

**No quick fix**  
**By Jill Sherman Skeem**  
**For the Times-News**

In my first meeting with Chris Steinbach, I wanted to learn his history with food, his eating habits, his feelings about his weight and what steps he has taken in the past. Weight is really just a symptom of someone's life. It is easy to lose weight; the hard part is keeping it off. Part of that process is finding out what is really eating you.

Before our first meeting, I asked Chris to record what and when he eats and drinks for the few days prior to our meeting. This is a valuable tool because people often do not remember everything and it shows me a person's daily schedule.

Since Chris has a history of weight gain and loss, I felt the most important thing was for him to develop a healthy relationship with food again. There are two components to food, what you eat and how you eat. Just because you consume food does not mean you receive all of its nutrients.

Healthy eating habits, such as the ones Chris describes in his article here, help the body metabolize the food and absorb the most nutrients no matter what you eat. Keeping Chris's blood sugar stable throughout the day will prevent him from snacking, so I recommended that he eat three regular meals a day. His journal showed that he portioned or measured his food. Since I want him to feel a natural sense of fullness, I asked him to stop this practice. Chewing well and eating slowly will achieve a better result than portioning.

These habits sound so simple, but they really are difficult for people to incorporate into their lives. Chris needs to focus on everything but the weight, so I suggested he not weigh himself for a while.

This is about creating a lifetime of healthy eating not another quick fix.