



SAM YOCUM

**Ask
Dr.
Belisa**

**LOST IN A VAST
WAIST LAND**

DEAR DR. BELISA: There are so many diet rules I am totally confused at this point.

What is the No. 1 diet rule that has stood the test of time and trends?

Tina

DEAR TINA: Eat breakfast.

DEAR DR. BELISA: Over dinner, my family got into a discussion about life and death (we are pretty intense) and people disagreed about donating organs. What is your opinion?

Kristen

DEAR KRISTEN: The idea of taking a body part that is without a doubt going to be turned into food for worms and bugs and be able to keep someone alive with it (or better their lives in some way) is both logical and kind. Check out my favorite site on this, www.lifesharers.org

DEAR DR. BELISA: You answer questions about social etiquette. What are the rules for regifting?

Jill

DEAR JILL: If you would have bought it for me, then it counts as a gift. There is already too much junk in the universe to get more because you think it might be noticeably repackaged. You can't eat that great box of Godiva chocolates? You bet I won't complain if you rewrap it and send it to me. I'll enjoy it just as much as if you'd dropped the 40 bucks yourself, believe me. Now, that umbrella you got when you got an American Express card? Nope, that won't cut it.

DEAR DR. BELISA: I've wanted a breast reduction for a long time, and my current boyfriend is adamantly opposed. Am I wrong?

Allison

Dear Allison: There is not enough space in this column to express how much of a jerk I think he is. Get your reduction and a boyfriend extraction while you are at it.

DR. BELISA: My well-meaning grandmother-in-law keeps telling my 6-year-son to do things because he'll get to go to heaven, or the opposite, that he will be punished by God. I want him to be a spiritual person, but think he should be weighing his actions for other reasons. Am I right?

Roseann

DEAR ROSEANN: I defer to Albert Einstein, who said, "A man's ethical behavior should be based effectually on sympathy, education and social ties; no religious basis is necessary. Man would indeed be in a poor way if he had to be restrained by fear of punishment and hope of reward after death." Use this as an opportunity to teach your son about tolerance (both religious and family-in-law related!).

Dr. Belisa Vranich is a clinical psychologist and expert at the Gold's Gym Fitness Institute who specializes in health, fitness, relationships and more. Got a burning question you're too afraid to ask your friends? E-mail her at DailyNewsDoc@gmail.com.