

# August 2013 Weighing In

## The Enemy of the Best Is What's Good Enough.

The idea for this month's newsletter came from a wonderful conversation I had recently with a patient. She stated that she has lost over 72 pounds and was quite ecstatic. Some months later she decided that she could add in breads and pasta. She was sure it wouldn't hurt and was still about 40 pounds away from her goal. Unfortunately she was mistaken. I see this quite frequently with people who get close to goal weight, 20, 30, 40 pounds away, and then decide to quit because they think they can do it on their own. But it never works.

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She decided to go back to eating whole-grain, because she heard it was good for her and as her weight started to come back, she returned to the office hopeless about her weight gain. This lady truly believed that grains were good for her and that she could continue losing weight without help. So, let's delve into why grains aren't always as good as some make them out to be.

Before I go further, keep in mind while reading this article that the enemy of the best is what's good enough. Don't accept what's good enough .....ever!!!

Below is a great article from "How Grains are Killing you Slowly" by Katie AKA Wellness Mama: (You can read the full [article@wellnessmama.com](http://article@wellnessmama.com).) It does a great job of explaining why you should avoid grains!

*[When I check out at the grocery store with a cart devoid of any grain products, I get occasional odd glances. When my kids won't eat donuts because of the health ramifications, most people don't think anything of it. When our entire family refuses the "healthy whole grain" bread at a restaurant or party, uproar ensues.*

*But why, people ask? "Grains are healthy and give you necessary fiber!" and "What about the nutrients in grains?" or my favorite, "But they are low-fat!" It was surprising to me when I first learned that all the hype about grains really was just that, hype.*

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*“Haven’t people always eaten grains?” you ask? I used to think so too, heck, even the Bible mentions grains, so they must be good. Interestingly, scientific and historical research shows that not only have humans not always eaten grains, but the human body is not designed to function well on grains at all!*

*Hang on tight, this explanation gets messy!*

*Regular grain consumption began a measly 10,000 years ago by most estimates. Before the Agricultural Revolution, humans had a couple hundred thousand years of not having any regular consumption of grains, (and, are you ready for this?) studies show that human brain function and physical ability peaked just prior to the agricultural revolution as well. Since the dawn of agricultural practices, archeological evidence shows a gradual but steady decline in human strength.*

*Grains contain Phytic Acid, a mineral blocker that prevents absorption of calcium, magnesium, iron, copper and zinc. This phytic acid is found in the bran of all grains as well as the outer coating of seeds and nuts. Even after grains became more acceptable during the agricultural revolution, grains were allowed to sit in the fields for several weeks before thrashing. This allowed the grains to be exposed to the elements and to sprout. Evidence shows that sprouting increases the content of many important vitamins, and breaks down the phytic acid. Unfortunately, grains today are not sprouted and are consumed in much larger quantities than ever before. The presence of the phytates blocks the absorption of calcium, a risk factor for osteoporosis and other bone-related problems. Unfortunately, many doctors provide a low-fat, high-fiber diet and a calcium supplement for those with osteoporosis but the calcium isn’t being absorbed anyway because the phytates block its uptake.*

*Perhaps you noticed the general consensus among medical professionals that grains are not only healthy, but the necessary foundation of our diet (solidly nested at the base of our “food pyramid”). The trend lately is to acknowledge that processed grains are bad but to deify those “healthy whole grains” that supposedly provide the bulk of our nutrition in just 6-11 servings a day! This statement is just total crap!*

*The sad truth is that grain consumption, especially in the forms found today, are a blatant departure from the way humans have eaten for almost our entire history. The ability to grow and process grains more easily allowed more people to afford grain products like flour, a “luxury” previously reserved for the wealthy. The important thing to remember here is that just because humans seem to have no immediate negative effects from grains, doesn’t mean our bodies can handle them or that we can function optimally while consuming them.*

*Besides the phytic acid which strips your body of nutrients, another serious disadvantage to grain consumption is the astronomical spike in insulin production which throws a monkey wrench in hormone production in the body. **Insulin** production is an important process for storing nutrients and processing glucose in the bloodstream, but our bodies simply can’t handle the insulin requirements we throw at them with the carb load we consume these days.*

*Let’s take a trip back to freshman Biology, shall we? When carbohydrates enter the body (whatever the source, be it grains, fruit, sugar, potatoes, your favorite cheesecake) they are eventually broken down into glucose. Any extra glucose floating around in the body that we are not immediately using to replenish glycogen stores is stored as **fat**. This is a natural response of our bodies that has allowed humans to survive for thousands of years. If we aren’t using the fuel now, our bodies store it for future use in the form of fat. Unfortunately, as we are not commonly faced with famine, we don’t often get the chance to use up these stores, and the fat accumulates. If the carbohydrate consumption is excessive (milkshake anyone?) the body throws in the added bonus of cortisol and adrenaline production to handle the extra load. This whole hormonal song and dance does the tango on the body’s endocrine and immune systems and creates inflammation in the body.*

*With the dawn of the roller mill in 1872, flour became accessible to virtually everyone, though the bran and germ were stripped out, leaving very little of the minuscule nutritional value the grain had to begin with. Surely though, as grains are the center of our diet, an important source of fiber, and a low-fat staple, the general health of the American population must have dramatically increased from this novel invention? Or not...*

*In the last 130 years of increased grain consumption, chronic disease rates have skyrocketed, fertility has fallen and the average weight of the population has steadily risen.*

*We have found that grains can deplete nutrients, cause weight gain and infertility, but don't they still have nutrients? Unfortunately, grains do not have the nutritional profile that all the granola-pushing commercials of late make them out to have. It makes much more sense to get your nutrients from foods like vegetables, fruits, proteins and healthy fats, which offer much higher nutrient profiles without the drawbacks.*

*Back to the **insulin** equation for a second... It is no secret that the United States is facing a very real epidemic of insulin sensitivity, Type 2 Diabetes, insulin resistance, and obesity. If the corresponding rates of disease and weight gain with grain consumption over the last 130 years aren't enough to convince you, consider this: when ground into flour, the surface area of a grain is increased to 10,000 times the surface area of the grain itself. The resulting high-starch food is biologically similar to consuming pure table sugar. Consider the fact that flour is often mixed with sugar to create recipes (or used to make wall-paper paste, your choice) and you have a virtual diabetic coma in a bowl (or can).*

*Sounds bad enough to me, but there are still a few villains left in this mystery story! Behold gluten and lectins! These two are the Barack and Michelle of digestive health.*

*Gluten is a sticky, water soluble protein that is found in your favorite grains (wheat, rye, barley, etc). Grains like corn, rice and oats have similar proteins that cause problems over time. Gluten and similar grain-based proteins work to break down the microvilli in your small intestine, eventually letting particles of your food leech into your blood stream (a lovely term called "leaky gut syndrome") causing allergies, digestive disturbances or autoimmune problems.*

*Gluten's sidekicks, the posse of Lectins, are mild toxins that inhibit the repair of the GI track. Lectins are not broken down in the digestive process and bind to receptors in the intestine, allowing them and other food particles to leech into your bloodstream. Nothing like pre-digested food circulating the blood stream! The body views these lectins and the food they bring with them as dangerous invaders and initiates an immune response to get rid of them. This immune response to particles of common foods explains the allergy creating potential of grains.*

*Gluten and Lectin now move their destructive dance to the gallbladder. The Gall bladder releases bile salts that help break down and properly digest foods. When the intestines are damaged, the chemical responsible for starting this bile secretion is not released. Bile backs up in the gall bladder, and cholesterol that is left there crystallizes into little "stones" that are usually surgically removed with the rest of the gall bladder. Talk about cutting off the nose to spite the face!*

*These chain-reactions created by grain consumption are shown to increase your risk of:*

*Various cancers including, drum roll please: pancreatic, colon, stomach and lymphoma*

*Autoimmune diseases like Hashimoto's Thyroiditis*

*Infertility*

*Diabetes*

*Obesity*

*Arthritis*

*Autism*

*Depression, Anxiety and Schizophrenia*

*Allergies*

*It all boils down to this: Grains are not healthy and they are toxic to the body. That is the way they were designed. The non-digestible proteins that wreak havoc in our system allow grains to pass un-harmed through the intestines of animals and emerge victorious and in a pile of fertilizer at the other end. Good for the grains-bad for us! Studies have shown, and I have seen in my own work with patients, that a no-grain diet can lower cholesterol, lower blood pressure, reduce inflammation, promote weight loss, alleviate dermatitis or acne, end digestive disturbances like heart disease, increase fertility and dramatically improve energy levels.*

*Did I just say no-grain? Yes, the weigh station program is just that means no pasta, bread, pastries, desserts, rolls, crackers, etc! (I would actually add white potatoes, corn, and any forms of "whole grains" to that list.) Say it isn't so!*

*Trust me, I like them too and used to live on them! From personal experience I can tell you that there is no comparison between how you feel when you don't eat grains and when you do. I realize that you like grains, probably a lot, and I understand that the idea of giving them up might sound absurd, even impossible. I also know that giving up the grains is one of the best things you can do for your health.*

*If you're overweight or you suffer from any of the medical conditions above, you can continue on the high insulin, pre-diabetes and cancer rollercoaster, or you could try cutting the grains for a couple months and let your body tell you what it thinks. (Important Note: Even a little exposure to grains every couple weeks can keep the intestines damaged, so to see improvements, you will have to completely cut grains like wheat, barley, oats, rice, rye, millet, corn etc. It also helps to limit beans & legumes).]*

I decided to share this article with you in hopes that people will not accept the good from what could be the best. God always wants the best for you. He wants you to learn from your mistakes and continue on to the best person you can be. So the next time someone argues with you about their healthy granola bar, their healthy protein milkshake, their healthy cereal bowl, you can respond with some education. The data is overwhelming, if you follow what we teach you to do you will lose your weight, stop the inflammatory response of obesity, and change your life.

Also, I'd like to remind you that we are now checking for food sensitivities with a program called LEAP. If you have been on our program and still suffer from any of the following listed below, this program could truly help you! Please contact Tricia at The Weigh Station for more information: [tfoley@weighstation.net](mailto:tfoley@weighstation.net).

- Migraines
- IBS
- chronic diarrhea
- GERD
- Fibromyalgia
- Arthritis
- joint or muscle pain
- chronic fatigue
- chronic sinusitis
- Insomnia
- skin eruptions or ADD

-Chuck Shaffer M.D.

I'd like to thank Dr. Eric Westman, at Duke University for some information I shared with you today.

Also like to thank Dr. Katie Grisham at West Virginia University for help in making this data not so overwhelming for you.

Also, I'd like to thank Katie – [wellnessmama.com](http://wellnessmama.com)

## How to Overcome being a “Picky Eater”

On The Weigh Station program you may find that you are having to choose from foods that you either haven't tried before, don't feel comfortable with or just flat out dislike. After all, even adults don't always love their vegetables. Although you may not like all the choices on the program there is still hope. Many of our patients note a change in their taste preferences after being on the program for a few short weeks! Sometimes what you think you don't like may end up surprising you! Food preparation plays a HUGE role in the way things taste and if you have had a bad experience with over cooked veggies, well then be open to giving them another try! After all you joined The Weigh Station to improve your health right? Therefore, it's really important to eat a balanced, varied diet like the one we prescribe and avoid eating the same foods over and over.

So how do we retrain our taste buds? Well, many of our food preferences start during our childhood. By the time we are 21, our ideas about what we like and dislike are pretty well established. If you're the person who says, "I don't eat vegetables and only like peas, corn and potatoes" then keep listening! Think back to why you don't like vegetables. Was it because your parents forced you to sit at the dinner table until you finished your soggy asparagus when you were a kid? Lets take a fresh approach.

Imagine yourself as a cave person, walking through the woods looking for food. You spot a berry plant, taste one berry and like it, so you eat more. If you don't get sick you may try the same berries the next day. If, you continue eating these and find that they fill you up and don't make you feel bad then you may begin preferring them over other foods.

In contrast, lets say you try a different berry bush and the berry you taste makes you sick to your stomach. Do you think you would continue eating them? I would hope not! You assume that the berry caused the stomach woes and avoid it.

Jump forward to today's time, Mom or Dad sits their toddler down for a meal (keep in mind that at this age, toddlers have very acute taste buds). The healthy veggie that Mom and Dad loves tastes BITTER to the toddler and he spits it out! Mom and Dad object and make him sit at the table until he finishes his veggies. He eats them even though he is full and feeling miserable. He is not able to understand that it is the situation making him feel this way, not the actual food! He now associates this food as a "bad" food (not knowing that over time his acute taste for bitter will be gone and the same food may actually taste good). Fast forward to adulthood and the poor guy still hates the veggies that he was forced to eat as a toddler!

So how do we get over this, we play tricks on our minds of course! Psychology has taught us that our body responds to what's happening in our brain. Having a good day, we smile. Having a lousy day, it's written all over our face. But this can also work in reverse. If you're having a bad day try smiling, it will trick your brain into thinking you must really be happy. You can also relate this trick to your picking eating:

Step 1: Start on a day when you're in a fantastic mood. Take a food that you dislike and prepare a very small portion in an appetizing way (maybe use your favorite plate and pair it with foods you enjoy). If it's a veggie you dislike try lightly steaming it and add a few drops of butter or olive oil and a little salt. Smile and then take ONE and ONLY one bite.

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Keep smiling and finish the rest of your regular meal. Do NOT eat anymore of the new food.

Step 2: A day or even week later repeat the above with the same food and take two bites then stop and enjoy the rest of your regular meal.

Step 3-7: Over the next few days or weeks repeat.

Step 8– By this time you have tried a bite or two of a previously disliked food at least seven times! Every time it didn't make you sick and it hopefully didn't taste all that bad. So what begins to happen, your body decides this must be a okay food! No body was forcing you to eat it, you were in a good mood while trying it and most importantly you were in control. In time if you decide to have larger portions you may even find that you LIKE the food! Repeat this process for any food you dislike, will it work for everything, maybe not but it's worth a try. Of course if the food really did make you sick as a child you may be truly allergic to it. Be smart and enjoy retraining your palate!

- Tricia Foley, MS, RD, CLT

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## Turkey Dog Casserole:

### Serving Size / Yield

8 servings

### Ingredients

- 1 small to medium spaghetti squash
- 1 onion, chopped
- 1 clove garlic, minced
- 1 Tbs. olive oil
- 1 16 oz. pkg. chicken or turkey dogs (nitrate free)
- 1 1/2 C. homemade marinade pepper sauce
- 1 4 oz. can mushrooms
- 1/4 C. 2% cheddar cheese, shredded
- 1/4 C. 2% mozzarella cheese, shredded



### Directions:

1. Preheat oven to 350 degrees
2. Cut spaghetti squash in half. Cook Spaghetti squash face down (1/2 at a time) in a microwave safe dish with 1/2 C water in bottom of dish for 10 minutes or until pulp is tender
3. Cook onion and garlic in olive oil over medium heat until tender.
4. Add chicken or turkey dogs and cook until browned.
5. Puree 1 jar of marinated red peppers and stir in pureed red pepper sauce and mushrooms (if desired). Bring to a boil.
6. Remove from heat. Stir in half of the cheese.
7. Stir mixture into the squash and pour into a casserole dish.
8. Cover and bake for 30 minutes.
9. Uncover and sprinkle with remaining cheeses.
10. Bake uncovered for 5 minutes until cheese is melted.

Provides ~2.5 ounces of protein and 2 vegetable servings per portion.



# Body Fit Studio Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 AM - 7:30 AM		Low Impact Cardio (Tammy)		Low Impact Cardio (Tammy)		
7:30 AM - 8:00 AM		Pilates Mix (Tammy)		Pilates Mix (Tammy)		
8:00 AM - 9:00 AM	Wake Up With Tammy (Tammy)				Wake Up With Tammy (Tammy)	
9:00 AM - 9:30 AM		Core Fusion (Tricia)		Core Fusion (Tricia)		
9:00 AM - 10:00 AM						Zumba (Paige)
10:15 AM - 11:15 AM						Wake Up With Tammy
9:30 AM - 10:30 PM	Tone & Sculpt (Paige)		Tone & Sculpt (Paige)		Tone & Sculpt (Paige)	
3:30 PM - 5:00 PM	Reserved		Reserved			
5:15 PM - 6:15 PM	Zumba (Kim)		Zumba (Kim)	Yoga (Tammy)		
6:15 PM - 7:15 PM	Zumba (Kim)	Step It Up (Tammy)	Zumba (Kim)			
7:15 PM - 8:15 PM		Turbo Kickboxing (Angela)		Clogging - reserved for private class		
7:15 PM - 8:45 PM	Karate - Reserved private class		Karate - Reserved private class			

For more information on classes, contact Anita Johnston at [ajohnston@weighstation.net](mailto:ajohnston@weighstation.net)