



Wolf Rinke Associates, Inc.

# READ AND GROW RICH

The eNewsletter for Savvy Nutrition Professionals

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<http://www.easyCPEcredits.com>

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## INSIGHT BREAK

*"To be what we are, and to become what we are capable of becoming is the only end of life."*

--Robert Louis Stevenson

## 1. NEW CPE PROGRAM--HOT OFF THE PRESS

### 1. NEW CPE PROGRAM-HOT OFF THE PRESS



<b>C279</b>	<b>18 CPEUs</b>	<b>HARD COPY NEW</b>	<b>\$149.95</b>	<b>Add to Cart</b>

C279E

18 CPEUs

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NEW**

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### ***Interpretation and Application of Advanced Cardiometabolic Testing,***

Mary McNeill, MS, RDN/LD, CDE, MBA, C279, 18 CPEUs, HARD COPY, \$149.95, C279E, ELECTRONIC, \$139.95, Manual with 1 Reporting Form, 133 pgs.

As leaders in the fight for improved health and prevention of disease, it is important for nutrition professionals to be up-to-date on the management of cardiometabolic disease biomarkers. This cutting edge CPE program will enable you to:

--Interpret advanced cardiometabolic laboratory markers and apply it to MNT and lifestyle counseling.

--Evaluate the role of lipoproteins and lipids in the pathogenesis of atherosclerotic and cardiometabolic disease.

--Evaluate the hereditary predisposition as reflected in the genetic polymorphism markers for cardiometabolic disease and identify those at risk.

--Explain the interplay of secondary causes of dyslipidemia and their impact upon cardiometabolic risk.

--Recommend nutrient modifications and assess their contribution to risk reduction for cardiometabolic disease.

For more information and customer comments, [click here](#).

### **Approved/Accepted by CDR, CBDM, NCBDE**

For RDNs/RDs & NDTRs/DTRs:

#### **Suggested Learning Need Codes for the Prof. Dev. Portfolio:**

2000, 2020, 2050, 2060, 2070, 2090, 2100, 3000, 3005, 3010, 3060, 3070, 3080, 3090, 4000, 4040, 4050, 5000, 5160, 5190, 5230, 5240, 5250, 5260, 5310, 5340, 5370, 5390, 5400, 5410

#### **Suggested Performance Indicators for the Prof. Dev. Portfolio:**

8.1.1, 8.3.5, 8.3.6, 10.2.1

NOTE: According to CDR: "The performance indicators [PI's] are working the same way as Learning Need Codes. Practitioners do not have to use the suggested PI's. If they feel they have something in their Learning Plan that relates to the activity, but is not a suggestion by the provider, they may still use it."

Reminder: Meet your 5 year ethics requirement with our FREE Ethics CPE program, C237E, 2 CPEUs. Developed in collaboration with CDR. Free with purchase of any CPE Program, available in electronic format only! For more information and customer comments, [click here](#).

## **2. EXCLUSIVE SUMMER COUPON FOR SUBSCRIBERS ONLY**

**We're offering this coupon to show our customers/subscribers our appreciation, and wish you and your families a safe, happy, and healthy summer vacation.**

**Please see Coupon Code very END of this newsletter.**

**Can combine coupon with programs on our Bargain Corner & also get FREE SHIPPING when ordering over \$200. Combined all these savings can add up to almost 45% discount.**

**Coupon expires 8/31/16.**

## **3. NUTRITION NEWS YOU CAN USE**

### **Help Your Patients Improve their Mood, Quality of Life, and Sexual Function**

In this study, 220 people, with BMI's ranging from 22 to 28, were randomly divided into a calorie-restricted (CR) group (N=145) and a control group (N=75). The CR group was taught to cut their calories by about 25%. During the two year study the CR group reported

improved mood and sexual drive, reduced tension, improved general health, and no negative impact on their sleep, when compared to the control group. The researchers concluded: "In nonobese adults, CR had some positive effects and no negative effects on health-related QOL [Quality of Life]."

**ACTION STEPS:** For in-depth information about the benefits of weight control enter the keywords "weight control" in the search field at [www.easyCPEcredits.com](http://www.easyCPEcredits.com) and find 24 CPE programs to choose from, including *Making Weight Control Second Nature: Living Thin Naturally*, C205, 26 CPEUs

<http://www.wolfrinke.com/CEFILES/C205CPEcourse.htm>.

Source: Martin CK, et al. Effect of Calorie Restriction on Mood, Quality of Life, Sleep, and Sexual Function in Healthy Nonobese Adults. The CALORIE 2 Randomized Clinical Trial. *JAMA Intern Med.* 2016;176(6):743-752. doi:10.1001/jamainternmed.2016.1189, <http://archinte.jamanetwork.com/article.aspx?articleid=2517920>.

## 4. BUILD POSITIVE SELF-ESTEEM—SUCCEED FASTER: PART I & SPECIAL OFFER By Wolf J. Rinke, PhD, RDN, CSP

Self-esteem represents the foundation for self-effectiveness in all areas of our lives--may you be a leader, spouse or parent. In other words, if you feel good about yourself, you will be able to feel good about others, which in turn will enable you to build positive relationships and help you to succeed faster.

### A Quick Check-Up from the Neck-Up

Let's start with two quick methods to check your self-esteem. First, how do you respond internally to mistakes? If you mess up, do you berate yourself by saying such things as, "You dummy, you will never...," or "You can never do anything right," etc? If you respond to mistakes in this fashion your self-esteem is in pretty bad shape. Second: how do you tease others, especially the people who are the most important in your life, such as your spouse, children, and employees. When you interact with them, do you habitually look for their strengths, highlighting those by complimenting, and catching them doing things *right*, and letting them know about that? Or do you continually "build them down" by focusing your mental energies on catching them messing up or by zeroing in on their weaknesses and teasing them about those? If you tend to build others down then your self-esteem is on the skids and you need to pay extra close attention to what follows.

In this issue I will share the secret to success; discuss the importance of accepting 100 percent responsibility for your life; and teach you how to use positive affirmations.

### Take Advantage of the Secret to Success

Many people spend a great deal of time looking for the secret to success. The irony is that there is such a thing, that it has been around since the beginning of time, that it is totally free, and that it is relatively easy to learn. That secret, which Earl Nightingale popularized several decades ago, as the "strangest secret," is this: *Your thoughts govern your behavior and all you have to do to change your behavior is change the way you think!* You've been told that you are what you eat. The more correct statement is that *you are what you think you are, most of the time, because your self-image controls your life.*

You can check the validity of this axiom by asking whether you would have volunteered to sail around the earth during the time of Columbus. Or would you instead have been more conservative since you knew that you would fall off when you got to the end? There is another way to look at this. What did you just do? Perhaps you picked up a glass and had a sip to drink, which of course is a voluntary action. Before you can execute such an action you must think about it. Now we have affirmed that thoughts lead to actions. What if you repeat an action over and over again? You will have developed a habit. And of course all of your habits represent your behavior. So, if you want to change your behavior, all you have to do is change what you put into your mind. What I am saying is that psycho, your mind, controls soma, your body. But you knew that already. Think of the last time you wanted to get to an important appointment on time. After getting there late, you exclaimed, "I knew I was not going to going to make it!" And that indeed is what you did, because the body simply executes what the mind tells it.

### Accept 100 Percent Responsibility for Your Life

To build your self-esteem you must recognize that life is somewhat like a game in which

you are on the playing field every minute of the day. You are the player, the coach, and the umpire all in one. In this game you have control of the here and now, no control of the past, and just a little control of the future. You also must recognize that just as in a game, you don't have to play, but you want to play because it is so much fun. In fact, I would like you to recognize that you really have to do only one thing in life, and that is to die. Everything else is your choice!

At this point you might be saying that that is not true. After all you *have to* go to work you *have to* pay taxes, and so on. Do you? No, you don't! You want or choose to do these things because you do not like the alternatives. You want to go to work because you are rewarded with money that can be readily exchanged for the things that you need to survive, like food, shelter, and medical care, and the things that bring you joy, like a new automobile, or a vacation. You *choose* to pay your taxes because you don't want to pay the price of not doing so.

This is not just an issue of semantics, but rather a question of whether you conduct your life as an "external" or an "internal." Externals blame everything on something or someone else. They attribute their failure to poor parents, little education, bad luck or anyone else they can point a finger at. Internals, on the other hand, recognize that they are in charge, and that it is not luck, karma, or their astrological signs that will determine whether they succeed in life. Instead, internals live by the belief that "*if it is to be, it is up to me.*"

I have been challenged on this point in my success funshops. Participants have said that that is easy for you to say. After all, you have a Ph.D., are the president of your own company, have lots of experience, and are successful. If you are thinking along the same lines, I would like to quickly take away that crutch before you rely too heavily on it. Although I do not want to take up too much space by sharing my entire career with you, let me just tell you that I started my career after I completed an 8th grade education in Germany. I began working full time at age 14 as an apprentice steward in the German merchant marine, working 10 to 14 hours per day, 7 days a week on a ship that returned to home port after four months. No, I did not have wealthy parents either. In fact, they lost virtually everything in World War II. This meant that I had to pay for my own education by working two or three part-time jobs. Given that English was my second language, I have no reservation that you can do as well as I have. Indeed, you can do better! It simply is a question of whether you are willing to pay the price.

### **Use Positive Affirmations**

The mind, or more precisely, the subconscious, is analogous to a computer which is governed by "GIGO"--"garbage in, garbage out." Just like a computer your subconscious reads the instructions you provide it to control your behavior. Henry Ford I said it best: "*If you think you can or can't, you're always right.*"

The way to take advantage of this phenomenon is to program your subconscious with positive messages or affirmations such as "I will weigh my ideal body weight by the end of the year." If you are presented with a disconfirmation of a positive message i.e., you make a mistake or don't succeed at something then you must learn to treat that incidence as an exception. This can be accomplished by telling yourself, "This is not like me", or "I made a mistake this time, and I know that I will succeed the next time." The secret to programming your subconscious is to recognize that it cannot distinguish right from wrong; it simply records everything you "feed" it. So it behooves you to feed your subconscious positive affirmations. I recommend that you do that, even if initially you have to "fool" yourself. Those positive affirmations, right or wrong, will in the long run become your reality and will ultimately govern your behavior and your success.

In the next issue of this eNewsletter I will present you with seven specific strategies that will enable you to "act like a winner."

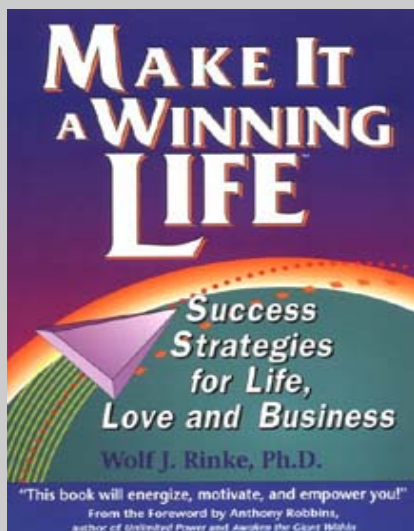
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## 5. HUMOR BREAK

Hearing a knock on the pearly gates, St. Peter asked, "Who is there?" The answer, delivered in a sweet melodious voice, was "It is I." St. Peter turned to one of the angels in waiting and exclaimed: "Oh no, not another English teacher!"

## 6. ABOUT THE EDITOR



Dr. Wolf J. Rinke, RDN, CSP, is the president of Wolf Rinke Associates, Inc.--an accredited provider of easy to use pre-approved CPE self-study programs for nutrition professionals since 1990, available at <http://www.easyCPEcredits.com>.

If you have questions, or would like him to address a specific issue or topic in this eNewsletter please e-mail him at [WolfRinke@aol.com](mailto:WolfRinke@aol.com).

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