

The Psychology of Metabolism

By Marika Blossfeldt

On Monday Oct 15, 2007 Holistic Health and Nutrition Counselor Marika Blossfeldt will give a free interactive and fun talk about how relaxation, awareness, rhythm, and pleasure affect our energy and wellbeing as well as calorie-burning capacity and weight loss. The informative talk will take place from 6:00 pm – 7:00 pm at Beacon Natural Market, 348 Main Street, Beacon, NY. For information please call 845-838 1288 or e-mail beacon348@verizon.net.

America is afraid of food. First there was the fat scare followed by the no fat/low fat movement. Then came the carb scare followed by the no carb/low carb movement. Did anything change? Are people healthier and less overweight today? Quite the opposite is true. Contrary to the recent habit of counting fat and carb grams, calories, servings and portions Marika Blossfeldt will examine how relaxation, awareness, rhythm, and pleasure affect our ability to digest, absorb and assimilate our food. Most people might want to fire up their metabolism to lose weight, feel better, be healthier and have more energy. Our metabolism isn't working with desired efficiency because we are moving too fast. The pace of contemporary life has us moving unconsciously through the day, pushes us beyond the body's natural capacity and leaves us unfulfilled and exhausted by day's end. However, when we relax and slow down life – we can speed up our metabolism.

By bringing more awareness to the very act of eating, we are satisfied sooner and chances are we will not overeat. By honoring the natural rhythms within our bodies we can utilize the innate intelligence within, allowing our bodies to do their work with ease. As a result we will feel rejuvenated and energized instead of drained and tired.

Our body chemistry follows the pleasure principal. We naturally move

towards pleasure and away from pain. Surprisingly, pleasure plays an important part in the digestion, absorption and assimilation of our food. Unfortunately we have become used to low-health, low-pleasure, mass-produced fast foods. Our pleasure vocabulary when it comes to food has decreased tremendously, leaving us in a state of diminished joy. Marika Blossfeldt will point out how returning to natural, fresh whole foods will reverse this development and bring back the pleasure of eating.

Beacon Natural Market is offering a 10% discount to participants for shopping right after the talk.

Marika Blossfeldt, HHC, AADP, is a graduate of the Institute for Integrative Nutrition, New York and accredited as Holistic Health Counselor by the American Association of Drugless Practitioners. She is the director of DELICIOUS NUTRITION, a private practice dedicated to raising awareness of the profound impact food and lifestyle has on all aspects of our health. Marika enjoys guiding her clients to a place of confidence, knowledge and intuition about their food choices. She recently moved to Beacon, where she offers one-on-one health counseling, yoga classes and wellness workshops. Marika has a background in the visual and performing arts, having been a painter in Berlin and a featured soloist in the New York dance scene in the 80's and 90's. Marika is the founder and director of POLLI TALU ARTS CENTER (www.pollitalu.org), an international center for the visual, performing and healing arts in her native Estonia, where she conducts yoga and wellness retreats during the summer months. As a passionate whole foods chef Marika grows her own herbs and vegetables and personally oversees the quality and deliciousness of all meals served to her guests.

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