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See next page for full article

Make One Change

a simple step toward wellness



THE POSE KNOWS: What are you really hungry for?

be a fridge warrior

Do a simple yoga asana before you reach for those leftovers, and you'll find the unnecessary calories harder to swallow.

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Photography by NICK HORNE

WE ALL GET THE MUNCHIES once in a while. But the next time you're reaching for the Cherry Garcia, ask yourself: Am I even hungry?

All too often, eating is a mindless "add on" to other activities. "We need to create some space around feeding ourselves," says Halé Sofia Schatz, author of *If the Buddha Came to Dinner*. "We'll grab something while watching TV, sitting at the computer, or running out the door to pick up the kids."

It's a recipe for regret. "When you're stressed out or your blood sugar is low, you often reach for something highly refined or sugar laden," says James Rouse, N.D., a naturopath in Denver. "Give yourself a chance to get centered, to be present, before you open that refrigerator door."

His favored technique is to take a few good belly breaths in Warrior Pose. According to Rouse, this helps you gain confidence and puts you in touch with the type of nourishment you're really seeking. So strike a pose in front of the fridge, and you'll have a fighting chance against mindless eating.

HOW TO DO WARRIOR POSE

1. Begin standing with feet together, facing the fridge. Step back about 3 feet with your left foot, open your hips to the side, and bend your right knee so the knee is centered over your toes (right foot faces forward, left slightly in).
2. Raise your arms to the sides until they're parallel to the floor. Extend energy through your fingertips, and keep your torso centered over your hips. Gaze over your right hand.
3. Take 3 to 5 long, steady breaths all the way into your abdomen. Inhale a sense of what you're truly hungry for; exhale all the limited thinking and beliefs that keep you from making healthy choices.
4. Step back and repeat on the opposite leg. 