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Premier Medical's The Skinny Minute

November/December 2018

The Art of Saying *No*

For some of us our very first word was 'No'. It was our answer to everything, despite the constant eye-rolls from our parents. We took that word all the way through school and used it often and confidently. It seemed so simple back then.

As adults we have a harder time. We strive to please people. It's just in our nature. We don't like the way we feel after we've let someone down. We fear that feeling, so we take all measures to avoid it.

Let's use holiday gatherings as an example: There you are at the annual celebration, dressed to impress and ready to mingle. You're excited to see everyone! You've been working extremely hard on your health over the last few months and you are ready to show your proud self off.

Your best friend is hosting this year, and she's an excellent cook. However, she doesn't always make the healthiest dishes, so you are a little nervous about what will be served. Within the first hour you've been offered spinach dip, cheese puffs, deviled eggs, meatballs, crostini and even cookies. The meal hasn't even been

served yet. You already feel bloated and uncomfortable in your new outfit that had you feeling like a million bucks earlier in the day. You're disappointed in yourself for getting off track. You beat yourself up over it for days. Maybe even longer?

In the moment, it felt insulting to the host to pass on the goodies. Afterwards though, we are the ones suffering. Do you really think your friend would be upset with you because you didn't eat that meatball? That's not a friend.

By saying no to fattening foods, you are saying yes to something much more important... your health! Instead of worrying about insulting, focus on inspiring.

Try this:

- ⇒ Bring a HEALTHY dish to share. If you are passing around your own option you won't be tempted by the others.
- ⇒ Stay busy! Offer to help with dishes in the kitchen, or take the kids on a walk to keep them entertained.
- ⇒ Stay away from the food. Mingle elsewhere.
- ⇒ Just say NO. I promise you won't regret it.

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