

The CR Way to a Better Life

Getting started is easy

To help people separate fact from fiction and get the most benefit from reducing calories, we wrote *The CR Way* and its companion the *CR Way to Happy Dieting*, available at livingthecrway.com. Here you will find strategies that make it easy to thrive no matter what challenges you face. Suggestions for moderate exercise, meditation, better sleep, improved cognitive skills, and most important: increased happiness are all readily available. Soon you will work better and play better, and you'll feel better about yourself and others. Everything you do will be positively affected.

The CR Way to Happy Dieting will help with the temptations of junk food or just plain overeating that can waylay a well-intentioned CR program.

One way to get started is to become a member of Livingthecrway.com which includes access to *The CR Way to Happy Dieting*. This section is full of delicious nutrient-dense foods, that is, foods that have a high concentration of nutrients per calorie. Tomatoes, walnuts, sweet potatoes, and lentils are just a few examples of the hundreds of all-star foods suggested. And take a look at the meal plans for great-tasting, satisfying meals.



For recipe suggestions you can put to use immediately, become a member of livingthecrway.com so you can access *The CR Way to Happy Dieting* Fast Foods . <http://www.livingthecrway.com/home.aspx> and visit the Fast Foods meal plans where every suggestion can be prepared in five minutes or less.

If you have trouble giving up junk food, we recommend choosing one or two nutrient-dense foods or easy-to-fix recipes that appeal to you and that you are willing to work into your diet. Try a cool cup of fresh or frozen strawberries with a half dozen crushed walnut halves. It will give you more than your daily requirement of vitamin C as well as a good start on your daily needs of omega-3 fatty acids. Other valuable nutrients include phytochemicals that may inhibit cancer formation^{1,2} and help prevent LDL cholesterol from damaging artery walls³.



Enjoy the strawberries (raspberries or blueberries also work well) for a snack or a dessert. Once that becomes a habit, add two or three more healthy choices that especially appeal to you. Soon you will enjoy delicious eating – on *The CR Way* to better health and a better life.

Along with savoring new foods – try Ralph Cornell’s thumb exercise. Ralph holds the record as the longest-lived member of the CR Society International. He lived 104 happy years – independent all his life, not retiring until he was 101 and was still socializing and enjoying his high school’s football games until a few months before he died. Ralph’s thumb exercise was simple and logical. “I press my thumbs against the table and push myself away when I *start* to get full.” (For more on Ralph’s extraordinary life, visit the “Happier You” section of livingthecrway.com)

If you follow just these suggestions, in a few months you’ll begin to amaze yourself and your friends with how good you look and feel.

¹ Zhang Y, Seeram NP, Lee R, Feng L, Heber D. **Isolation and identification of strawberry phenolics with antioxidant and human cancer cell antiproliferative properties.** *Journal of Agricultural and Food Chemistry*. 2008 Feb 13;56(3):670-5. Epub 2008 Jan 23.

² Aiyer HS, Srinivasan C, Gupta RC. **Dietary berries and ellagic acid diminish estrogen-mediated mammary tumorigenesis in ACI rats.** *Nutrition and Cancer*. 2008 Mar-Apr;60(2):227-34.

³ Arai Y, Watanabe S, Kimira M, Shimoi K, Mochizuki R, Kinae N. **Dietary intakes of flavonols, flavones and isoflavones by Japanese women and the inverse correlation between quercetin intake and plasma LDL cholesterol concentration.** *The Journal of Nutrition*. 2000 Sep;130(9):2243-50.