Weight loss program Health explores client's relationship to food

Judge will address club

allty' is based on no benet that queting is not an effective way to loos weight and keep it off.

"Changing what we eat does not change why we eat. To do one without the other will only work temporarily," said Rico, who directs a program offered in Humanistic Resources.

"It's a matter of learning your own relationship to food," the said. 'Exploring the emotional reasons for overesting or eating undestrable foods."

Thee said the relatively new weight loss program was devised because of the program was devised because of the deplorable success rate.' dieters are experiencing, whether it is a nutritionally approved dist, a fad diet, or "Only one out of 200 are successful at losing weight and keeping it off," she said. "This is because dieting contrib-

stes to eventual weight gain as the me-tabolism is alowed down. Further, cravings indicate body needs.

"All of these facts are important to be aware of, and we encourage self-awareness. We explore individual needs and goals and what can be dose to achieve them, then customize a pro-gram that isn't painful," she seld.
"There is no reason that altering a plan of eating need to feel like punishment."

She says that when her clients discover their own relationship to food, they learn what the body is communicating about food wants and needs, then discover the loy of regaining self-exteem and self-confidence.

Humanistic Resources, which offers psychological services, is located at 32910 13 Mile Road, Farmington Hills. Rice will take inquiries by calling 626-2058

camp planned.

Dr. Arthur Weaver, professor of surgery, at Wayne Stata University and the director of Better Living Seminars, a con-profil health-related, organization, will heal the reminar's annual Health Camp: May 28-77, at Banch Audable in Graying.

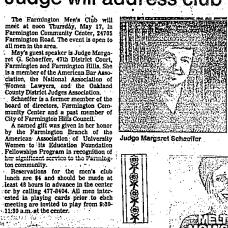
Camp 'May '28-37, at Panch Avasable in Grayling.

In a scenic 800-acre setting, programs to be offered include a Live-in Stop-3moking 'Clinic, Weight Control Seminar, Siress Managment Seminar and Creative Cooking. Without Meat classes, bird of the activities include canocing, borsehack riding, exercise classes, bird watching, ceramics, nature trails, health and lifestyle consessing. "Good health," said Dr. Weaver. "Is more than the absence of discernible' disease. Good health is a positive attiline and feeling of well being in the physical, mental, social and spiritual dimensions of life. It includes creativeness, enthusiasm about life and a vibrant about life and a vibrant

of life. It includes creativeness, enthulaes made active lifestyle."

The complete cost for eight days at the health camp is \$275 per person or \$470 per couple, For information, call 459-0894.





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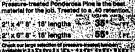












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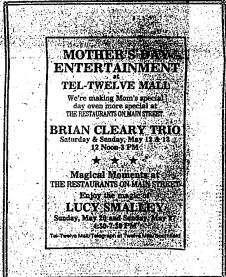
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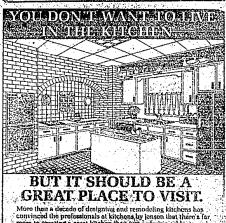


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