



Oil of Gladness

Dr. Charles Shaffer

I am sure many of you are glad to see 2020 heading out the door. As we get closer to Christmas, right after the Halloween and Thanksgiving holidays, many patients are concerned about weight gain during these times.

The Obesity Journal has pointed towards the emotional aspect of gaining weight. Research found that people who are happy about losing 1 pound seem to do better overall than those who are somewhat distraught they “only” lost 1 or 2 pounds. Their expectations are more than they can achieve.

We know that boredom, anger, depression, sadness, and grief all lead to people eating more food to comfort themselves, hence the name comfort foods. If these emotions play into our ability to lose weight, then how does being glad or happy affect us? How much does it play into our ability to lose weight and keep it off?

WHAT YOU'LL FIND INSIDE:

- **OIL OF GLADNESS**
- **THE RECIPE OF THE MONTH**



According to recent articles, even happy emotions have a significant impact on our mindset and body. There is a patient who has been with me for 16 years and has lost 150 pounds at different intervals. The issue is he quietly stops coming then returns at the same weight he started. We have been down this road many times, but I am still happy to see him when he comes around. I believe his bitterness towards weight gain has a lot to do with his failure. The last time I saw him I asked if he ever thought of being glad for the progress he's made. He replied with a straight 'no'. I didn't think his reply would be so short and negative, so I encouraged him and decided to do some research.

I also told him the Maritime navigators' story. Anyone who does business in waterways is warned to stay away from confluence or the merging of waterways as it creates turbulent and murky waters. No matter your swimming skills, it is easy to drown in these areas. This story is a great analogy and can be applied to many situations in life.

No matter your Christian status, it is best to stay away from convergence and things that do not serve you. It is best to not give your time or energy to these things as it can be a destructive force.

There is no dream or vision God cannot help you fulfill. God is omnipotent and omnipresent. Receive your "oil of gladness". The next time you are in the office and on the scale, try to look at it as you're moving forward and not backwards. Remind yourself the past is gone, and it is time to enter a season of "new beginnings". Remember what it was like when you first started compared to where you are now, and all that you have learned along the way.

Just as oil and water do not mix, success with no effort does not either. Wanting to succeed with considerable weight loss will only be achievable if you believe in yourself and put in effort.

Reach down inside your heart and be happy with the results you have already achieved. Many of you have decreased your medication or are totally off of it. Others have said how enjoyable it is to put on new clothes in a smaller size. It only gets better if you stay the course.

Make steps to decide to love what is right and hate what is wrong. Be sure to enjoy moments of gladness and look back on all you have accomplished. As we enter the Christmas season, remember it is not all about eating or drinking.

Merry Christmas and Happy New Year,
Chuck Shaffer MD

The Recipe of the Month

Orange Ginger Turkey Meatloaf

**4 servings*

Ingredients

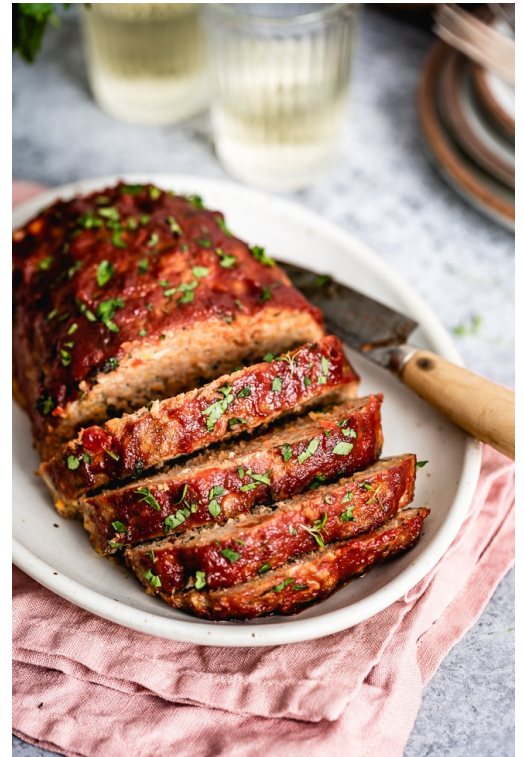
- 1 orange
- 1/4 C flax meal
- 1 egg white
- 1 tbsp fresh ginger
- 2 cloves garlic, finely chopped
- 1/2 C cilantro, chopped
- 4 scallions, thinly sliced
- 1 1/4 lb lean ground turkey
- 2 tbsp low sugar ketchup
- 6 C mixed greens
- 1 tbsp olive oil

Directions

Heat oven to 375 F and line a rimmed baking sheet with foil. Using a vegetable peeler, remove 2 strips of zest from the orange and very thin slices at a diagonal; transfer the zest to a large bowl and set the orange aside.

Combine flax meal with egg white, ginger, garlic, 1 tbsp water and 1/2 tsp each salt and pepper to the bowl with the zest. Whisk to combine, stir in cilantro and half the scallions. Add the turkey mix just until incorporated. Transfer the mixture to the prepared baking sheet, shape into a loaf and bake for 25 minutes.

Brush the ketchup over the load and continue cooking until the internal temperature reaches 160 F, then cook for another 10 minutes. Let rest for 5 minutes before slicing. While the load is resting, cut away the peel and white pith of the orange and slice into rounds. In a large bowl, gently toss the orange slices, greens, oil, cilantro leaves and remaining scallions and 1/4 tsp of salt and pepper. Serve with meatloaf.



**Delicious,
Hearty, Yum.**