

## Heat Up the Holidays with Thermogenic Foods

by Bend Weekly News Sources

Research suggests eating spicy foods can increase metabolism and may actually help you eat less. A Canadian study this year showed that men, who had hot sauce with an appetizer, ate on average 200 fewer calories than men who did not. Foods that give your metabolism an extra boost -- including chili peppers -- are called thermogenic foods. Thermogenic foods help you burn fat better and give you more energy, so anybody can shed those extra pounds without sacrificing taste or satisfaction. The Fresh Start Thermogenic Diet, by Cathi Graham (Hatherleigh Press, \$24.95) focuses on these powerful thermogenic foods such as salmon, hot peppers, celery, salsa, and almonds that naturally speed up your metabolism. In 1982 Cathi Graham tipped the scales at 326 pounds and her doctor scribbled three words on her medical chart that would forever change her life: "patient morbidly obese." Horrified, she began intensive research and discovered thermogenic foods. This discovery changed her life. In 18 months Cathi lost 186 pounds and has kept the weight off ever since. Cathi's response to her success was to share it through The Fresh Start Thermogenic Diet. This year, try these tips to spice up your traditional holiday feast and start fresh for 2007:

- \* Substitute the holiday ham with roasted chicken breast or wild salmon.
- \* Snack on pumpkin seeds, almonds, and walnuts.
- \* Experiment with thermogenic spices: cayenne pepper, cinnamon, fennel seed, garlic, ginger, hot peppers, mustard, and chili sauce, parsley, and turmeric.

Or warm up with a delicious bowl of sunshine soup:

**SUNSHINE SOUP:** Yields 6 Servings  
Cal: 89, Fat: 3.2g

**INGREDIENTS:** 2 cups squash, cooked and mashed  
3 onions, chopped  
1 cup celery, chopped  
1 clove garlic, minced  
1/2 tsp rosemary  
1 quart can chicken stock  
1/4 tsp black pepper  
2 cups skim milk  
nutmeg for garnish

**DIRECTIONS:** 1. Combine all ingredients except milk and nutmeg in a soup pot. Cook until onions and celery are tender. 2. Remove from heat, add milk, sprinkle with nutmeg, and serve immediately. Enjoy!

**ABOUT THE AUTHOR:** Cathi Graham, creator of the Fresh Start Metabolism Program, has sold over 300,000 Fresh Start Metabolism Programs worldwide and speaks frequently at seminars on weight reduction and anti-aging. Her astonishing success story has been featured in numerous magazines such as First for Women, and she has appeared on the Maury Povich Show. She is also the author of the bestselling 201 Fat-Burning Recipes and 201 More Fat-Burning Recipes. Cathi lives in Vancouver, Canada, with her husband.

*Heat Up the Holidays with Thermogenic Foods by Bend Weekly News Sources*