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page 88

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Editor's Letter

Hungry, but for What?



MY DAUGHTER HAS a voracious appetite. At one and a half years old, she eats everything. She only gets upset, ever, when we don't feed her fast enough or when we take the food away too soon. She's completely content spending 45 minutes savoring her meal. My four-year-old son, on the other hand, couldn't care less about food. He uses it purely for sustenance. He takes five bites of dinner—enough to keep him going—and leaves the table to play.

Even from birth, we have such varied experiences of hunger. As we grow, the sensation gets only more complicated, especially among women. Many of us lose our connection to the true feeling of physical hunger somewhere along the way, and end up using food to feed our souls, swallow up unwanted emotions, or control what feels uncontrollable. In this issue, Celina Ottaway makes sense of this complex topic in "Food + Hunger" (page 54). With advice from mindful-eating experts, she invites us to get back in touch with our bodies—and our hunger—in all the healthiest ways.

No season is more difficult for dealing with food issues than the holidays. With calorie-laden meals and decadent desserts making regular appearances, it's tough to keep the eating under control. But don't fret—*Body+Soul* has come to the rescue! In "Dish Make-over" (by Cheryl Redmond), our new column premiering on page 50, we take your favorite recipes and give them a health boost—without losing any of the taste, we promise! This issue, we tackle stuffing. We add whole-grain bread and dried fruit while losing the saturated fat. Check it out, and look for this column in every issue!

Keeping in touch with my "real" hunger is a challenge, but I have my tricks that help. I know I eat when I'm stressed, so I've come to expect those false pangs during crunch times. Instead of rushing to the vending machine, I try instead to stop what I'm doing, take several long, deep breaths to recenter myself, and then reevaluate my craving. Most times, I can pass on the snack and get back to the task at hand. E-mail me at editorinchief@bodyandsoulmag.com and let me know how you handle your impossible cravings.

ALANNA FIENKE
Editor-in-Chief