist and practitioner of Neurologic Relief Centers Technique for stopping chronic pain.