



Jodi Krizer Graber Workplace Wellness Expert
 Founder, Bravo Wellness, LLC

A Board certified Holistic health counselor and Graduate of Columbia University's Institute for Integrative Nutrition, Jodi Krizer Graber is an integrative wellness specialist, speaker, and coach. After 20 years as an executive with the Alvin Ailey Dance company, Jodi recognized the need for wellness coaching for busy, high achieving professionals.

Does stress at your job or in your relationship cause you to overeat? Does lack of sleep or low energy prevent you from exercising? Through a holistic approach to wellness, and understanding of the "food-mood connection" Jodi works with her clients to maximize their creativity and energy, eliminate self-doubt, and examine self-sabotaging patterns, that often derail hopes and dreams. Creator of the B.E.S.T. Life System, Jodi helps her clients achieve their highest potential in order to live happy, healthy, productive lives. More information about Bravo Wellness, including a weekly e-newsletter and whole food cleanses, www.bravowellness.com

Metro Behavioral Health Associates

Jennie Kramer, MSW, LCSW, Founder & Executive Director
 and co-author of **OVERCOMING BINGE EATING FOR DUMMIES**
 (John Wiley & Sons, Inc.)



Helping patients gently find balance, Metro Behavioral Health Associates services patients and families throughout Westchester County and the surrounding tri-state area to treat, educate, and offer support for those suffering with anorexia, bulimia, binge eating disorder, trauma related disorders and other. Drawing upon a team approach, MBHA is staffed with caring, and highly trained nutritionists, psychotherapists, psychiatrists, physicians and others assembled to render the best of patient care.

The process begins with a comprehensive psychosocial evaluation: treatment options include cognitive behavioral therapy, process and support groups, family and/or individual psychotherapy sessions, music or art therapy, nutrition education and individual, manageable meal planning. This process helps patients learn new ways of coping that do not require hurting one's body or suffering the medical risks and psychological self-criticism often associated with these disorders.

BINGE EATING DISORDER (BED) was recently added as an official diagnosis of the American Psychiatric Association's classification and diagnostic tools. This addiction has no boundaries of gender, race, ethnicity, age or income. The ranks of binge eaters include: politicians, grandmothers, fathers, pre-teens, newlyweds and corporate titans. It's such a secret world that there are no concrete stats except that binge eating, compulsive overeating and emotional eating afflicts half the population of people with eating disorders. It's a silent, but devastating, disorder that can result in major health problems-even death, if untreated.

For helpful links, blog, and appointment information: www.mbhany.com



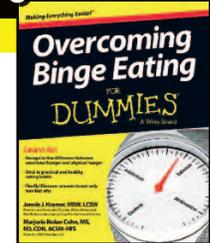
Additional Resources/Events

The MONDO WELL Event – New York Hilton – March 30, 2014

With all the talk about our health care and who will be paying to manage our rapidly accelerated aging process, perhaps a good question to ask is: what are we receiving for our investment? If we spend more money on a system that produces questionable results, can we expect improvements or will the same results just be magnified? There is a growing epidemic of chronic conditions that result in the preventable pain and early demise of people in the prime of their life.



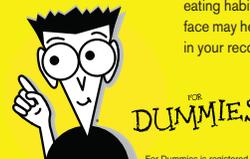
10 Eating-Healthy Tips for Binge Eaters



Healthy eating is a key step toward overcoming binge eating disorder, or BED. Following healthy eating tips can help you look at food and eating as healthy and pleasurable without the negative feelings bingeing evokes.

- 👉 Check in with your body's hunger and fullness signals. Figuring out how to assess your hunger and fullness takes practice, but you begin by noticing how your body feels before, during, and after a meal. After some practice, you'll be able to distinguish between hunger and fullness and to recognize how much food you need to satiate your hunger. For example, if you still feel hungry after a meal, wait 15 to 20 minutes and distract yourself with another activity. If you're truly hungry, you will still be hungry after 20 minutes has passed.
- 👉 Set yourself up for success by starting slowly and by focusing on making realistic changes toward healthier eating over time. Quick fixes haven't worked up until now and still won't.
- 👉 Remember that it's not just about what you eat, but how you eat it. Focus on slowing down, chewing your food, and enjoying mealtimes. This is mindfulness. You deserve to enjoy your meals – not the book, computer screen, TV, or other distraction with which you share it. Then your body doesn't even register or remember that you ate.
- 👉 Focus on variety. Aim to have three or more different food groups at each meal and snack.
- 👉 Eat breakfast every day within an hour of waking to support healthy blood sugar throughout the day. Don't think that by skipping breakfast you'll save calories for later. Nothing could be further from the truth. Without a wholesome breakfast, you'll set yourself up for intense hunger later.
- 👉 Healthy eating starts with healthy shopping. Make sure your kitchen's filled with the best foods for you by making and following a grocery shopping list. Don't shop when you're hungry!
- 👉 Plan to reduce, not eliminate, trigger foods. Completely cutting out certain foods often backfires, so plan to have those foods, if that's what you want, but in moderation and by saying to yourself, "There's always enough – this is not the last time I can have this. There's always enough."
- 👉 Think about what you can add to your meal plan, not what you should take away. Variety and moderation are key.
- 👉 Pay attention to what foods and combinations of foods most satisfy you. Notice the word "satisfy." Satiety is a lovely and grounded feeling; eating until you feel stuffed is not.
- 👉 Keep a food journal. Food journals aren't just useful when you're struggling with food or bingeing. Journaling's a tool you can use anytime, anywhere to increase overall healthy eating.

If you're facing up to binge eating disorder (BED) or any disordered eating, adopting healthy eating habits and finding ways to outlast those urges to binge is key. Knowing the health risks you face may help motivate you to change your behavior. Your family and loved ones can play a key role in your recovery and can benefit from their own tips on coping.



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From *Overcoming Binge Eating For Dummies*
 by Jennie Kramer, MSW, LCSW and
 Marjorie Nolan Cohn, MS, RD, CDN, ACSMHFS

One answer to achieving a youthful appearance, fit body, sharp mind and high quality living, is to surround yourself with those who have spent a good portion of their life studying nutrition, fitness, digestive disorders, heavy metal toxicity, vitamins and minerals, necessary hormones, stress management, and chronic inflammation.

That is what the March 30th Mondo Well event is all about. Highlighting the best integrative, wellness-oriented and preventative physicians, authors and celebrities who will educate an exclusive audience on the fundamentals of positive aging. www.mondowell.com

KEYNOTE SPEAKER: *Carol Alt, Best-selling author and Host of Fox News "Healthy You". Media sponsors WOR Radio and GLOW Beauty, Health & Wellness Magazine.*

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SHARECARE – Sharecare.com

Sharecare.com is an interactive question and answer platform that allows industry experts to answer health and wellness questions. Founded in 2009, Sharecare was created by Jeffrey T. Arnold, Founder of WebMD and Dr. Mehmet Oz. Sharecare's interactive QA platform allows visitors to "ask, learn and act upon" questions about health and wellness. The goal of the site is to become a resource where diverse perspectives and approaches in health and wellness find common ground.

Sharecare content is contributed by organizations like AARP, the American Cancer Society, the American Heart Association, the American Red Cross, the National Academy of Sports Medicine, and medical professionals like Dr. Mehmet Oz, Dr. Dean Ornish, Dr. Michael Roizen, and Deepak Chopra. Questions are also answered by medical centers such as the Cleveland Clinic and Johns Hopkins. These contributors are known as "experts" on the site and the Sharecare platform allows these experts to answer questions and engage in conversations about health.

Topics include diet and nutrition, sex and relationships, depression, women's health, skin care, stress, fitness, chronic pain, oral health, healthcare reform, allergies, sleep disorders, and other. www.sharecare.com

HEALTHY WOMEN – healthywomen.org

Healthy Women, a 501(c)(3) not-for-profit organization, is the nation's leading independent source for health and wellness information, as featured on Forbes.com and selected by Dr. Mehmet Oz "as a trusted source for women's health". Healthy Women provides free, unbiased health information on a variety of women's health topics including pregnancy and parenting, healthy living, midlife and beyond, and a full spectrum of health topics.

Healthy Women partners with organizations, associations and corporations interested in women's health to increase awareness of health and wellness issues. HealthyWomen also regularly conducts national, multi-faceted public education campaigns to promote women's health and wellbeing and works closely with healthcare professionals and the media to expand the reach and depth of its public education programs.

Join the HealthyWomen community to meet experts, ask/answer questions, read/write a blog or join a group: where the wit and wisdom of everyday women and the knowledge of health experts come together. Sign up for free tips and emails at www.healthywomen.org



"Mondo Well is a Source of Inspiration"

– Bestselling Author Bernie Siegel, MD



Carol Alt

EXTREME WELLNESS

Named "The Most Beautiful Woman in the World" by Playboy Magazine, this brilliant and multifaceted actress, model, bestselling author, host of the Fox News Channel's *A Healthy You*, and one of the most inspirational public speakers on the topic of lasting beauty, quality nutrition and optimal well-being, will spearhead a lineup of the very best integrative, wellness oriented and prevention minded healers and companies at this life-transforming event.

3.30.14

NY Hilton
mondowell.com

EXPOSITION