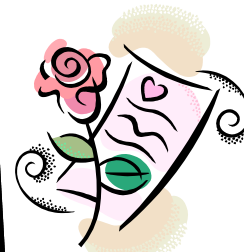




Dear John:



FYI: the Pub
is open for dinner
Mon-Thur 4-8pm

A health & wellness newsletter

Dear John: My friend does a lot of eating alone—as in she eats A LOT every now and then, and insists on being alone. It seems to really upset her. Could something be wrong?

Answer: People with binge eating disorder frequently eat large amounts of food while feeling a loss of control over their eating. The following behaviors or feelings that are common in binge eaters:

1. Eating much more rapidly than usual.
2. Eating until uncomfortably full.
3. Eating large amounts of food, even when not physically hungry.
4. Eating alone out of embarrassment at the quantity being eaten.
5. Feelings of disgust, depression, or guilt after overeating

The major complications of binge eating disorders are the diseases that accompany obesity. People with binge eating disorder are extremely distressed by their binge eating. Most have tried to control it on their own but have not succeeded. Most feel ashamed and try to hide their problem. Often they are so successful that close family members and friends don't know they binge eat. If you or someone you know needs help contact the MBC Health Center at *7095.

<http://www.athealth.com/Consumer/disorders/bingeeating.html>

BURN, BABY, BURN!

You can burn calories doing almost anything...but how much? As this table shows, you can burn calories with activities throughout the day, in as little as 15 minutes.

For a 130lb female for 15 minutes:

Sleeping-18 calories	Watching TV-20 calories
Standing in line-23 calories	Sitting reading-20 calories
Sitting in class-35 calories	Dancing-88 calories
Walking 4 mph-98 calories	Racquetball-159 calories
Touch Football-156	Skiing downhill-117
Sledding-137 calories	Aerobics-137 calories

<http://www.primusweb.com/fitnesspartner/jumpsite/calculat.htm>

Try Aerobics with Brenda Bryant on Tuesdays and Thursdays at 4:15 pm in the PAC! Or try Yogilates with Leigh Mon/Wed/Fri at 9:00am. See you there!

Salad Toppers

That salad isn't going to be as healthy as you think if you're slathering it in too much dressing. The standard serving size for salad dressing is only 2 tablespoons. In Hunt Dining Hall, that means you should use less than one ladle of your favorite dressing on your salads, or just a brief splash. Here's a table of calories for most regular dressings. Just think: a Taco Bell Taco is 160 calories—it's like adding a taco to your salad! Find out more at www.diabetesselfmanagement.com/pdfs/pdf_1853.pdf

Dressing	Calories/Serving	Carbs
Ranch	170-140	1-5
Caesar	160-130	1-2
Balsamic Vinaigrette	140-50	6-3
Italian	100-70	1-3

Upcoming January Events:

- Jan. 22 Basketball vs. Notre Dame @ 3pm PAC
- Jan. 22 Election Workshop @ 8pm ACC 410
- Jan. 23 COS for Computer Information Systems Major @ 3:30 Sena
- Jan. 24 LEAD @ 6pm King 107
- Jan. 25 Meet the Election Candidates @ 7pm Francis
- Jan. 25 Election Day, Vote online and in Nuthouse!
- Jan. 26 MBC vs. Washington Basketball Game @ 7:00pm PAC
- Jan. 27 Skatetown: Pirates vs. Ninjas @ 10pm
- Jan. 28 Mary Kay Appointments from 2-6 in Miller Chapel
- Jan. 28 Signature Ball @ 10pm in Hunt
- Jan. 29 Election Workshop @ 8pm ACC 410
- Jan. 30 COS for Communication Majors @ 3:30 Sena
- Jan. 30 Blood Drive @ noon-6pm SAC
- Jan. 31 LEAD @ 6pm King 107

Approximately 1/3 of the Americans are obese, meaning that they weigh more than 20 percent above the ideal weight for their height.

Wait...Sex and Weight?

Being overweight does affect your libido. According to a recent study conducted by Binks and colleagues at Duke, up to 30% of obese people seeking weight loss indicate problems with sex drive, desire, performance, or all three. Often these problems can be traced to physical conditions that co-exist with obesity.

"Medical conditions such as high cholesterol and insulin resistance do have the ability to impact sexual performance, which in turn impacts desire, particularly in men," says Andrew McCollough, MD. Both conditions can cause the tiny arteries in the penis to shut down, particularly when vessel-clogging fatty deposits begin to form, and impotence or erectile dysfunction is often the result. Research shows overweight women's sex drive and desire are affected by the same problem.

"We are beginning to see that the width of the blood vessels leading to the clitoris in women are affected by the same kind of blockages that impact blood flow to the penis," says Susan Kellog, PhD. When this happens, a woman's body is far less responsive, and a drop in desire is not far behind.

Complicating matters further for both sexes: The more body fat you have, the higher your levels of a natural chemical known as SHBG (short for sex hormone binding globulin). It binds to the sex hormone testosterone. Doctors theorize that the more testosterone that is bound to SHBG, the less there is available to stimulate desire.

The good news: You can make some changes to your body (and how you think about your body) to enhance your libido. You can:

- Lose a little weight, even 10 pounds, to stimulate sex hormones
- Eat more nutritious foods to control cholesterol & blood sugar levels
- Focus your workouts to getting blood flowing to the pelvic area
- Pick up a sexy novel and start reading
- Accept your body at any size
- Believe in your sensuality

Read the full article at: www.webmd.com/content/article/102/106815.htm

Wellness Tip #2 : Be a semi-vegetarian

A semi-vegetarian is someone who supplements a steady diet of vegetables, grains, legumes, fruit and dairy products with occasional moderate servings of beef, poultry and fish. The potential health benefits of a semi-vegetarian diet are many: a lowered risk for heart disease, cancer and diabetes; lower blood cholesterol and blood pressure levels; the maintenance of a proper weight and fewer digestive complaints such as constipation. Most low fat, "heart healthy" meal plans are essentially semi-vegetarian diets, as are many ethnic cuisines.

Bulimia

Bulimics engage in binge eating large amounts of food followed by guilt and self-induced vomiting. Bulimics are at risk for tooth decay due to the acidity of stomach contents as they pass repeatedly through the mouth as well as rips in the esophagus that may result in potentially life threatening bleeding.

Anorexia

Anorexia nervosa (AN) is mostly found in adolescent, well-educated, middle to upper class women. They suffer from a grossly distorted self-image convinced that they are seriously overweight regardless of a physique often reminiscent of a victim of starvation, which is in fact the case. Sadly, as many as one in ten women with AN began showing symptoms as early as the fourth grade. A large calorie deficit in combination with poor nutrition causes chemical imbalances, especially potassium, which can cause fatal heart rhythms as well as protein deficiencies that can also be dangerous to the heart.

<http://healthlink.mcw.edu/article/901290364.html>

For a Good Time Call 4468 The Student Event Hotline

Blood Drive! Community Service for January.

Enrollment Management & Student Life will sponsor a blood drive on Monday, January 30th from noon to 6:00 p.m. in the SAC. Sign up for a time slot to make your contribution—give blood and give life!