
Weighing In December 2016

Determination: The Secret to Success

Merry Christmas and a Happy New Year to come! This month has been one of many re-starts with many patients saying one word to me more times I can remember: “I am DETERMINED!” What is it that makes us determined to follow through on something yet so often we fall short of that challenge? What happens to our determination to succeed? The outlaw Josie Wales once explained his take on what we need to succeed: “Now remember, when things look bad and it looks like you’re not going to make it, then you gotta get mean. I mean plum, mad dog mean. Because if you lose your head and you give up, then you neither live nor win. That’s just the way it is”.

Determination is a key attribute many recruiters look for in graduates for many different fields. They know that determination—sometimes called drive--- can be more important than intelligence. So many patients start with this determination to succeed in the program only to give up when it gets rough and then return asking themselves why they ever quit. Losing weight is indeed a challenge, and no one ever said it was going to be easy. I commonly hear our patients bemoaning the fact that ours is really such a simple program to follow, yet they couldn’t manage to reach their goal. So we need to look at why people don’t finish what they had been determined to do, but rather began looking for an easier way to accomplish their goal.

In a list of the top 10 skills that employers want in their employees, resilience comes in as #6. We need to apply this to weight loss as well. Determination is closely associated with resilience which is the ability to bounce back from setbacks, rather than giving up. I think John Baluchi said it best: “When the going gets tough the tough get going.”

Perseverance and persistence are very highly favored attributes along with resilience. Many successful leaders agree that they contribute to a person’s ability to bounce back from a setback, determined to succeed. According to the CEO of Path Bright, the five key components of resilience are optimism, empathy, emotional intelligence, trust, and perseverance. Heather Hines explains that the ability to both respond and embrace change is at the very heart of resilience. And Winston Churchill once opined that success is going from failure to failure without losing your enthusiasm.

To keep your determination high, it is important to set goals for yourself that are attainable and challenging but also realistic. Ninety percent of all the research on obesity concludes that setting realistic goals positively affects one’s performance and success in maintaining the weight loss. Each of you needs to focus on one objective at a time. For example, if you “fall off the wagon” while on Stage II, don’t give up. Stay determined to reach your goal by immediately returning to Stage I for two to three days. Once your system is cleared of the excess carbohydrates, you are ready once again for Stage II.

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Henry Ford is to have said that if you can think it, you can do it; and if you think you can't do it, you're absolutely right. Prof. Susan Segerstrom of the University of Kentucky found that when optimists encounter a setback, they are less likely than pessimists to give up. Prof. Martin Sigman at the University of Pennsylvania found that people who believed they could achieve their goal did so in 80% of the cases; whereas people who did not believe they could achieve their goal only achieved it 20% of the time! Now a positive attitude requires practice. Renowned author Norman Vincent Peale wrote his incredible book many years ago called "The Power of Positive Thinking." I recommend this book to all of you who are determined to reach your weight goals. Proverbs 18:21 also speaks to us about the importance of positive thinking. It says, "Death and life are in the power of the tongue: and those that love it shall eat its fruit." So speak life to yourselves and speak success. Some patients have expressed concern that they're eating too much protein on our program. I can assure you that this is not the case. If you have concerns you might want to consider reading, "Why we get Fat" by Gary Taubes. He explains high-protein low carbohydrate diets in very simple terms. As for the Weigh Station, we base our program on years of research by prominent obesity experts at Duke University, UC Davis, and University of Kansas among others.

As we face the upcoming Christmas season and the New Year with all the parties and celebrations, remember that determination that you started your program with. Don't let the holidays derail you from reaching your weight-loss goals. If you experience a set-back, you know what to do. You are resilient—you can bounce back and get back on track. Just don't beat yourself up if it didn't work out the way you thought it would; just try again. "Because if you lose your head and you give up, then you neither live nor win."

We are here to help you in every aspect of your journey. Hold on to your determination to bring yourself to victory.

Merry Christmas and Happy New Year!

Blessings,

Chuck Shaffer MD

Shrimp and Sausage Skillet :

Serves about 4

Instructions

Ingredients

- 1 lb of medium or large shrimp (peeled and deveined)
 - 6 oz of pre-cooked smoked sausage, chopped
 - 3/4 cup diced red bell pepper
 - 3/4 cup diced green bell pepper
 - 1/2 of a medium yellow onion, diced
 - 1/4 cup chicken stock
 - 1 zucchini, chopped
 - 2 garlic cloves, diced
 - Salt & pepper to taste
 - Pinch of red pepper flakes
 - 2 tsp Old Bay Seasoning
 - Olive oil or coconut oil
1. Heat a large skillet over medium-high heat with some olive oil or coconut oil
 2. Season shrimp with Old Bay Seasoning
 3. Cook shrimp about 3-4 minutes until opaque – remove and set aside
 4. Cook onions and bell peppers in skillet with 2 Tbsp of olive oil or coconut oil for about 2 minutes
 5. Add sausage and zucchini to the skillet, cook another 2 minutes
 6. Put cooked shrimp back into skillet along with the garlic, and cook everything for about 1 minute
 7. Pour chicken stock into pan and mix through to moisten everything
 8. Add salt, ground pepper, and red pepper flakes to taste

Remove from heat, garnish with parsley and serve hot

Why we get Hungry:

It's 3:00 and you ate lunch two hours ago, why am I hungry you ask yourself? The truth is, much of our hunger is dictated by hormones. The hormones that primarily dictate appetite are called leptin and ghrelin.

Leptin is a hormone made by fat cells that will decrease your appetite. The more fat cells you have, the more leptin is produced. Ghrelin on the other hand is Leptin's antagonist and increases appetite. Researchers are also looking into Leptin's role in weight regulation.

If you think about it, being overweight and hungry may not add up when you consider you should be making more leptin, however, research shows that many obese people have leptin resistance. This means that these individuals may have plenty of leptin floating around, but it can't get to where it needs to go to do its job due to receptor resistance. This means that appetite will continue in these people even if they recently ate.

As we mentioned previously, Ghrelin has the opposite effect on appetite making us hungry. It is released primarily in the stomach and once secreted, sends signals to the brain letting us know we are hungry. In fact, ghrelin levels have been found to increase in those with eating disorders and decrease in the presence of obesity.

Researchers think that ghrelin levels may play a big role in determining how quickly hunger comes back after we eat. Normally, ghrelin levels go up substantially before you eat signaling hunger. Levels then go down for about three hours after the meal. Now researchers believe that ghrelin levels aren't the only factor in determining appetite although more research is needed. They are also currently looking into ghrelin's role in regulating body weight.

Although we have some understanding of how these hormones work, there are still many unanswered questions. This is exciting research that could give us more insight into how to better manage appetite in the future. Stay tuned!

Citation: <http://www.webmd.com/diet/features/your-hunger-hormones#2>

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You can contact Dr Edson at [540-251-1394](tel:540-251-1394) or through her [website](#), or [Facebook](#).



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