



The New Haven Branch of the Connecticut Holistic Health Association

presents

The Way To Eat

A lecture by David Katz, M.D.

When: Wednesday, February 11 at 6:30pm

Where: New Haven Free Public Library

Dr. David Katz, Associate Professor at the Yale School of Public Health, will outline his healthy eating program at a free public meeting of the Connecticut Holistic Health Association at the New Haven Free Public Library at 6:30 on Wednesday, February 11th.

According to Dr. Katz, we can stop dieting and lead longer, healthier lives by developing healthier eating habits. The key to learning how to eat is to realize how powerfully our past predisposes us to overeating. Dr. Katz says that human beings as a species developed in a world where getting enough to eat was always a challenge. As a result of this biological fact, we just aren't able to cope with our tantalizing rich food world.

Once we recognize the biological forces pushing us to eat too much of the wrong foods, we can follow Dr. Katz's program which, in a sense, fools our bodies into feeling full most of the time. Here are a few of his tips: eat healthy snacks to fight cravings, limit the different flavors in your meals, watch out for salty and sugary commercial snacks and finally educate your taste buds gradually by changing the way you cook.

Dr. Katz has recently published a book called *The Way to Eat* in which he outlines his approach to healthy eating. Dr. Katz is a weekly columnist on health issues for several newspapers including the New Haven Register.

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