

Weighing In: April 2013

Finders Keepers Losers Weepers

I am sure many of you remember the phrase “finders keepers losers weepers.” It has to do with whatever you find probably belongs to someone else and it is their loss. However, when it comes to weight loss, finders are the keepers and the weepers. Let me explain. If you act primarily as a reactor to your weight gain or you have a performance role assigned to yourself, you say “I will lose 3 to 5 pounds this week” and if you do not accomplish this, then you give up. You then become a **weeper**.

A determined attitude to lose weight, to achieve a certain grade point average, to buy something that you put off for a while, or to get what you so badly want, will create mixed feelings once you achieve it. You cannot remain joyfully serene because the energy used in focusing on the specific goal will not be regenerated. You need to focus to achieve your earthly goals, but these goals have to be assigned to your heart, your soul, your mind, and especially your body.

Those who love their work do not work for the eyes of other people, but for the eyes of God. A worker with such commitment is like a medieval artist who carves the backs of statues with the same skill, attention, and loyalty that he does to the fronts of the statues. These unnamed artists knew throughout history that no human would ever see their work because it fits snugly against the wall. However, God's eyes would see it and since God's eyes would see it, they wanted the work to be well done. This also pertains to your temple. How you treat your temple and what you put in it will sooner or later show up. It may not show up on the outside very quickly, but it definitely will show up on the inside.

Every January, people start off the New Year with optimism and a bunch of resolutions. Our local gym sees a dramatic increase in new members at the beginning of the year. We see the new people with new gym bags, shoes and outfits crowding out the space. We know that only lasts for 2 to 3 weeks and then the new gym bags will be left in the trunk of the car, the new shoes will be in the garage, the new outfits will be back in the closet, and most of the new members will be gone.

Why do most people fail when they make resolutions or decide to act boldly towards a goal? There are many reasons, some of which I know all too well, ranging from being in ill health and a lack of time to a lack of energy. Sometimes we are just not prepared to make a change in our habits or our lives even though we want to. We become a weeper. I have set out to create a set of smart goals. SMART stands for: (S) specific, (M) measurable, (A) achievable, (R) realistic, (T) trackable.

This month, we have had 19 people show up to restart the program. What is interesting about this is that some of them began back in 2007. They lost all their weight and gradually over these last few years began to gain some of it back. What I find fascinating about this is when they gained 5 pounds, 10 pounds, or 15 pounds, they did not change their habits and went back to what they were doing before and became **weepers**. They blamed everything but themselves.

If these 19 people would have had specific, measurable, achievable, realistic, trackable goals, they would have succeeded. Some of them decided that they would lose 20 pounds that month and they only lost 15. This goal was not realistic so they quit. The achievable goal would have been 10 pounds and they probably would have lost 20. If you put too many demands on yourself to try to make it happen too quickly, it becomes unrealistic and you will quit. This year, as we begin Easter, the season of a new beginning, face the rest of the year with a heart that says I will be diligent in achieving a goal that I have set for myself. Go back and remember **Smart!**

What is your perspective in your hard place? You know that place. The one you never think you can get out of. There is nothing wrong with restarting. It is finishing that means everything. Do we put rain into our vacation plans, demolition into our vocational plans, or sickness into our healthy life plans? Our dreams of the natural man or woman are sometimes selfish and self-fulfilling and with that attitude we will fail. We set out with dreams of conquering our weight gain. However, life gets in the way and we go back to being a weeper.

What if you just stick to it? What if you follow the plan to the letter and do everything we teach you at The Weigh Station? I believe we would see less re-starters and a lot of finishers. You would be keepers not weepers. Find the original goal in your heart and speak your goal again out loud! Say with a loud voice “I will follow this! I will lose this weight.”

The Bible has a lot to say about the positive confession of faith. Be positive, don't be a weeper. Find your original goal and be a keeper. Keep pushing forward. All you have to look forward to is success.

Chuck Shaffer, M.D.

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Why do we discourage fast food and other processed convenience foods in maintenance?



At first glance you may think the picture to the right is frozen yogurt or soft serve ice cream, unfortunately if you bite into this you are in for a rude awakening! This pink concoction is better known as pink slime made up of either mechanically separated chicken (MSC), mechanically separated poultry (MSP) or any mechanically separated meat (MSM). The paste like batter is produced by forcing bones with attached edible tissues through a sieve under very high pressure. Among the commercially sold products that are made with mechanically separated poultry, according to MeatSafety.org, are chicken and turkey franks, lunch meats, and "other processed products." If pink slime isn't enough to convince you to avoid these foods, read on.

The ingredients used in foods is very much driven by the U.S. food industry and money. Unfortunately consumers health isn't top on the priority list. Many ingredients banned in other countries are considered GRAS (generally recognized as safe) in the United States. GMO's (genetically modified organisms), chemicals, additives, preservatives and artificial ingredients are common in our foods. GMO's are in ninety percent of our processed food. They are biologically manufactured in labs and injected with new DNA, virus, herbicides, insecticides and other chemicals. They are highly regulated in most countries, however are not in the United States.

The other food additive to avoid are Hydrolyzed proteins. These proteins are dropped into a vat of sulfuric acid, boiled for several hours to break the protein down to release free glutamate. This is done to enhance flavor. Free glutamate is the molecule that fills the taste receptors we call umami. This is the same receptor that responds to MSG and can cause food cravings. Fast food restaurants love to use these additives to keep their customers coming back. The picture below is actually an experiment that was done by a company called [LiveWell Wellness Centers](#). They wanted to see how long it would take for the fast food to decompose. At the time this picture was taken the food was two years old! Laden with preservatives the "food" hasn't molded or spoiled in any way.

Please take time to read your ingredients label (not just the nutrition facts). Preparing your own meals with fresh food is really the key to long term health. Buy organic when possible, avoid GMO's and watch for hydrolyzed food additives. After all, what do we really have if we don't have our health?



Tricia Foley, MS, RD

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Balsamic Brussels Sprouts

Ingredients:

- 2- 3 cups Brussels sprouts, sliced in half
- dash salt and pepper, to taste
- 3 Tbsp balsamic vinegar
- 3 Tbsp olive oil



Preparation:

Pre-heat oven to 375 degrees.

Whisk together the vinegar, salt and pepper together in a small bowl. Slowly incorporate the olive oil until a dressing is formed.

Place the Brussels sprouts in a single layer on a baking sheet. Drizzle the oil and vinegar over the sprouts and gently toss to coat.

Can Massage Help You Lose Weight?

Can massage really help you lose weight? The answer is YES! You're probably thinking this is too good to be true. The reality is that massage can help you lose weight. While a 60 minute massage will not make you 20 pounds lighter, it will certainly help you feel like it when you get off of the table.

A skilled massage therapist is a great addition to your weight loss team. I'm a believer that the more people you have to help you, the more likely you are to reach your goals. Here are just a few ways that massage affects the body and helps with weight loss:

· Massage improves your circulation – A full body massage will improve your circulation. In doing so, it brings blood that is rich in nutrients and oxygen to your tissues and removes the waste products of metabolism. These waste products are removed via the kidneys as urine. Therefore, you know things are going well if you find you need to urinate shortly after having a massage. It is important to drink plenty of water after a massage to help eliminate waste products.

· Massage shortens your recovery time following intense physical activity – If part of what is keeping you from working out is the pain you feel the day after you have exercised, then look no further. Treat yourself to a massage immediately after your work out. A post-workout massage will clear any lactic acid and other by-products that have built up in the muscles while you were exercising. As a result, you'll notice less pain and you'll be in a much more positive frame of mind when it comes to planning your next exercise session.

· Massage aids stress relief – If stress has been a major contributing factor in your weight gain, then you may want to consider relaxation or remedial massage. Massage can help you calm down and stop worrying, with the goal of breaking the habit of emotional eating. Swedish massage relaxes the nervous system

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and takes the body into what is known as the parasympathetic nervous system. The parasympathetic state is very restorative to the body. This is where the body goes when it needs to heal. This state also stimulates digestion which is why stomach gurgling is very common during a massage. But even with the knowledge of how massage aids the weight loss process, many individuals feel self-conscious about undressing for their first massage. However, it is important to remember that massage therapists are sensitive to your concerns and don't want you to feel ashamed. Massage therapists see bodies of all shapes, sizes, and conditions. Like other health care providers, massage therapists are available to nurture your body; not to judge you because of it. During a massage, the client is draped under a blanket and sheet, with only the area being worked on uncovered. The client may remain clothed, wear a swimsuit, or ask for only certain areas to be massaged; however, this type of request may limit the therapeutic effects of the massage. Many new clients start out with a thirty minute massage that focuses on a specific area, such as the neck and shoulders, feet and hands, or their back. This is a great way to ease into the new experience and become comfortable with getting a massage.

Add another professional to your team who can help you on your weight loss journey. Your body, mind, and spirit deserve it.

Robert Winebarger, Massage Therapist

Robert is available for our patients. He offers massages at Transitions Salon and Spa next to The Weigh Station in Christiansburg. To schedule an appointment please call Transitions at: 540.381.1180.

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