

E-spoons E-zine  
February 2014

### FIRED UP

*Hopefully you did not put on too much weight over Christmas - if you did, admit that you're angry at Father Christmas, then ask him for a fat transplant this Christmas. Until then.....you might want to try strapping on a pair of red ears to help you lose weight effortlessly and check that your stomach is in the same time zone as the rest of you. Your fat burning efforts will be enhanced by KEEPING IT REAL and going out into the COLD, with an exercise partner who leaves you in their dust. Avoid keeping your power station running 24/7.....you could burn out, a camping trip will help you set things right, BUT you need to ROUGH IT.*

The E-spoons E-zine is a monthly compilation of stories appearing on [Better Body Chemistry blog](#). The stories are based on the latest science tit bits and will help you become a little healthier, wealthier and wiser by explaining the why. As a friend of Spoonful of Science you have been included on our mailing list – should you wish to unsubscribe, follow the link at the bottom of the E-zine.

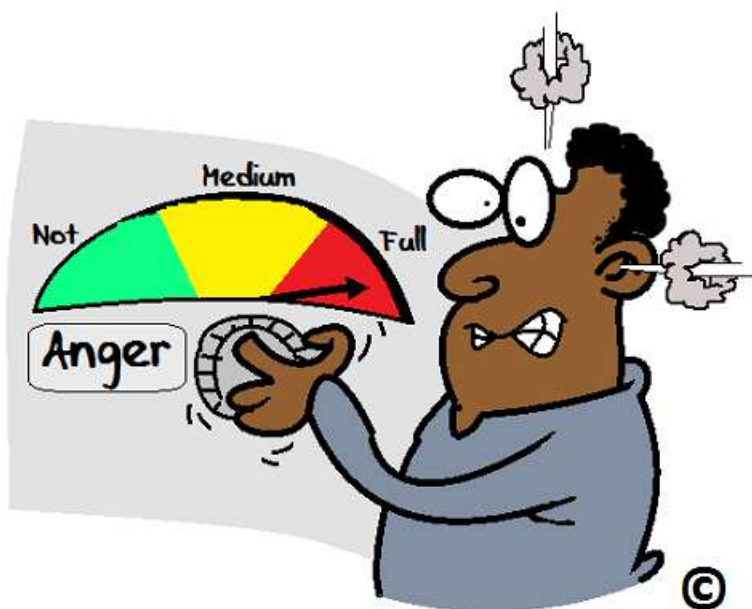
#### Anger management begins with recognizing you are hopping mad

We all have them – people that make us hot under the collar.....

Being near them is bad for your body chemistry.

You've tried the standard advice of  
"Turning around and count to 10"

Unfortunately, when you turn around, they're still there. Saying or doing whatever it was that got you hot under the collar in the first place. And you don't want to go from hot under the collar, to the point where your blood is boiling, because it could precipitate a heart attack or something. Okay, maybe that is a bit melodramatic, but stress adds up and can send you diving into the cookie jar, which can have consequences.



A group of psychology researches may have stumbled on a technique that can help you let some of the excess steam out. Saving your heart from the uncalled for, stress and strain.

Embrace the anger. Acknowledge it.

Take time to concede that you are about to go postal..... [Read more.](#)

NOTE : You won't be able to GO POSTAL, this is socially not acceptable, you still need to bite your lip.

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## All I want for Christmas is a fat transplant

Your body is battling to keep your sugar levels in line, because you're insulin resistant. You know, this is a battle YOU MUST WIN, because high sugar levels end up poisoning everything they touch.

### Your sugar lowering battle plan includes..

- Avoiding sugar.
- Moving more.
- Losing weight – preferably quick quick, without the usual pain and deprivation associated with DIETING
- Taking diabetes meds and/or special sugar lowering supplements etc.
- A new pancreas – admit it, you've asked for one in your prayers. You're not really expecting a NEW one, but it would be nice for a reconditioned version.
- A FAT TRANSPLANT



What do you mean, a fat transplant is not on your list ?

[Click here to find out why it should be....](#)

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## Strapping on a pair of red ears is all it takes to lose weight effortlessly



The holiday eat-a-thon is over.....dieting season has begun. If only there was a quick fix..... well there is, ear acupuncture. And it has been scientifically proven to work.

[Click here to learn more auriculotherapy.](#)

A group of North Korean researchers have verified, ear acupuncture can be used to lose weight too. They enrolled 91 "overweight" adults, keen to lose weight and then pinned up their ears in different ways. The experiment lasted for 8 weeks and everyone was encouraged to CUT CALORIES.

Those whose ears were pinned, were more successful at losing weight. The pinned all over group (5 points), on average saw their BMI decrease by 6.1 %. The participants left to "diet" on their own i.e. the pinless group, failed miserably. They lost NO WEIGHT, nothing, NADA.

So pinning up ears works – you may look like a dork, but you will be SIGNIFICANTLY THINNER. Ummmmm..... maybe not significantly. A 6.1 % decrease in BMI sounds rather impressive, but in reality, for most of the participants, it probably amounted to approx. 3 kg. In my books.....losing 3 kg in 8 weeks while "starving, is not all that impressive.

But it does work ! [Click here to read how it works.....](#)

If you're looking for a biology fix to your sugar gremlin problem, you can always enrol in the Tame the Sugar Gremlin programme. [Click here to learn more.](#)

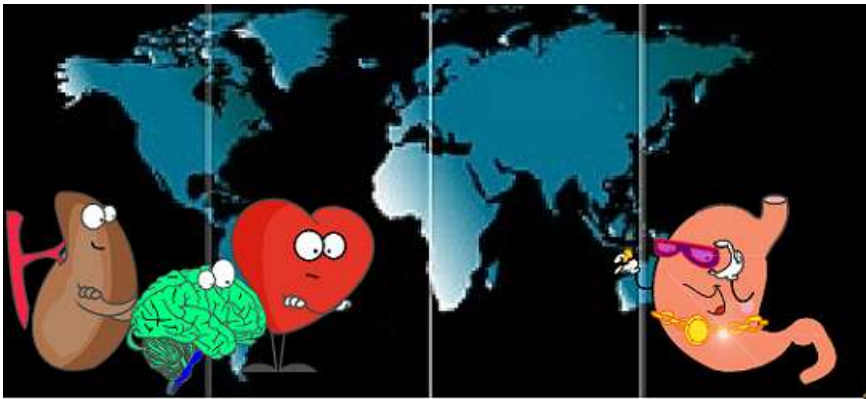


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## Is your stomach in a different time zone from the rest of your body ?

You should eat a BIG BREAKFAST - it is the SMART THING to do. But ..... YOU CAN'T. Early in the morning – your STOMACH just isn't in the mood. The idea of consuming anything more than a strong cup of coffee, is unthinkable.

Your stomach is only prepared to accept food, after 10 am in the morning. Your stomach is a night owl, not a lark.



It is not your imagination..... a team of Australian researchers have discovered, your stomach has it's own clock hanging on the wall. [Click here to learn more....](#)

Your stomach's capacity is determined by the stomach's CLOCK, a problem if your stomach is in its own time zone. All of you needs to be in the same time zone, for you to function at your best.

Luckily.... just like you get over jet lag, by living in the new time zone – your stomach can learn to live in the SAME time zone as the rest of you. It takes a few days of

- feed it breakfast – even a little will help shift the clock.
- Not feeding it midnight snacks. No matter how much is whines, send the message that this is not the time to be operating.

The pay off..... better body chemistry.

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## The secret to burning more fat is KEEPING IT REAL

Every health guru tells you....

The way to burn calories is to get off the couch and  
**MOVE MORE.**

Running on a treadmill at the gym, will see you burn your accumulated fat stores, turning you into a lean machine. Granted it takes a huge amount of moving to get results, but increased physical activity is the ticket. Right ?

A group of researchers from Ohio State have discovered another "ticket", to burn those extra fat layers.

The ticket ?

LIVING IN THE REAL WORLD.

No treadmills REQUIRED. Sign me up !

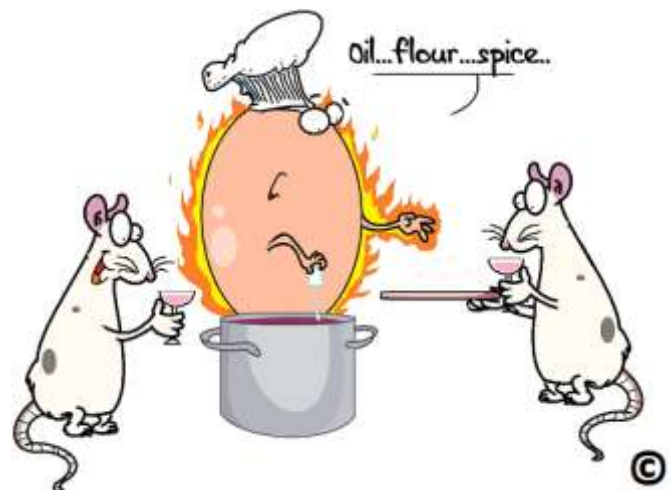
[Read more...](#)

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## BATTING for a win against obesity means going out into the cold (video)

- You've tried the lettuce leaves for dinner.
- You've tried the working out at the gym till you drop.
- You've tried the dodgy, pricey, weight loss supplement.

BUT despite the concerted effort, the scale beams at you, you're just as fat this week, as last week. EISH !





What is wrong with YOU ? [Watch the video](#) to find out....

### **You want to be left in the dust by your exercise partner**

You've made your list of New Year's Resolutions.....

YOU'RE GOING TO GET OFF THE COUCH AND GET FIT !

Specifically..... you want to burn some of the many calories you have managed to store, over the holidays. You want to give your fat cells a makeover. But.... burning calories is hard work. And, to make matters worse, you are one of those people that loathes to exercise.

So you need a little help, getting and staying motivated. Gurus will tell you to get an exercise buddy - persuade someone to join you.

Doing anything with someone else makes it more fun. And making a commitment to someone else, automatically makes you more committed. You're way more likely to show up, if you promised to join "SUE" or "TOM" at the gym.

So..... who should you choose ?



The best exercise buddy is someone who is a whole lot FITTER than you. [Read why ...](#)

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### **Body power stations are not designed to run 24/7 (video)**

We've all experienced them at one time or another – a power outage. A power failure is hugely inconvenient and can be catastrophic. The longer they go on for, the bigger the fallout and the higher the collateral damage.

But power outages don't just happen to the national grid, your body's power grid is also subject to failure.



Could your vitamin supplement be short circuiting your power supply ? [Watch the video](#) to find out....

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## A camping trip is all you need to fix your sleep troubles

It is 9.30 pm..... you've finally "woken up" and you are firing on all cylinders, BUT, you have an early morning meeting with a prospective client. You want to be at your best. You NEED to SLEEP.

You have two options.....

- Stop now and climb into bed, toss and turn for "forever", until you fall asleep, in the wee hours of the morning.
- Just keep going until you can't. Hopefully when you fall into bed, in the wee hours of the morning, you will pass out and get some sleep. Hopefully.....



Either way..... you're not going to get the prescribed EIGHT HOURS. Your sleep deprivation is not by design – you want to. You just can't. Eish ! Your body's clock is ticking to its own rhythm. Chronotypically speaking, you're a night owl – sleepy during the day and fired up at night.

Researchers from CU-Boulder have figured out how to sort out aberrant clocks. Want to know how to fix your clock? [Click here to read more.](#)  
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## Need a little help with a health problem ?

Complete a body audit and discover the habits that are hurting your health. Then draw up a personalized action plan, to improve your overall body chemistry. To book your body audit, drop me an e-mail at [drsandy@spoonfulofscience.com](mailto:drsandy@spoonfulofscience.com) or phone 083 262 5023 to book an appointment.

Other stories from the blog this month.....

- [Stressed out Dads are sending BEWARE messages into the future](#)
- [Avoid the bedtime blues by synchronizing those clocks](#)
- [Blast from the past keeps women sucking ice cubes in labour](#)
- [Tantrums and tears happen when kids are sleep deprived](#)
- [The stork should be deciding when your baby arrives](#)

Thank you for taking the time to read the e-zine. I love hearing from readers, so [drop me an e-mail](#) to let me know which story you enjoyed the most, did you learn something new or do you have a different perspective.

Did you enjoy the E-zine ? Forward the E-zine to a friend or

Give us a like on **facebook**

Next month we will be ALL SKIN IN THE GAME. Look out for the next edition of E-spoons in your inbox on 5 March 2014 (the first Wednesday of the month).

Yours scientifically

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The cartoons were drawn by [Guy Alain Ngangob](#) – drop him an e-mail if you need a cartoon or two. If you want to access the science articles used to compile the newsletter, visit the relevant pages on the blog and follow the link.

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