



[\(http://www.titostacos.com/\)](http://www.titostacos.com/)

Tuesday, May 5th 2015



<http://twitter.com/thefrontpageonline>  
[/tfpo/feed](http://www.thefrontpageonline.com/feed)



[\(HTTP://WWW.THEFRONTPAGEONLINE.COM/\)](http://www.thefrontpageonline.com/)

## Why Keeping Busy Is Crucial



Nicholas Pollak / September 29, 2009 /

[OP-ED \(http://www.thefrontpageonline.com/category/op-ed\)](http://www.thefrontpageonline.com/category/op-ed)

It is amazing how we can find little things we need to do or create for ourselves to fill in what might otherwise be a dull day.

Have you noticed that when we wake up with things to do, whether we like the obligations or not, we get out of bed with more resolve than when we have nothing to do.

We like to be busy, constructive, innovative, inventive, communicative.

Note the explosion of cell phones, text messages, picture messages, Twitter, Flickr and Facebook.

If we are removed from people, an isolationism occurs.

## **Higher You Get, the Lower You Get**

It was found that people who lived anywhere above the third floor developed an “eagle” attitude.

The higher the floor, the worse the problem.

They held an attitude of detached overview of the life that was happening below them, a complete lack of understanding about why they felt more withdrawn than usual.

This was particularly true of the older generation.

Those most affected were seniors unable to move around as much as they used to. They were forced to negotiate stairs and elevators often non functional due to vandalism.

In turn, their isolationism created a higher depression rate, a higher suicide rate, a higher violent crime rate and a higher divorce rate.

Recently an elderly, semi-retired electrician came to see me. He wanted to lose 20 pounds of what he said was excess weight But the gentleman was fit for his years. He explained that his wife had died two years ago after 61 years of marriage. He has grown children who live nearby, and he is actively involved with them.

## **When Sun Goes Down, He Does, Too**

He found plenty to do during the day. But loneliness crept in at night. As a result, he would eat TV dinners, constantly snacking until bedtime. He felt this was cause of his excess weight.

Along with a low sugar diet high in protein, I suggested that every day at about 4 o'clock, he go out and buy ingredients for his dinner, come home and cook the meal.

He was to ensure that he took his time cooking and to eat at about 8 o'clock, leaving plenty of time for digestion before bedtime.

Importantly, by not eating until later than usual, he was not hungry later. Consequently, he did not snack. By going out to buy his ingredients and cooking them, he broke up his regular routines.

Initially, he resisted. This was understandable. Homeostasis, the innate desire for the body and the mind to stay the same, can be a tough nut to crack.

Homeostasis is why people who have bad habits find it so hard to break them. Their bodies and minds are more comfortable with the bad habit than without it.

In addition, protein breaks down to the nutrients that the brain needs in a slower and more even way, thus avoiding the negatives of a high carbohydrate diet.

Carbohydrates break down to sugar quickly, likely leading to wild sugar level fluctuations constantly taking the brain from higher functioning levels to primitive thinking levels.

A sugar level will always drop lower than the point at which it was originally. This creates a further need for another quick sugar “fix,” which only aggravates the condition.

I have suggested this high protein low sugar diet to many people. I am happy to report the diet has been extremely successful for those who want to lose weight or quit smoking. It is crucial in assisting with the reduction and elimination of panic and anxiety.

The gentleman’s weight problem was one of the few times when a strict dietary regimen was not going to help him lose weight. What was needed was a change in his internal attitude and eating habits. This would help him feel worthwhile, useful, successful, happy, prosperous and most important of all, confident.

Once these changes took hold, he became even more active, began to meet more people, to eat more healthy foods. In a short time the weight dropped away.

His feeling of isolationism disappeared as he was forced to look outward and to interact with more people.

The Internet and all its connectivity is wonderful. But it does not provide humans with one of the most important features of life, and that is to touch and to be touched.

with as many people as you can. A pleasant word here, a compliment there, a smile, perhaps even a hug, will brighten anyone's day. Most importantly it will help you to feel happier, more successful and confident.

***A clinical hypnotherapist, handwriting analyst and certified master hypnotist, Nicholas Pollak may be contacted at [nickpollak@hypnotherapy4you.net](mailto:nickpollak@hypnotherapy4you.net) (<mailto:nickpollak@hypnotherapy4you.net>)***



## ➤ Search

  
  

## 💬 Recent Comments

---

Cary Anderson on [No Billboards, Says Fox Hills \(http://www.thefrontpageonline.com/news/no-billboards-says-fox-hills#comment-2143\)](http://www.thefrontpageonline.com/news/no-billboards-says-fox-hills#comment-2143)

---

George Laase on [No Billboards, Says Fox Hills \(http://www.thefrontpageonline.com/news/no-billboards-says-fox-hills#comment-2121\)](http://www.thefrontpageonline.com/news/no-billboards-says-fox-hills#comment-2121)

---

George Laase on [Will Carlyle Mass Sale Shake up or Kill 'Billboard' Drive? \(http://www.thefrontpageonline.com/allposts/will-carlyle-mass-sale-shake-up-or-kill-billboard-drive#comment-2102\)](http://www.thefrontpageonline.com/allposts/will-carlyle-mass-sale-shake-up-or-kill-billboard-drive#comment-2102)

Why <http://www.thefrontpageonline.com/op-ed/why-californias-income-tax-should-be-abolished#comment-2097> keeping-busy-is...

Janet Chabola on [Midget Wages Hurt Seniors, Too – Ridley-Thomas](http://www.thefrontpageonline.com/news/midget-wages-hurt-seniors-too-ridley-thomas#comment-2096)  
(<http://www.thefrontpageonline.com/news/midget-wages-hurt-seniors-too-ridley-thomas#comment-2096>)

## Popular Posts

[What's Better Than 140 Tito's Tacos? Ask Vets](http://www.thefrontpageonline.com/breaking-news/whats-better-than-140-titos-tacos-ask-vets) (<http://www.thefrontpageonline.com/breaking-news/whats-better-than-140-titos-tacos-ask-vets>) May 5, 2015

[Welcome to Car Show, Says President Shery](http://www.thefrontpageonline.com/ae/welcome-to-car-show-says-president-shery) (<http://www.thefrontpageonline.com/ae/welcome-to-car-show-says-president-shery>) May 5, 2015

[Clarke Talks of What Still Can Be](http://www.thefrontpageonline.com/breaking-news/clarke-talks-of-what-still-can-be) (<http://www.thefrontpageonline.com/breaking-news/clarke-talks-of-what-still-can-be>) May 5, 2015

[White Talks of Fighting Fire with...](http://www.thefrontpageonline.com/breaking-news/white-talks-of-fighting-fire-with) (<http://www.thefrontpageonline.com/breaking-news/white-talks-of-fighting-fire-with>) May 5, 2015

[You, Too, Can Shed Your Shyness](http://www.thefrontpageonline.com/op-ed/you-too-can-shed-your-shyness) (<http://www.thefrontpageonline.com/op-ed/you-too-can-shed-your-shyness>) May 4, 2015

 (<http://feeds.reuters.com/reuters/topNews>)  
[World News](http://www.reuters.com/) (<http://www.reuters.com/>)

[Greece steps up diplomacy to avert cash crunch](http://feeds.reuters.com/~r/reuters/topNews/~3/Rprh5QzGris/story01.htm) (<http://feeds.reuters.com/~r/reuters/topNews/~3/Rprh5QzGris/story01.htm>)

[Boston bomber's lawyers continue case against death sentence](http://feeds.reuters.com/~r/reuters/topNews/~3/Fdmko_KuJmg/story01.htm) ([http://feeds.reuters.com/~r/reuters/topNews/~3/Fdmko\\_KuJmg/story01.htm](http://feeds.reuters.com/~r/reuters/topNews/~3/Fdmko_KuJmg/story01.htm))

[Forty migrants reported drowned in Mediterranean: Save the Children](#)

---

[Bad weather disrupts links with avalanche-hit Nepal village \(http://feeds.reuters.com/~r/reuters/topNews/~3/Cvavclh6e7s/story01.htm\)](http://feeds.reuters.com/~r/reuters/topNews/~3/Cvavclh6e7s/story01.htm)

---

[Gunman in Mohammad cartoon attack in Texas monitored for years \(http://feeds.reuters.com/~r/reuters/topNews/~3/wrHlTvcaBdQ/story01.htm\)](http://feeds.reuters.com/~r/reuters/topNews/~3/wrHlTvcaBdQ/story01.htm)

---

[French fighter jets find takers in a worried world \(http://feeds.reuters.com/~r/reuters/topNews/~3/VVZEWz18Xzs/story01.htm\)](http://feeds.reuters.com/~r/reuters/topNews/~3/VVZEWz18Xzs/story01.htm)

---

[France, Saudi Arabia: Iran nuclear deal must be verifiable, no threat to region \(http://feeds.reuters.com/~r/reuters/topNews/~3/Qet-PqpJJVo/story01.htm\)](http://feeds.reuters.com/~r/reuters/topNews/~3/Qet-PqpJJVo/story01.htm)

---

[Clinton to call for path to citizenship at Nevada campaign stop \(http://feeds.reuters.com/~r/reuters/topNews/~3/oUjDrAxN6QQ/story01.htm\)](http://feeds.reuters.com/~r/reuters/topNews/~3/oUjDrAxN6QQ/story01.htm)

---

[Cisco looks to salesman Robbins for tech leadership \(http://feeds.reuters.com/~r/reuters/topNews/~3/akQz2j1l4vY/story01.htm\)](http://feeds.reuters.com/~r/reuters/topNews/~3/akQz2j1l4vY/story01.htm)

---

[Cisco veteran Robbins to take over as CEO from Chambers \(http://feeds.reuters.com/~r/reuters/topNews/~3/SomUug9PP w/story01.htm\)](http://feeds.reuters.com/~r/reuters/topNews/~3/SomUug9PP w/story01.htm)

---

## Events Calendar

**Sunset Baby** ([http://www.thefrontpageonline.com/wp-admin/admin-ajax.php?action=spidercalendarbig&calendar\\_id=widget-upcoming\\_events-7-title&theme\\_id=1&eventID=16&widget=1&date=2015-05-06&TB\\_iframe=1&tbWidth=600&tbHeight=500](http://www.thefrontpageonline.com/wp-admin/admin-ajax.php?action=spidercalendarbig&calendar_id=widget-upcoming_events-7-title&theme_id=1&eventID=16&widget=1&date=2015-05-06&TB_iframe=1&tbWidth=600&tbHeight=500))

---

May 06, 2015

---

Repeat Every 1 Week(s) on : Wednesday,Thursday,Friday,Saturday,Sunday

A secret cache of letters brings together a former

See more ([http://www.thefrontpageonline.com/wp-admin/admin-ajax.php?action=spidercalendarbig&theme\\_id=1&calendar\\_id=widget-upcoming\\_events-7-title&eventID=16&widget=1&date=2015-05-06&TB\\_iframe=1&tbWidth=600&tbHeight=500](http://www.thefrontpageonline.com/wp-admin/admin-ajax.php?action=spidercalendarbig&theme_id=1&calendar_id=widget-upcoming_events-7-title&eventID=16&widget=1&date=2015-05-06&TB_iframe=1&tbWidth=600&tbHeight=500))

**'Row After Row' &'A Small Fire'** (<http://www.thefrontpageonline.com/wp-admin/admin->

Why Keeping Busy is a Good Thing <http://www.thefrontpageonline.com/top-4/why-keeping-busy-is...>  
[http://www.thefrontpageonline.com/wp-admin/admin-ajax.php?action=spidercalendarbig&calendar\\_id=widget-upcoming\\_events-7-title&theme\\_id=1&eventID=24&widget=1&date=2015-05-08&TB\\_iframe=1&tbWidth=600&tbHeight=500](http://www.thefrontpageonline.com/wp-admin/admin-ajax.php?action=spidercalendarbig&calendar_id=widget-upcoming_events-7-title&theme_id=1&eventID=24&widget=1&date=2015-05-08&TB_iframe=1&tbWidth=600&tbHeight=500)

May 08, 2015

Repeat Every 1 Week(s) on : Friday, Saturday, Sunday

The multiple award-winning Echo Theater Company, n

See more ([http://www.thefrontpageonline.com/wp-admin/admin-ajax.php?action=spidercalendarbig&theme\\_id=1&calendar\\_id=widget-upcoming\\_events-7-title&eventID=24&widget=1&date=2015-05-08&TB\\_iframe=1&tbWidth=600&tbHeight=500](http://www.thefrontpageonline.com/wp-admin/admin-ajax.php?action=spidercalendarbig&theme_id=1&calendar_id=widget-upcoming_events-7-title&eventID=24&widget=1&date=2015-05-08&TB_iframe=1&tbWidth=600&tbHeight=500))

**House of Yes** ([http://www.thefrontpageonline.com/wp-admin/admin-ajax.php?action=spidercalendarbig&calendar\\_id=widget-upcoming\\_events-7-title&theme\\_id=1&eventID=23&widget=1&date=2015-05-09&TB\\_iframe=1&tbWidth=600&tbHeight=500](http://www.thefrontpageonline.com/wp-admin/admin-ajax.php?action=spidercalendarbig&calendar_id=widget-upcoming_events-7-title&theme_id=1&eventID=23&widget=1&date=2015-05-09&TB_iframe=1&tbWidth=600&tbHeight=500))

May 09, 2015

Repeat Every 1 Week(s) on : Friday, Saturday, Sunday

Love, incest, mental illness and murder. A 25th an

See more ([http://www.thefrontpageonline.com/wp-admin/admin-ajax.php?action=spidercalendarbig&theme\\_id=1&calendar\\_id=widget-upcoming\\_events-7-title&eventID=23&widget=1&date=2015-05-09&TB\\_iframe=1&tbWidth=600&tbHeight=500](http://www.thefrontpageonline.com/wp-admin/admin-ajax.php?action=spidercalendarbig&theme_id=1&calendar_id=widget-upcoming_events-7-title&eventID=23&widget=1&date=2015-05-09&TB_iframe=1&tbWidth=600&tbHeight=500))

 

- Downtown Culver City, CA 90232

[Weather](#) [Wind](#) [Rain](#) [Sun](#) [Moon](#) [UV](#)

61°F

Increasing Clouds

*SW* Wind 6.9 mph

**[Subscribe to our News Feed!](http://www.thefrontpageonline.com/feed)**  
**[\(http://www.thefrontpageonline.com/feed\)](http://www.thefrontpageonline.com/feed)**

## Categories

---

[A&E \(http://www.thefrontpageonline.com/category/ae\)](http://www.thefrontpageonline.com/category/ae) (659)

---

[Film \(http://www.thefrontpageonline.com/category/ae/film\)](http://www.thefrontpageonline.com/category/ae/film) (143)

---

[General Art \(http://www.thefrontpageonline.com/category/ae/general-art\)](http://www.thefrontpageonline.com/category/ae/general-art) (49)

---

[Theatre \(http://www.thefrontpageonline.com/category/ae/theatre\)](http://www.thefrontpageonline.com/category/ae/theatre) (56)

---

[All Posts \(http://www.thefrontpageonline.com/category/allposts\)](http://www.thefrontpageonline.com/category/allposts) (4)

---

[Breaking News \(http://www.thefrontpageonline.com/category/breaking-news\)](http://www.thefrontpageonline.com/category/breaking-news) (11)

---

[News \(http://www.thefrontpageonline.com/category/news\)](http://www.thefrontpageonline.com/category/news) (4,032)

---

[OP-ED \(http://www.thefrontpageonline.com/category/op-ed\)](http://www.thefrontpageonline.com/category/op-ed) (8,417)

---

[Editor's Essays \(http://www.thefrontpageonline.com/category/op-ed/editors-essays\)](http://www.thefrontpageonline.com/category/op-ed/editors-essays)  
(716)

---

[Letters \(http://www.thefrontpageonline.com/category/op-ed/letters\)](http://www.thefrontpageonline.com/category/op-ed/letters) (1,567)

---

[The Recreational Nihilist \(http://www.thefrontpageonline.com/category/op-ed/the-recreational-nihilist\)](http://www.thefrontpageonline.com/category/op-ed/the-recreational-nihilist)  
(129)

---

[Sports \(http://www.thefrontpageonline.com/category/sports\)](http://www.thefrontpageonline.com/category/sports) (443)

---

## Archives

## Recent Posts

---

[What's Better Than 140 Tito's Tacos? Ask Vets \(http://www.thefrontpageonline.com/breaking-news/whats-better-than-140-titos-tacos-ask-vets\)](http://www.thefrontpageonline.com/breaking-news/whats-better-than-140-titos-tacos-ask-vets) May 5, 2015

---

[Welcome to Car Show, Says President Shery \(http://www.thefrontpageonline.com/ae/welcome-to-car-show-says-president-shery\)](http://www.thefrontpageonline.com/ae/welcome-to-car-show-says-president-shery) May 5, 2015

---

[Clarke Talks of What Still Can Be \(http://www.thefrontpageonline.com/breaking-news/clarke-talks-of-what-still-can-be\)](http://www.thefrontpageonline.com/breaking-news/clarke-talks-of-what-still-can-be) May 5, 2015

---

[White Talks of Fighting Fire with... \(http://www.thefrontpageonline.com/breaking-news/white-talks-of-fighting-fire-with\)](http://www.thefrontpageonline.com/breaking-news/white-talks-of-fighting-fire-with) May 5, 2015

---

[You, Too, Can Shed Your Shyness \(http://www.thefrontpageonline.com/op-ed/you-too-can-shed-your-shyness\)](http://www.thefrontpageonline.com/op-ed/you-too-can-shed-your-shyness) May 4, 2015

---

[Ridley-Thomas Will Address Dems Next Week \(http://www.thefrontpageonline.com/news/ridley-thomas-will-address-dems-next-week\)](http://www.thefrontpageonline.com/news/ridley-thomas-will-address-dems-next-week) May 4, 2015

---

[Look Who Voted 'No' on Personal Obamacare \(http://www.thefrontpageonline.com/op-ed/look-who-voted-no-on-personal-obamacare\)](http://www.thefrontpageonline.com/op-ed/look-who-voted-no-on-personal-obamacare) May 4, 2015

---

[Price's District Heavily for Minimum Wage Jump \(http://www.thefrontpageonline.com/news/prices-district-heavily-for-minimum-wage-jump\)](http://www.thefrontpageonline.com/news/prices-district-heavily-for-minimum-wage-jump) May 4, 2015

---

[Heffner Reaches the Heights for Centaurs \(http://www.thefrontpageonline.com/sports/heffner-reaches-the-heights-for-centaurs\)](http://www.thefrontpageonline.com/sports/heffner-reaches-the-heights-for-centaurs) May 4, 2015

---

[What if the City Council Had a Goalline? \(http://www.thefrontpageonline.com/news/what-if-the-city-council-had-a-goalline\)](http://www.thefrontpageonline.com/news/what-if-the-city-council-had-a-goalline) May 4, 2015

---

---

Cary Anderson on [No Billboards, Says Fox Hills \(http://www.thefrontpageonline.com/news/no-billboards-says-fox-hills#comment-2143\)](http://www.thefrontpageonline.com/news/no-billboards-says-fox-hills#comment-2143)

---

George Laase on [No Billboards, Says Fox Hills \(http://www.thefrontpageonline.com/news/no-billboards-says-fox-hills#comment-2121\)](http://www.thefrontpageonline.com/news/no-billboards-says-fox-hills#comment-2121)

---

George Laase on [Will Carlyle Mass Sale Shake up or Kill 'Billboard' Drive? \(http://www.thefrontpageonline.com/allposts/will-carlyle-mass-sale-shake-up-or-kill-billboard-drive#comment-2102\)](http://www.thefrontpageonline.com/allposts/will-carlyle-mass-sale-shake-up-or-kill-billboard-drive#comment-2102)

---

Janet Chabola on [Why California's Income Tax Should Be Abolished \(http://www.thefrontpageonline.com/op-ed/why-californias-income-tax-should-be-abolished#comment-2097\)](http://www.thefrontpageonline.com/op-ed/why-californias-income-tax-should-be-abolished#comment-2097)

---

Janet Chabola on [Midget Wages Hurt Seniors, Too – Ridley-Thomas \(http://www.thefrontpageonline.com/news/midget-wages-hurt-seniors-too-ridley-thomas#comment-2096\)](http://www.thefrontpageonline.com/news/midget-wages-hurt-seniors-too-ridley-thomas#comment-2096)

---

Janet Chabola on [Under Rent Control, Mass Evictions Multiply \(http://www.thefrontpageonline.com/news/under-rent-control-mass-evictions-multiply#comment-2082\)](http://www.thefrontpageonline.com/news/under-rent-control-mass-evictions-multiply#comment-2082)

---

Shakir (<http://detailvision.com>) on [Logo Lives Matter \(http://www.thefrontpageonline.com/op-ed/editors-essays/logo-lives-matter#comment-1980\)](http://www.thefrontpageonline.com/op-ed/editors-essays/logo-lives-matter#comment-1980)

---

Anonymous on [Logo Lives Matter \(http://www.thefrontpageonline.com/op-ed/editors-essays/logo-lives-matter#comment-1973\)](http://www.thefrontpageonline.com/op-ed/editors-essays/logo-lives-matter#comment-1973)

---

Frédérik Sisa on [Logo Lives Matter \(http://www.thefrontpageonline.com/op-ed/editors-essays/logo-lives-matter#comment-1896\)](http://www.thefrontpageonline.com/op-ed/editors-essays/logo-lives-matter#comment-1896)

---

George Laase on [Logo Lives Matter \(http://www.thefrontpageonline.com/op-ed/editors-essays/logo-lives-matter#comment-1865\)](http://www.thefrontpageonline.com/op-ed/editors-essays/logo-lives-matter#comment-1865)



(<https://twitter.com/thefrontpageonline.com>  
[/tfpo](https://twitter.com/thefrontpageonline.com)) [/feed](https://twitter.com/thefrontpageonline.com))

- [NEWS \(HTTP://WWW.THEFRONTPAGEONLINE.COM/NEWS\)](http://www.thefrontpageonline.com/news)
- [/ OP-ED \(HTTP://WWW.THEFRONTPAGEONLINE.COM/OP-ED\)](http://www.thefrontpageonline.com/op-ed)
- [/ A&E \(HTTP://WWW.THEFRONTPAGEONLINE.COM/AE\)](http://www.thefrontpageonline.com/ae)
- [/ SPORTS \(HTTP://WWW.THEFRONTPAGEONLINE.COM/SPORTS\)](http://www.thefrontpageonline.com/sports)
- [/ CALENDAR \(HTTP://WWW.THEFRONTPAGEONLINE.COM/CALENDAR\)](http://www.thefrontpageonline.com/calendar)
- [/ ABOUT US \(HTTP://WWW.THEFRONTPAGEONLINE.COM/ABOUT-US\)](http://www.thefrontpageonline.com/about-us)
- [/ OUR PHILOSOPHY \(HTTP://WWW.THEFRONTPAGEONLINE.COM/OUR-PHILOSOPHY\)](http://www.thefrontpageonline.com/our-philosophy)
- [/ THE FRONT PAGE TEAM \(HTTP://WWW.THEFRONTPAGEONLINE.COM/THE-FRONT-PAGE-TEAM\)](http://www.thefrontpageonline.com/the-front-page-team)
- [/ ADVERTISERS \(HTTP://WWW.THEFRONTPAGEONLINE.COM/ADVERTISERS\)](http://www.thefrontpageonline.com/advertisers)
- [/ CONTACT \(HTTP://WWW.THEFRONTPAGEONLINE.COM/CONTACT\)](http://www.thefrontpageonline.com/contact)
- [/ PRIVACY POLICY \(HTTP://WWW.THEFRONTPAGEONLINE.COM/PRIVACY-POLICY\)](http://www.thefrontpageonline.com/privacy-policy)

THE FRONT PAGE ONLINE © 2015