

DO YOU NEED A PERSONAL COOKING COACH?

We all know how important it is to take care of ourselves and to keep fit, but not all of us know how to do that in our kitchens. Anita Brown is a Culinary Coach, who received her initial training at Kendall College, was Cooking School Director for Treasure Island, Culinary Expert for Bloomingdale's and has run her own catering business. She has recently developed a new type of culinary business that can benefit both the kitchen novice and experienced pro.

Her goal is to personally guide you, in your own kitchen, through the skills and food selections necessary to achieve your nutritional and health goals right at home.

Anita begins with an "Eats Analysis"- a 2-hour pre-assessment of your culinary interests, tastes, knowledge and skills. This assessment will be free for PFTL clients and associates. You then are guided through kitchen skills and cooking to match your goals. Sessions (one-time or a series) are 2 ½ hours each. For more information please contact Chef Anita Brown, Culinary Coach at culinarycoach@comcast.net or (847) 341-4623.

HOW ABOUT A WELLNESS COACH?

If you haven't heard of Wellness Coaching, you are not alone. It is a new field which is gaining popularity and has been written about in the New York Times, WebMD, Newsweek and other publications. On the other hand, you probably have heard about the obesity epidemic and are aware of how our lifestyles are often not conducive to healthy living. Wellness Coaching is one approach to counteracting both of these trends. With a focus on health and wellness, it harnesses the power and strengths that you already possess, and helps you to set the course for making lifestyle changes.

Polly Wilson, RN, MS, is a certified Wellness Coach. She believes that a healthy lifestyle begins with you, so she will work with you to create a vision of your ideal wellness. Polly knows how to help you find discipline, develop better habits and set priorities. The coaching process reinforces achieving small successes; these small successes, or gifts, accumulate and lead to the big gift of healthy living.

Private (or group) phone sessions with a Wellness Coach correspond nicely with personal training, dietary counseling or weight loss programs. Polly can help you identify and understand how to use your inner strengths to set and maintain realistic goals; while personal trainers and other professionals provide the means to achieve those goals. The combination can be the answer to getting you off the fence to truly realize your health and fitness objectives.

PFTL clients and associates will receive 10% discount on individual or group sessions.

To learn more about Polly and about coaching, go to www.dhlcoaching.com

MORE TIPS FOR SLEEPING BETTER

Too little sleep affects our work, our activities, even our sex lives. These lesser known tips from WebMD can help you sleep like a baby at night.

- Try not to go to bed hungry, but avoid heavy meals before bedtime -- an overfull belly can keep you up. Good shut-eye foods: milk, tuna, eggs, and peaches. Or reach for an avocado. They contain tryptophan, a sleep-promoting substance.
- Don't build up a sleep debt. Ongoing sleep deprivation can impair you as much as a six-pack of beer.
- Cue your body that it's time for sleep with a relaxing ritual. Try a hot bath, reading or meditation.
- Make your bedroom a sleep haven. Keep temperatures moderate, use blinds or shades for blocking light, and remove the laptop or TV.
- Cut 6% of your daily calorie intake by sleeping eight hours a night instead of seven. Also, catching only 6 hours of sleep ups your risk of high blood pressure by 70%.
- Restrict smoking before bedtime. Cigarettes wake you up just like caffeine. Better yet, quit.
- A wedge pillow can keep your head elevated and bring sweet relief from nighttime heartburn.
- A bottle of wine may conk you out, but your sleep won't be restful. Finish imbibing any alcohol three hours before bed for a satisfying snooze.
- Make your next day's to-do list in the afternoon so worries don't creep into bed.
- A stuffy nose at can interrupt your sleep. A saline nasal spray is an easy fix.
- No matter how tired, don't nap after 3 p.m. Late naps make it harder to fall asleep at night.
- Sleeping pills are a short-term answer for your sleep problems -- five to 10 days max.
- Chocolate, tea, soda, and coffee-flavored desserts can interfere with sleep.
- Light on your eyes can affect your brain's biological clock. Try a sleep mask if sleep eludes you.
- Sleep better: Become a creature of habit. Keep your sleep routine familiar: similar hours, routines, and environments.
- Is it insomnia or a food intolerance? Some experts think undiagnosed food allergies cause fatigue.
- Sleepless? Try acupuncture. Studies show it's effective at providing insomnia relief.