



The Pandemic of Eating

Dr. Charles Shaffer

As we enter into another month of the pandemic of COVID-19, I am seeing more patients come back to our practice expressing how glad they are that we are open and that they need to “stop eating all the time”. It is common to eat out of boredom, loneliness, lack of outside activities, and many other reasons.

Some patients have documented they’ve gained 15 – 20 pounds of weight during March and others have documented they’ve actually lost weight. So, what is the difference between these two groups?

The difference is commitment and accountability. Those who are committed stick to the plan and what works for them. Others are not as sure and do not wish to put in the work. To this day, I still receive emails asking if patients are allowed to have a certain brand of bar, shake, or packaged meal. As many times as we have gone over and emphasized reading labels, I am surprised how many patients forego it.

WHAT YOU'LL FIND INSIDE:

- **THE PANDEMIC OF EATING**
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- **THE RECIPE OF THE MONTH**



COVID-19 is causing panic among people for many reasons. Since this is a newly discovered virus, no one has immunity and there is no vaccine or cure developed as of yet. Because it has been newly discovered and there is little history to go on, scientists are not fully aware of how it behaves.

It is human to be anxious. However, at the same time there are many reasons to not be afraid. During this time, it is important to be reasonable, cautious, and use logic. There are many ways to rid the panic of your life:

- Stay away from social media and ‘up-to-the-minute’ news. Journalism is a useful tool, but stories can easily be spun into worst case scenarios. What you typically do not hear of is how well some are doing and how many cases have recovered.
- Focus on factual updates from trusted sources such as the CDC, John Hopkins, and the World Health Organization.
- Know the facts. The term ‘pandemic’ only refers to how widespread the virus is and NOT how deadly it is. The majority of those infected are either asymptomatic or only experience mild symptoms.
- Actively remind yourself of reasons to not worry. Following the guidelines recommended by the CDC, avoiding large crowds, and washing your hands often are all great measures to take. As long as you are being cautious and are taking measures you will be okay.
- Go outside if you can. Taking a walk or doing an outside activity is a great way to get some form of exercise and to give your mind a rest.
- Occupy your mind. Now is the perfect time to pick up a new hobby or activity. You can read a book, paint, do home projects, or put together a puzzle. My wife, Terri, enjoys putting together puzzles and trying to locate missing pieces.
- Read our newsletters and try our recipes. Our letters are chock full of helpful information, knowledge, and recipes. Use this time to learn a thing or two and try a new recipe.

Personally, I am an avid reader and have been reading new books and articles I’ve wanted to open for a while and am keeping my mind occupied. I am still working walk-in clinics as well, so I am in the know of what is going on in the New River Valley.

As usual, I will leave you all with some Scripture.

Luke chapter 12, verses 22-34: 22 Then Jesus said to his disciples: “Therefore I tell you, do not worry about your life, what you will eat; or about your body, what you will wear. 23 For life is more than food, and the body more than clothes. 24 Consider the ravens: They do not sow or reap, they have no storeroom or barn; yet God feeds them. And how much more valuable you are than birds! 25 Who of you by worrying can add a single hour to your life? 26 Since you cannot do this very little thing, why do you worry about the rest?”

27 “Consider how the wild flowers grow. They do not labor or spin. Yet I tell you, not even Solomon in all his splendor was dressed like one of these. 28 If that is how God clothes the grass of the field, which is here today, and tomorrow is thrown into the fire, how much more will he clothe you—you of little faith! 29 And do not set your heart on what you will eat or drink; do not worry about it. 30 For the pagan world runs after all such things, and your Father knows that you need them. 31 But seek his kingdom, and these things will be given to you as well.

32 “Do not be afraid, little flock, for your Father has been pleased to give you the kingdom. 33 Sell your possessions and give to the poor. Provide purses for yourselves that will not wear out, a treasure in heaven that will never fail, where no thief comes near and no moth destroys. 34 For where your treasure is, there your heart will be also.”

Dr. Danny Kellum, Headmaster of Donelson Christian Academy, wrote:

“One of the biggest arithmetical miracles in the world: Moses and the people were in the desert, but what was he going to do with them? They had to be fed, and feeding 3 or 3 1/2 million people requires a lot of food.

According to the Quartermaster General in the Army, reported that Moses would have to have 1,500 tons of food each day. Do you know that to bring that much food each day, two freight trains each a mile long would be required!

Besides, you must remember, they were out in the desert, and they would have to have firewood to use in cooking the food. It would take 4,000 tons of wood and a few more freight trains each a mile long, just for one day.

And just think they were forty years in transit.

Oh, yes, they would have to have water. If they only had enough to drink and wash a few dishes, it would take 11,000,000 gallons each day, and a freight train with tank cars 1,800 miles long, just to bring water!

And then another thing. They had to get across the Red Sea at night. Now, if they went on a narrow path, double file, the line would be 800 miles long and would require 35 days and nights to get through. So, there had to be a space in the Red Sea, 3 miles wide so that they could walk 5,000 abreast to get over in one night.

But then another problem. Each time the Jewish people camped at the end of the day, a campground two-thirds the size of the state of Rhode Island was required, or a total of 750 square miles long, think of it!

This space just for nightly camping.

Do you think Moses figured all this out before he left Egypt? I think not! You see, Moses believed in God. God took care of these things for him.

Now God can do this for 3 million to 3 1/2 million people. He'll take care of you."

Please keep your appointments if you are comfortable, we are here to help you. Be safe, wear a mask, and wash your hands.

Blessings,
Chuck Shaffer MD

Buyer Beware Splenda, Stevia and Sweeteners

Tricia Foley, MS, RDN, CLT

Finding the right sweetener to keep you on track can often be tricky. With all the fillers and additives as well as claims on the packaging, it can be difficult to figure out which one is best for you.

At The Weigh Station, we recommend Stevia as our first choice, however, depending on the brand certain additives may be added. We have you covered! The following list will explain common additives in Stevia. We have divided them up into the following categories:

Additives to Avoid, Limit or Okay to use:

Common Fillers and Additives in Stevia

AVOID:

- Dextrose: A filler made from corn sugar, fruits or honey, it is a form of sugar as it ends in -ose. Although low in carbohydrates and calories, it depends on how much you are using. Often labeled as calorie-free, this can often be deceiving.
- Maltodextrin – a filler based from either rice, potatoes, or corn that provides a sweet taste. It is often added to help “bulk” baked goods so it may be used for baking or for stirring into coffee, tea, smoothies, etc. without clumping. Maltodextrin is not calorie-free however since the calories are low, producers are allowed to label it as zero-carb and calorie-free, which can again be very misleading if consumed in larger quantities.

LIMIT:

- Erythritol – Erythritol is a sugar alcohol that provides 2 calories per gram instead of 4 calories per gram of carbohydrate. You might be wondering where the other 2 calories go, they are actually passed though unabsorbed in the body which often causes digestive upset like most other sugar alcohols that end in -ol. If you suffer from IBS like issues, this one might be best to avoid. On the other hand, used in moderation, it provides a sweet taste many people prefer. You will find this in Truvia.

- Xylitol – Another sugar alcohol made from birch trees, is one of the safest out there. It's proven to be beneficial for oral health though like other sugar alcohols, it can cause digestive upset, which is why we recommend limiting it.
- Inulin – Inulin is a prebiotic fiber from vegetables. Although safe, it has also been linked to gastrointestinal upset such as gas and bloating and this is why we listed it under the limit category.

OKAY TO USE:

- Glycerin –Very safe to use, this is a liquid often found in alcohol-free liquid stevia products. It is made from fruits and vegetables and does not raise the glycemic index. It also does not cause an after-taste.

When grocery shopping it always pays off to read the ingredient labels. Remember, ingredients are listed by weight, if you see Maltodextrin as the first ingredient, this means it's the primary ingredient. Please let us know if you have questions, we are here to help!

The Recipe of the Month

Homemade Flax Bread French Toast

**This recipe has two parts, making the bread and the french toast*

Ingredients

- 2 C flax seed meal
- 1 tbsp baking powder
- 1 tsp salt
- 1-2 tbsp Truvia, Stevia or Pruevia
- 1-2 tbsp cinnamon
- 5 beaten eggs
- 1/2 C water
- 1/3 C oil

Directions

Preheat oven to 350 F. Prepare pan (a 10x15 pan with sides works best) with oiled parchment paper. Mix dry ingredients well with a whisk. Add wet to dry and combine well. Make sure there are not obvious strings of egg white hanging out in the batter.

Let batter sit for 2 to 3 minutes to thicken up (leave it too long and it gets past the point where it's easy to spread). Pour batter onto pan.

Bake for about 20 minutes, until it springs back when you touch the top or is visibly browning even more than the flax already is. Cool and cut into slices. Take a slice, dip it into a bowl of beaten egg with 1 tbsp of cinnamon mixed in. Transfer to a coated pan and cook on both sides over medium heat. Top with a sprinkle of Truvia and blueberries if desired.



**Light, Fluffy,
Delicious.**

