



E-spoons E-zine
January 2014

PAINTING THE TOWN...

Pink - could your fat cells be turning you into half a man ? Hope you remembered to pay cash for your cookies and approached those holiday buffets sagaciously, so you have avoided being MORE MAN at the end of silly season. Remember nights on the town should ideally happen in ONE LOCATION and be caffeine free, because caffeine can be the ultimate party killjoy. And after a night on the town, it will take some time, for your brain to wind down, but when you finally fall a sleep, your brain will be able to dispatch the cleaning crew. In this edition we get a little nostalgic as we review the highlights of the blog for 2013. HAPPY NEW YEAR, hope 2014 is a year in which you enjoy BETTER BODY CHEMISTRY.

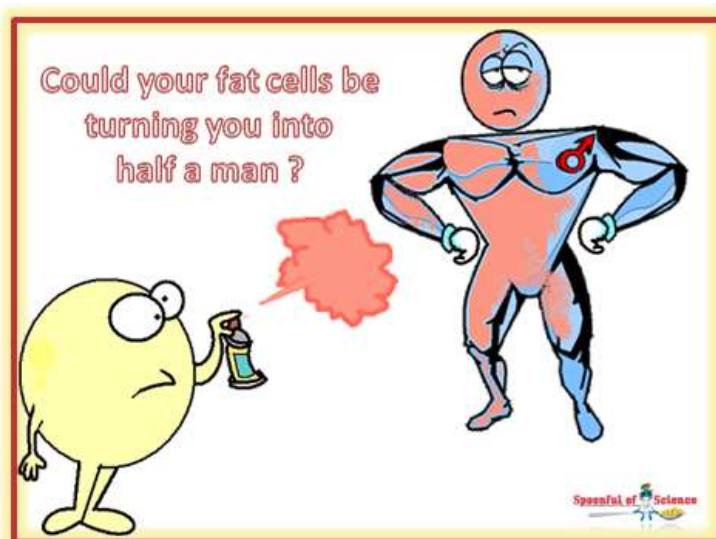
The E-spoons E-zine is a monthly compilation of stories appearing on [Better Body Chemistry blog](#). The stories are based on the latest science tit bits and will help you become a little healthier, wealthier and wiser by explaining the why. As a friend of Spoonful of Science you have been included on our mailing list – should you wish to unsubscribe, follow the link at the bottom of the E-zine.

Could your fat cells be turning you into half a man ? (video)

Every man's goal..... is to be THE ALPHA MALE. The objective, which is hard wired into the male brain - is out-and-out control and as an added bonus, to get the girl. Some men are born with a genetic "advantage", allowing them to rule many castles, but healthy doses of testosterone, ensure every man is at least king of his own castle.

But biology conspires against castle domination.

It's called GETTING OLD. But, old age is not the only threat to castle domination – unfortunately, having a big belly, is a fast way to being dethroned.



[Click on the picture to watch the video.](#)

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Need a little help with a health problem ?

Complete a body audit and discover the habits that are hurting your health. Then draw up a personalized action plan, to improve your overall body chemistry. To book your body audit, drop me an e-mail at drsandy@spoonfulofscience.com or phone 083 262 5023 to book an appointment.

Pay cash to avoid cookies taking advantage of you

A trip to the grocery store is like walking through the valley of temptation, you're tempted by hundreds of items, that are NOT, on your shopping list.

You know you shouldn't but... the unhealthy snacks call out "TAKE ME HOME", as you stroll up and down the various aisles.

You TRY to RESIST.

But resistance is futile....

Psychology and biology conspire against you. Nine times out of ten – you give in, adding "JUNK" to your shopping basket or trolley.

And once the item is homeward bound, you will consume it, sooner or later. If you're like me, it is SOONER, sometimes before you've actually left the parking lot.

But you can resist... all you need to do, is when you get to the till, pay CASH. [Read why cash is king](#) when it comes to Taming your sugar gremlin.

Need more help, keeping your sugar gremlin under wraps ? Sign up for our free e-course, which will equip you to [Trick or Treat your sugar gremlin](#).

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A buffet doesn't have to be fattening if you approach is sagaciously



It's eating season....

Clubs, companies and cool people, are celebrating the Christmas season / end of the calendar year, with special outings, which typically include food, usually lots of it.

Usually served in the form of, a buffet. The value of a buffet is you get to CHOOSE. But YOU might not be CHOOSING quite as much as YOU thought.

Your choices are being ordered

Not by the borg or anything. Turns out, the order the food is served in, determines what you spoon on your plate. [Read more](#)

The foods you see first, shape your dining experience, because you spoon a hefty portion of these foods on your plate, to get things started. You then pick and choose other items that "work" with these foods. As the plate fills up, the amount of "free space" on your plate is seriously diminished, so you skip the items at the end of the food line.

Does it matter ? If you're "watching what you eat" – you bet. Take back control - START where you want to begin, don't FOLLOW the herd.

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Why partying in more than one place doesn't increase the FUN

You're ready for a night on the town... a little eating, a little drinking, a little dancing – FUN, FUN, FUN. To optimize your body chemistry, try to have ALL the FUN in one location.

Two plus location parties are trouble with a capital T.

Not in the KNOW ? A two location party begins somewhere "NEUTRAL" – typically in a not so happening place. Someone's garage, the park or even the car. The point of the exercise is to get IN THE MOOD for the REAL party.

The quickest way to get IN THE MOOD, is to embark on a little pre-partying alcohol consumption i.e. to enjoy a few alcoholic beverages, quick, quick.

The pre-drink / frontload

Potentially a smart move, especially if drinking at THE REAL PARTY is likely to be "challenging". And it can be....

The two biggest challenges

- Economics – happening locations charge more for a beer, than the local liquor store
- Access – if you're underage, buying a beer can be a major hassle.



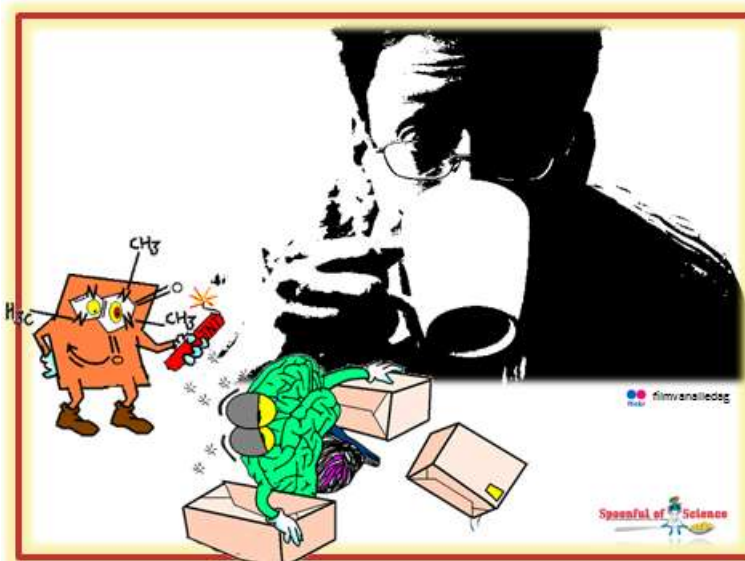
As I said..... potentially a SMART MOVE – party optimization ! Hang on a minute, is it REALLY a smart move ? Maybe not.

It turns out, pre-party drinking, results in much more alcohol being consumed, typically double the amount ends up being consumed. [Read more](#)

PARTY SAFE. Party in one location.

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Caffeine is the ultimate party killjoy



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What you're up to before bed impacts the quality of your sleep

You've been out P-A-R-T-Y-I-N-G.

The definition of PARTYING I am using is quite broad – it could be a rock "n roll concert or a quiet dinner with friends. The point – you went out, had a stimulating time and it is now WAY PAST your normal bedtime.

You're tired. Seriously tired. But... when you climb into bed, despite being sleep deprived, you find yourself unable to fall asleep.

You're TIRED & WIRED.

NOTE : This contrasts with the situation when you are on the other end of the PARTY going experience. The hapless mom, waiting for Suzie to come home. You're just TIRED. And you're fighting sleep.. Keeping your eyes open is a serious strain.

The tired but wired effect is biochemical.... [click here to learn more](#). It's Mother Nature's "gift" to ensure we don't SLEEP through "danger".

Your brain WILL need time to "let go" if you do something STIMULATING late at night. It's BIOLOGY.

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Struggling to find a memory ? Maybe your brain just needs a clean up

The business world needs a little down time, to clean up, so the bottom line thrives. But clean ups can be a little inconvenient. So our preference is for clean ups to happen in the background, which is why big corporates and big cities clean up, after hours.

So does your brain....

Click on the image to watch the video to learn more about how to deploy your brain's clean up crew.



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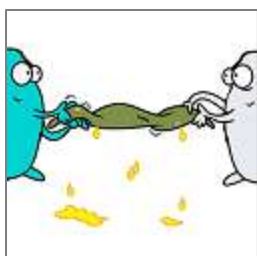
Let a little nostalgia tint your view of the world

As you join with friends and family to celebrate the passing of 2013 singing...

Should auld acquaintance be forgot,
And never brought to mind?
Should auld acquaintance be forgot
And auld lang syne?

Take heed, not to forget the past..... A little wistful thinking is able to brighten the future. [Click here to read more](#).

Time for a little blog nostalgia.....here are my top five health tips from 2013



Fat people aren't lazy they just have very busy friends



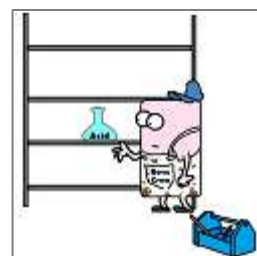
Germ free milk is not good medicine



Are today's kids too clean for their own good

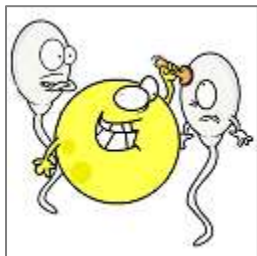


The advice to avoid fish during pregnancy is a little fishy

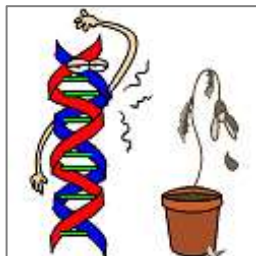


Squelching the fire of indigestion is burning your bones

Each post is illustrated with a cartoon custom drawn by my right hand man, [Guy Alain Ngangob](#). Alain has the ability to capture my ideas and then take them to the next level. Here are MY favourites...



Could your sperm be carrying the mark of the beast ?



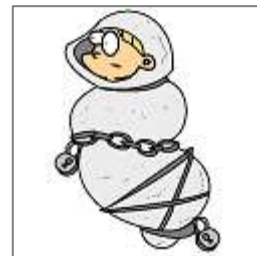
Spritzing with deodorant may not be necessary



Going to the movies can boost your academic performance



The voice left standing wins the should I eat it debate



Swaddle up but leave those hips swinging

PS. Alain has just graduated with a degree in Biotechnology – he is looking for a job in a lab. If you can help, [drop him an e-mail](#).

Hope you have a fantastic 2014 and you achieve BETTER BODY CHEMISTRY.

Keen to start the New Year off on a healthy note ? [Sign up for the free e-course 31 Days to Better Body Chemistry](#). [Return to Table of Contents](#)

Thank you for taking the time to read the e-zine. I love hearing from readers, so [drop me an e-mail](#) to let me know which story you enjoyed the most, did you learn something new or do you have a different perspective.

Did you enjoy the E-zine ? Forward the E-zine to a friend or

Give us a like on **facebook**

Next month we will be ALL FIRED UP. Look out for the next edition of E-spoons in your inbox on 5 February 2014 (the first Wednesday of the month).

Yours scientifically

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The cartoons were drawn by [Guy Alain Ngangob](#) – drop him an e-mail if you need a cartoon or two. If you want to access the science articles used to compile the newsletter, visit the relevant pages on the blog and follow the link.

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