



“I Did It My Way”

Dr. Charles Shaffer

Many years ago, Frank Sinatra performed the song “My Way”. I have seen more people return to our practice in the past four months who said they tried it “their way” but it just did not work: they gained the majority of their weight back. Some had tried other programs, and others had tried to do it themselves but all were unsuccessful in keeping their weight off. They all stated they were more successful when under our care.

The power of addiction is the primary source of allowing us to deviate from what we know is correct. One of the largest reasons as to the lack of success while on the ketogenic diet, or low-carb diet, is letting carbohydrates slowly creep into your dietary regiment. Snacks such as nuts and nut butters are common culprits.

WHAT YOU'LL FIND INSIDE:

- **“I DID IT MY WAY”**
- **RECIPE OF THE MONTH**



The mistake may seem minimal but it can prevent you from losing weight and lead to the craving of other sugars.

In fact, nut butter may be even more problematic because it has a slightly higher sugar content and is lower in fiber than other nuts themselves. You may have a bit of a sweet tooth during the beginning portion of our program. When these types of cravings occur, we have suggested to eat dill pickles. Many patients have found that cold dill pickles from their local grocery store satisfied their sweet tooth cravings. Keep in mind of portion sizes – you are allowed to consume four cold dill pickles per day to shut down sugar cravings.

Another problem is the love for natural sweeteners and sugar alcohols. These can liven up your dietary regiment but overconsumption of certain sugar alcohols can cause digestive issues such as gastric distress. I cannot stress the importance of looking at labels and understanding the ingredients. Be cautious with artificial sweeteners and items containing “Equal”, “Splenda”, and the maltodextrin. The combination of these can make your sweet tooth cravings feel more powerful and makes it even more difficult to control.

A common mistake made by patients is when they do not remove temptations from their homes. Several studies looked at “willpower depletion” and its correlation to weight loss when ‘tempting’ food is near and accessible. These studies have found a positive correlation between the depletion of an individual’s willpower when tempting foods are readily available. Staring at doughnuts, cookies, and candies will eventually deplete your willpower and have you munching down. In order to defeat this, we have found it best to remove temptations from your site. Out of sight, out of mind.

The final problem we see is patients starting multiple weight loss programs at once. Some individuals have the mind-set that if they do multiple programs they will lose weight faster. This could not be further from the truth. We have also had a few patients double up on phentermine from other practices thinking it will expedite their weight loss. You may lose weight at first, but your tolerance will build faster. What are you going to do when you lose your crutch? You will drift back into old habits.

So, if you wish to be successful in keeping your weight off long-term, do it our way. The Weigh Station has been committed to teaching others how to live a healthy lifestyle for 14 years and uses the most recent peer-reviewed literature relating to obesity, carbohydrate intolerance, insulin resistance, metabolic disorders, and more. If you put in the work you will see the results. Learn to be accountable and responsible for your present and future health.

Be Blessed,
Chuck Shaffer MD

The Recipe of the Month

Loaded Cauliflower Salad

- 1 medium head of flower
- 4 large eggs, hard boiled
- 1 C mayonnaise
- 1/3 C bacon bits
- 2 tbsp apple cider vinegar
- 1/4 C chopped onions
- 1 tsp minced garlic
- 3/4 C chopped onions
- 1 tsp Stevia

Directions

Chop cauliflower into bite-sized pieces. In a separate bowl, place your hard boiled and peeled eggs. Add the mayonnaise to the eggs.

Top with the rest of your ingredients. Mash with a fork until all ingredients are mixed and eggs are crushed into small pieces.

Dump the sauce into the cauliflower and mix thoroughly. Top with a little more bacon and green onions. Serve and enjoy!



**Let's Get
Cooking!**



Photos courtesy of ruled.me