

Focus on Health

Continued

Full Mouse

Continued from page 57

Book Award for Childhood Wellness and an iParenting Media Award Winner.

Also, check out the companion curriculum for "Full Mouse, Empty Mouse." The Love Your Body Week program is for 2nd-5th graders and can be conducted by parents at school. The program focuses on helping kids feel good about their bodies and why teasing about body size is not okay. Most obesity prevention programs do not address these important psychosocial issues. It can be purchased at www.myedin.org.

Following is an excerpt from the Forward of "Full

Mouse, Empty Mouse."

"The multi-billion dollar food industry, the diet industry, the fashion industry and the medical establishment inundate us with conflicting messages about food, fat, beauty and health. Our love-hate relationship with food has led to an epidemic of anorexia, bulimia and disordered eating.

Because we distrust and reject our bodies, we have lost touch with the source of our most profound truths.

To focus solely on nutrition and exercise misses a fundamental point about the powerful human connection to food. For adults and children, eating is not always governed by rational choices but by deeper, hidden needs. Our relationship with food is a metaphor for how we feel about, protect and nurture ourselves; how we manage,

reject or numb our feelings; how we communicate with others and how we choose to show up in our lives.

Is it any wonder that we are confused about how to speak with our children about these complex issues?

"Full Mouse, Empty Mouse" offers a simple way for children and adults to understand and talk about these deeper truths. By listening to our own and our children's bodies, accurately translating and responding to their messages, we can prevent or solve most eating problems.

The best gift we give our children is to rest when we are tired (rather than fuel ourselves with sugar); to seek comfort in loving relationships (instead of a carton of ice cream); to move our bodies for the sheer pleasure of being alive (rather than to burn off last night's lasagna) and to find fulfillment in improving the planet (rather than simply improving our own figures)."

Check out "Full Mouse, Empty Mouse" at www.fmem.net/.

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Zeckhausen

Continued from page 57

is the first children's book devoted to preventing eating disorders. Zeckhausen has been featured on The Today Show, The Insider, Entertainment Tonight, The Food Network show "Cooking Thin," Connecting with Kids, Good for Parents, CNN and Headline News as well as the Atlanta Journal-Constitution, Shape Magazine, Our Kids Magazine, Creative Loafing, Atlanta Magazine and Atlanta Woman Magazine.

She works in private practice with her husband, Dr. Gerald Drose, and has a stepson and two sons.

Related sources

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