



*Janice Taylor presents ...*

## The Our Lady of Weight Loss's: **Ten Holiday Commandments**

**Thou shalt honor thy body and believe in thyself.**

Be kind, loving and forgiving to yourself, first and foremost - always.

**Thou shalt never leave home hungry.**

Eat something before the party. A salad, some fruit, even an egg will do. And plenty of water and/or seltzer.

**Thou shalt stay clear of the buffet table.**

Get away from the food. Why torture yourself?  
Socialize - have a fun conversation!

**Thou shalt not deny thyself a treat or two now and then.**

Fill up your plate with Our Lady approved foods, and leave a little space for your favorite treat.  
Too much denial isn't a good thing.

**Thou shalt recycle food gifts.**

Quick, fast - before you change your mind.  
Give the candy, the cakes, the food away.

**Thou shalt keep thy hands busy.**

Try knitting, crocheting, cutting & pasting, needlepoint, draw, write - anything to keep your hands busy. Give your creations as gifts!

**Thou shalt stay clear of sweat pants.**

Wear snug clothing. No room for expansion, no sweats please!  
Thou shalt walk - a lot! Ask Santa for a pedometer for Christmas. And then use it!

**Thou shalt drink enough Holy Water to frighten Noah and map out all the restrooms in thy village.**

Drink up - water that is.

**Thou shalt not covet thy neighbor's plate.**

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