

Title:

Controlling The Urge For Comfort Foods

Word Count:

528

Summary:

Eating `comfort` foods to calm your stress levels may not exactly be a new technique, but a re

Keywords:

Weight Loss, Lose Weight, Diet, Diet Support

Article Body:

Eating `comfort` foods to calm your stress levels may not exactly be a new technique, but a re

While indulging in cookies, candy and other calorie laden foods may make you feel somewhat bet

One of the best ways you can control comfort eating is to practice a little patience. If you c

Another good way to limit the amount of comfort foods you consume is to keep a food diary. Mak

Most people indulge in comfort foods while chatting on the phone, watching TV or surfing the m

The buddy system is also a fantastic way to take control of the desire to delve into comfort f

Many people who feel the temptation to indulge in comfort foods due to stress find that redire

Finally; whenever all else fails, remove yourself from temptation by doing away with the junk

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