



### Change Your Relationship With Food

Perhaps you recently walked by the newsstand and noticed the magazine covers with the model-thin women on the cover that read, "Lose 10 pounds this month" and "Best Chocolate Chip Cookie Recipes." Does this sound like a mass of contradictions? It is!

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Visit Dr. Nancy on the web at [this address](#)

### Dr. Nancy's Transformational Topics:

- Celebrity and Real Life Workplace Relationships.
- Table magazine article on snacking and the holidays and how watching TV strengthens food habits!
- My Holiday Gift to You! Power of Chocolate to Create Wellness: How it **really** works.
- Your relationship with food. (see article at left)

### Celebrity and Real Life Workplace Relationships

Recently David Letterman's workplace romances caused many people to consider whether office affairs are worth it. I was invited to speak about the topic on Meredith Corp. program Better, in New York City and on KDKA-TV in Pittsburgh; you can get more information at the following links:



- [Dr. Nancy discusses Romance in the Work Place](#) (Video: Better.TV)
- [TV, Food and Your Habits](#) (Video: KDKA, available December 7)

Consider the following points about the topic and decide for yourself!

#### Why are celebrities set up for relationship problems?

- Idealistic world created by celebrities for viewers caught up in it
- Expect life to always be that glamorous
- Expectation is that they will receive the kind of attention that they play out on the screen
- Large fan base that increases importance

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### Table magazine article on snacking and the holidays and how watching TV strengthens food habits!

Read Dr. Nancy's latest article in TABLE MAGAZINE, currently on newsstands everywhere. [\[Read More\]](#)



## My Holiday Gift to You! Power of Chocolate to Create Wellness: How it REALLY works

The "chocolate cure" for emotional stress is getting new support from a clinical trial published online in ACS' Journal of Proteome Research: Gut Microbiota, and Stress-Related Metabolism in Free-Living Subjects. It found that eating about an ounce and a half of dark chocolate a day for two weeks reduced levels of stress hormones in the bodies of people feeling highly stressed. Everyone's favorite treat also partially corrected other stress-related biochemical imbalances. [[Read More](#)]

Don't forget to watch KDKA-TV's [The Pittsburgh Today Show](#) 9:00 AM on December 7 when the discussion on TV, snacking and habits continues.



 American Psychological Association

Sincere Blessings,

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