

## The H-Factor Can Make Dieting Easier

Posted Tue, Apr 14, 2009, 12:00 pm PDT

Happiness and emotional well-being are overlooked in many diets, but they have so much to do with curbing your appetite, inspiring you to choose healthier foods, and long-term change. Without happiness or satisfaction, weight loss is a daunting, laborious, often impossible endeavor. To find out how to infuse a diet with the H-factor of happiness, I got in touch with renowned macrobiotic counselor, author, and speaker, [Denny Waxman](#) for tricks to change your body and your life.

### **DENNY WAXMAN'S STEPS FOR A HAPPY DIET...**

#### **Play more, workout less.**

Children do not want to eat when they are playing. They want to eat when they are bored or forced to do things they do not want to do. The principles are the same for adults. Satisfying activities enhance your appetite for healthy foods and help you feel satisfied with less. The wrong activities make you want to reward yourself with rich foods and unhealthy sweets.

#### **Have a serving of vegetable soup everyday.**

Soup helps condition your digestive system and gets it ready for the meal. Soup also makes you feel more satisfied and naturally helps you eat less.

#### **Plan your meals around grains, vegetables, and other high fiber foods.**

Make your metabolism active to maintain your proper weight without effort.

Metabolism is your ability to digest and absorb the nutrition from your food and then eliminate the excess efficiently. There are two ways to activate your metabolism. The first is to plan your meals around grains, vegetables, and other high fiber foods. This combination makes you feel the most satisfied without feeling that you need to restrict the amount of food you eat. The second way to activate your metabolism is to...

#### **Eat at regular times without skipping meals.**

Eating between meals has a stagnating effect. The ideal starting times for stimulating your metabolism are between 5:00 & 8:30 am for breakfast, 11:00 am & 1:00 pm for lunch, and 5:00 & 7:00 pm for dinner.

#### **Sit down to eat without reading, watching TV, or working.**

Develop a relationship with your food, and you will feel more satisfied, have better digestion, and eat less. Eating with family and friends strengthens communication and creates a strong feeling of connectedness that can also leave you feeling less hungry.

#### **Try to make your daily foods both satisfying and nourishing.**

Try to find healthy foods that satisfy your basic needs, instead of eliminating the foods you think are causing your problems. Feeling deprived does not lead to happiness. Restriction in your diet inevitably leads to excess. This is the reason most diets fail.

#### **Eat more high-fiber foods.**

Grains, vegetables, fruits, soups and other plant-based foods make your digestive system happy. They pass through your digestive system more

easily than animal and dairy foods, and help keep it clean and healthy.

**Walk outside for at least a half hour daily.**

Walking is not exercise, it is a natural activity that makes your body and mind work better and returns you to a state of harmony and balance. Life-related activities including cleaning, gardening, and dancing are the most satisfying and beneficial to your health and weight.

**Give yourself a daily massage.**

A daily body rub cleans and renews your skin, making it look and feel younger in just days or weeks. It also activates your blood, lymph, and energy circulation to help keep your metabolism active. Fill your sink with just hot water. Dip in a cotton face cloth, wring it out, and rub your skin lightly. Gentle pressure is more effective than a vigorous scrub. Frequently re-dip the cloth and try to get all your body with a back and forth motion.

**Stop eating 3 hours before getting into bed.**

Your body wants to clean and repair at night while you are sleeping. When your stomach is empty, you are much more efficient at this process because your liver will not be bogged down storing unused nutrition. This allows it to more easily neutralize acidity and detoxify your body. You will sleep more deeply and wake feeling more refreshed and happy.

Check out [these tips](#) for slimming high-energy eats.

Copyright © 2009 Yahoo! Inc. All rights reserved. [Terms of Service](#) | [Copyright/IP Policy](#) | [Help](#)

NOTICE: We collect personal information on this site. To learn more about how we use your information, see our [Privacy Policy](#)