

The Sweet Tooth Trap

By Dr. Theresa Tsingis

There's a dangerous trap that many of us fall for each year. It's the recurring trap of overeating and weight gain, followed by guilt and New Year's resolutions. This is the time of year when those traps are set. Cooler temperatures and more indoor activities cause many of us to seek comfort foods that seem so compelling to have during the winter months.

While the pattern of overindulgence can be tempting, there are ways to balance healthy eating with the desire for favorite calorie-laden foods. Here are seven strategies to avoid falling prey to entrapment.

First, be fussy. Chances are you're discriminatory in areas, so apply that diplomacy to food. Splurge only on high-quality chocolate, for example. Thoroughly savor your indulgences and take your time, so that your brain can register the pleasure and signal your stomach to ease up. Also, being fussy about what to indulge on prevents blowing calories on low quality junk food that's typ-

ically devoid of good taste and nutrition.

Second, remember that there will always be a next meal – and a next, and so on. That large piece of pie that you're deciding to consume could be split in half and the second portion eaten a few hours later.

Third, schedule eating the way you do any daily activity. Plan your day carefully and avoid eating on the run. There are a few advantages to planning ahead. Eating regularly prevents overeating at the end of the day when resolve is low and fatigue is high. Scheduling some indulgences for other times can help you refrain from consuming a coworker's baked goods at the office during the day.

Fourth, use your head to fool your brain. Avoid large place settings. Research has shown that if your eyes view food on a salad plate or wine in a smaller glass, the brain adjusts appetite and satiety levels accordingly. You will tend to eat and drink less, but feel just

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as satisfied. Try it – it works!

Fifth, run around even more than you already are. As in, literally run or quicken the pace of your exercise routine. Studies show that inserting rapid-speed intervals into a regular exercise routine helps to burn the dangerous fat around the midsection.

Finally, think like a good horseback rider. If you fall off a balanced eating approach, just get back onto a healthier eating routine again at your next meal. Don't perpetuate a cycle of overeating, punishment, deprivation, and overeating. Give yourself a break and try the gift of self-kindness this season.

Got Creepy Crawlies?

By Sophie Braccini

With kids trying on and trading masks, wigs and hats, Halloween can sometimes bring "tricks" of the multi-legged variety. There are plenty of resources on the web for treating

head lice (pediculosis), using everything from Rid to prescription Malathion to olive oil – below is just a sample of an exhaustive list obtained from a Google search:

- <http://www.headlice.org/>
- http://www.cdc.gov/ncidod/dpd/parasites/lice/factsht_head_lice_treating.htm
- http://familyfun.com/parenting/child/health/childhealth/dony79enc_hlice/
- <http://www.headliceinfo.com/>
- http://pediatrics.about.com/od/headlice/Head_Lice_Treatment_Guide.htm
- http://www.consumerreports.org/mg/free-highlights/manage-your-health/head_lice.htm



rated with the product, a shower cap is placed over it and patients have to sit for ½ hour. Then, one or two lice specialists wearing magnifying glasses finely comb the hair strand by strand to remove lice and nits. If the hair is not too long, it takes about an hour altogether. "The product does not kill the bugs," explains Mavromatis, "it suffocates the live ones and allows us to remove the nits that otherwise stick to the hair." Clients are given a list of home duties that includes the usual cleaning and vacuuming. One week later patients return, the situation is re-evaluated, and if the hair is not 100% clear a third visit will be needed. "Most clients come only 2 or 3 times," says Mavromatis, "if they have to come more, then the problem is probably re-infestation." The cost of the treatment is \$90 per hour. For more information go to <http://www.lovebugslice.com/index.html> or call 925-283-7700.

Lee Borrowman contributed to this article.



LoveBugs' owner Mailana Mavromatis (right) removes lice from Cole's hair with the help of Cecilia Alas. Photo Sophie Braccini

If you'd rather not deal with head lice yourself, one unique Lafayette salon offers an alternative.

LoveBugs is located at 3746 Mount Diablo Blvd, Suite 203. The downstairs room is airy and pleasantly decorated. Funky music plays and toys abound. This is definitely a friendly place. As owner Mailana Mavromatis explains, "Adults come here to be treated as well as children, but it's the kids who have to feel comfortable. Parents are less fearful." Less fearful maybe, but not proud to be there; not one of the mothers who was in the salon

when we visited wanted to be identified in this article. "There is still a stigma about lice," confirms Mavromatis, "but there shouldn't be any shame, lice are equal opportunists and I even think they prefer cleaner hair!"

What to Expect If You Go:

Mavromatis treats lice using a recipe that was originally created decades ago in Greece by her mother, and says that the magic potion is composed only of organic and non-toxic ingredients, including salts, olive oil, neem oil, anise and tea tree oil. First the dry hair is totally satu-



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