



# WEIGHING IN NEWSLETTER

## DECEMBER 2011

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Forgiveness is not an easy thing for most of us, especially if it is ourselves or a loved one that we need to forgive. Personally, I have learned to walk in forgiveness by watching my wife Terri.....she has been through many battles and can really forgive at the drop of a hat...I hope that the following will let you see what I have learned from her!

Many of our Weigh Station patients struggle with learning to forgive themselves for mistakes that they've made throughout the month. Each time they deviate from the program, they feel like a failure. They feel a sense of disappointment and see it is hurting their progress. Unfortunately, many feel defeated and sabotage themselves by continually deviating from the plan instead of forgiving themselves, refocusing their efforts and eating the approved foods. We've all experienced hurts in our lives, which have caused us to shy away from the people we love and who support us. This not only hurts us, but our relationships with our family and friends.

This can be applied to other relationships as well. At one time or another, we have all been hurt in our relationships. Some are minor (such as personal slights or embarrassing moments) others are more profound as with acts of emotional or physical abuse.

In either case most react with self protection rather than forgiveness. Your initial thought to the blow may be "I will never forgive." If you have made this statement then consider this question, "When you don't forgive, who suffers?"

What happens when you don't forgive? You think about it often. If it is something you have done to yourself you may beat yourself up over it. If it is someone else that you need to forgive, events of the day, seeing the person from a distance or even a song on the radio may stir the embers of the pain. One thing is for certain, everyday you will most likely be reminded of what happened and it will affect your health and happiness.

Once reminded, you start thinking negative thoughts. You may be filled with anger and resentment toward yourself or others, or you may feel a sense of sadness or loss. You say again, "I will never forgive."

At this point who is feeling bad? Who is miserable? The answer is "You!"

If you don't forgive yourself who will? Likewise, if you don't forgive someone else who is really suffering? You are! Most likely the other person may not even remember what happened or even know you were hurt. They may not care that you were hurt. They are going on with their life, feeling fine while you remain miserable.

Your lack of forgiveness is only hurting you! You end up with more stress and feel unhappy. What would happen if you were to forgive? Who would get better? Again the answer is "You!"

You must remember that, "Forgiveness is always for you." You don't forgive for the other person. You forgive so you can get better. Forgiveness is a letting go. It is freeing !!

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If this is true, then why is forgiveness so difficult?

It is difficult because it can seem like "giving in" or being weak. We don't want to be weak, so we don't forgive. If it is forgiveness for yourself that you need you may even think you don't deserve it. It can seem like an approval of what happened. We may worry that forgiving might be an invitation to be mistreated again. But you will continue to mistreat yourself when you do not forgive.

Not forgiving and holding resentment against yourself or others is like having a wound which you check everyday to see if it is healing. Every day you open it up to look and sure enough it is not any better. To heal from a wound you must stop checking on it every day. To heal from hurt you must stop reliving it every day.

Remember, forgiveness frees you. It recaptures the energy that you were giving away in sadness, anger, and revenge. Forgiveness also empowers you. It puts you back in charge of you.

The forgiveness choice is, "Do you want to be bitter or better." Keep holding on to the pain and you will be bitter. Make the better choice. Learn to let go. Learn to be a forgiving person.

Chuck Shaffer MD

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## Brussels Sprouts with Bacon

Makes 14 Servings:

### Ingredients:

2 tbsp olive oil  
6 slices turkey bacon, coarsely chopped  
2 lbs Brussels sprouts, halved lengthwise  
2 tbsp cold unsalted butter



### Directions:

In a skillet, heat oil over medium heat. Cook bacon until crisp then transfer to paper towel. Add Brussels sprouts to the same pan and toss until lightly brown. Add salt and 1 C water and simmer covered until sprouts are nearly tender. Remove from heat and swirl in butter until creamy. Toss reserved bacon on top

## Top 3 Reasons Not to Put Yourself into Maintenance

- 1. Your ideal weight:** Many feel that they look great where they are and decide to stop the program without consulting with the Doctor first. We make it a standard for our patients to meet with the Doctor when they are ready for maintenance. This way they can discuss whether or not they are truly ready. Medically the Doctors know what weight is best for you. Of course there can be some compromise but it is extremely important to discuss this with them first.
- 2. No Variety:** Patients who put themselves into maintenance commonly do one of two things; they either continue to TRY to follow stage 2 OR they go back to their old habits. Either way this sets them up for failure!

When patients try to continue stage 2 they get bored and begin to deviate from the program. It is unreasonable to think that you can simply eat fruits, veggies and lean proteins for the rest of your life! When patients fall back to old habits they quickly regain the weight that they lost.

This program should never be thought of as a diet, but a lifestyle change. Maintenance is simply another building block for that change in lifestyle. It is much like stage 2 but offers more variety. The key is having the tools to know which foods to reincorporate, how to reincorporate them and the correct portions. If you don't have these tools you will have a high risk of failure long term.

- 3. Loss of accountability:** If you put yourself into "maintenance" you won't meet with the Dietitian. This means you will also lose the ability to come in for follow up visits which are vital to long term weight loss success. Studies have shown that the more accountable you are after you have lost the weight, the more likely it is that you will keep it off long term.

Do what Dr. Shaffer advises and "stay the course". Our staff is committed to ongoing support long after you reach your goal weight. If you go into maintenance the way it is intended and follow up as recommended you will be successful for years to come!

-Tricia Foley, MS, RD



Tis The Season for  
Accountability...  
Pre-pay & SAVE!!!!



The Weigh Station is running a special in the months of November and December that allows you to purchase a pre-paid card for 3 weekly visits (\$150.00)...by doing this you will receive an additional \$50.00 on your card to be used toward your 4th weekly visit.

Why? We are trying to encourage our patients to come in during the Holiday season when it's easy to skip your appointments. We are confident that if you pay in advance you will come! Please take advantage of this great offer. Ask our front staff today for details.

\*If you took part in Christmas in July this will not be applicable, one discount per person please.