

"I Was A Food Addict"

By Max Greenberg, Palo Alto Senior Living

The day my doctor "congratulated" me upon entering the obese category for my height was the day I decided not to wait for my first heart attack to change how I was living my life—particularly my relationship with food.

That was over four years and 40 lbs ago when I was 58. I'm 62 now and went from 216 lbs to 176. In addition to being obese, all my levels were up, i.e. blood sugar, cholesterol, etc. It wasn't a matter of not knowing what to eat and what to avoid. That kind of information is easily available these days.

My challenge was understanding why over-eating and over-eating the wrong types of foods, was, in essence, more important to me than being in good health, looking and feeling fit, having my wife being attracted to me again (and all the benefits of that kind of attraction). Plus being more successful in my business due to increased energy, power of concentration, perseverance and maintaining a positive mental attitude (PMA.)

It was suggested to me that I might be a "food addict." Not a whole lot different than other addictions.

And that there was a program of support and self-awareness that could help. I was feeling desperate so I was willing to try.

Four years later, it's still working and I am eternally grateful. One other thing that helped was I started to visualize myself at a healthy weight before I got there as if it already happened.

And I realized the weight loss and cravings for my "trigger" foods would not happen overnight but would happen one day at a time, proving the Compound Effect (great book by Darren Hardy) works. Also, whereas I had previously tried to exercise myself to get into shape, I realized without changing my relationship with food, all the exercise in the world was pointless. Now when I exercise (I do it daily and why not? It's so good for you in countless ways), the benefits are tenfold.

Max Greenberg is founder & senior living consultant at Palo Alto Senior Living. www.paloaltoseniorliving.com. max@PaloAltoSeniorLiving.com. 650.833.9200



	<p>We can help with: <i>Preparing & selling your home</i></p>
<p>Senior Living Consulting & Real Estate Services 650-833-9200 paloaltoseniorliving.com</p>	 <p>Serving the Bay Area Max Greenberg Founder BRE#01879103</p>

Hometown Friendliness Meets Personalized Care

Locally Owned and Operated



- 2012 Webby Nomination for "Design and Accessibility"
- 2011 Spirit Care Ministry to Seniors Award
- 2010 Bay Area Top Workplace
- 2010 Assisted Living of the Year
- 2010 Volunteer of the Year
- 2010 Bay Area Top Workplace
- 2009 Administrator of the Year
- 2001 HUD Secretary's Commendation
- 2001 Humane Society's Paws for Applause Award
- 1996 Chamber of Commerce Beautification Award



Senior living with hospitality and concierge services



The Grove
Excellence in Memory Care At San Carlos Elms

Please call to arrange a personal tour.

707 Elm Street,
San Carlos, CA 94070
650.595.1500

www.sancarloselms.com

Email: info@sancarloselms.com



A Non-Profit Community Sponsored by the San Carlos Development Corporation License #415600135