

February Weighing In 2015

Announcements

This month's newsletter holds some nice surprises. To begin with, our staff is changing and growing. Ashley, who was with us for 5 1/2 years, left to take a job with Montgomery County. Our new receptionist in the Christiansburg office is Samantha, and she is already doing an excellent job. Please say hello to her the next time you are in. We also have added a new Registered Nurse, Kayleigh, and a new CNA Lauren! Sally Williams, MD, joined us approximately five months ago and has been working alongside me. She has now decided to join us on a part-time basis. She will be working Tuesday through Thursday. Dr. Williams' background is in forensic psychiatry, and she has the desire to learn about obesity. She has been a welcomed addition.

We are also pleased to announce the long awaited opening of our new Richmond office! Over the next few weeks I will be back and forth, anytime you have a need to see me though, please don't hesitate to ask.

Inside this issue:

Pg 1: Announcements

Pg 1-2 A Thankful Heart

Pg 3 Creating Your Foundation

Pg 4: Recipe of the month

A Thankful Heart

Recently, a family came to The Weigh Station to address their weight issues. They expressed how we had helped in the past and how blessed they were that we were still around to help them now. The father said to me, "I'm so thankful that I have somewhere to go to help my family with our struggle with our weight." I liked his statement of thankfulness.

What exactly does it mean to be thankful? This can have different meanings to different people. One example of this is when patients come in for their weekly visit and are happy that they have lost one pound. Despite wanting to lose more, they are thankful for their loss and the assistance and support they received from our staff. They could have thought negatively about this, but instead they were able to put things in perspective and remain grateful.

Then there are times that I'm thankful. This past week I spoke with a woman who had been unsuccessful for about 6 to 8 weeks. She kept telling me she had been following the program perfectly and that she only ate what was in the book-- never strayed. Her young daughter stood up and said, "But mom, what about the oranges and bananas you were eating every day?" Yes, I was thankful for the truth coming from that little child!

Some believe being thankful includes hugging one another and slapping a high five. Support and celebration are wonderful things. Life is short and we should celebrate these moments, however true thankfulness has a much deeper meaning. Many of you don't know, but in 1996, I had brain surgery at the Mayo Clinic for a ruptured AVM. That stands for arteriovenous malformation. It's a genetic fault in some individuals and I happen to be one of the individuals that it faulted. So, I was on the organ harvest list because after it had ruptured, they knew I was going to die. However, God had other plans for me. There's not a day goes by that I'm not deeply thankful for walking upright.

Continued on pg 2

Gratitude is the way God reveals his incredible grace at work in our lives. Being grateful is to see God, and the world, and ourselves and to recognize that all of life is a gracious gift from his hand. I am learning to develop gratitude for everything. Even when I'm tempted to grumble about helping Terri at the house or taking out the garbage, I've learned to say, "God, thank you that I can pick up the garbage can and carry it to the street."

In Corrie Ten Boom's book, The Hiding Place, she recalls thanking God for fleas in her barracks in a concentration camp during the World War II. Corrie had learned that fleas kept the guards away which allowed her and the others to study the Bible without interruption. In Ravi Zacharias' book, Walking East to West, he talks about a young Vietnamese boy who is given the job of cleaning latrines since he was a prisoner. He had been Dr. Zacharias' interpreter as he ministered to the soldiers. After Dr. Zacharias left the country, the boy is thrown into prison. He felt that God had just forgotten about him. He knew that if he just renounced his Christianity the next morning, he would have a lighter sentence and probably would even be let go. But he would not, so he had to clean the latrines.

While cleaning out the toilets, this boy happened to notice a piece of paper hanging out of the corner of the trash can, covered with fecal material. He noted it was in English and realized that it was a chapter out of Romans in the Bible. He picked it up, cleaned it up, washed it off, stuck it in his hip pocket and took it back to his room and read it by flashlight. Romans chapter 8 read, "For there is for this reason now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the spirit." He continued to read chapter 8 up to verse 18, which said, "...for I know that the sufferings of this present time are not worthy to be compared the glory which shall be revealed in us". Each day he asked to clean the latrines because the Vietnamese Col. was using the King James Bible as toilet paper! It's amazing how God will meet you if you just learn to become thankful!

I wish many of our patients would be thankful and proud of what they have accomplished. Many have lost 50, 80, 100, or 200 pounds, and this is truly commendable. I wish more patients would be willing to share those types of success stories! They would be joyous and happy, ready to bless others with their success. But so many of them don't; they feel their accomplishments are not good enough. As much as we try to encourage them, some people just don't seem to be able to get excited about what they've achieved.

Try as best as you can to be thankful for each and everything that comes your way (as insignificant as it may seem, it matters). Be thankful for the weight that you have lost. Congratulate others as they go through the journey also. Be supportive of those around you. Maybe do something as small as hold the door for someone as they carry groceries or load them in the trunk of their car. Maybe you've been financially blessed and could pay for someone else's office visit, or buy them a meal.

If you're thankful for something, say so. Everyone likes to feel appreciated and to say thank you is one way you can convey that activated thankful heart. Thank you all for the privilege of caring for you. Life is an echo. What you send out comes back. What you sow, you reap. What you give, you get. What you see in others exists in you. Remember, life is an echo. It always gets back to you. So give out as much as you wish to receive...

Chuck Shaffer MD

Creating Your Foundation

I recently heard a quote: “One bad meal doesn’t make you fat just like one good meal doesn’t make you skinny”. This is such a true statement. It takes time to make a significant change with anything. Consistency is key after all.

Remember when you were a kid? Did your kindergarten teacher expect you to know geometry? Of course not! We go to school for years building on our skills overtime. Starting with basic arithmetic we create a foundation and go from there. Nutrition is much like this. When we are babies we can only drink our mothers milk (or special formula). Our bodies can’t handle whole foods, but over time we are able to add purees and then eventually whole foods to our diets.

This foundation is strong unless it’s disrupted. Choosing to add refined and processed food to our diets messes up our bodies “equation”. Do this once and it’s easy to fix, you can identify the “error” and make the correction...but what if you made mistakes again and again? It would be harder to fix; right?, (if you have ever played Sudoku you know what I’m talking about). Correcting any problem can be frustrating and just like with math, you may find that you have to go back to the basics to get back on track from a nutrition standpoint.

The more consistent we are with the right way to eat, the better our bodies will begin to respond. Lets revert back to the math analogy: think of your body as a retirement fund. We all agree that the best way to build interest is to contribute to the fund and not withdraw. Now, think of Weigh Station friendly foods as contributions and all other foods as withdrawals. If you withdrawal a small amount on a rare occasion it’s not such a big deal (although most financial advisors would advise against this), but if you made lots of withdrawals the negative compounding interest and penalties would really set you back! You may never be able to retire. The same is true during your weight loss journey! If you mess up once and get back on track it’s not so bad but deviating consistently is good for no one. Instead choose to contribute to your nutrition “health fund”. The more consistently you deposit into this fund the more return you can expect in terms of health.

So ask yourself, how many withdrawals have you made lately? Can you afford to make one? What will the penalty be for doing so, and finally is the negative compound interest worth it? Remember that minor set backs are temporary and easily corrected, go back to what you know and be consistent. Don’t let one little error stop your progress. You have the tools to succeed, you have invested in us and we are here for you. Erase the mistake, and remember you already have the solution to your problem after all, The Weigh Station is the “key” to your success. 😊

- Tricia Foley, MS, RD, CLT

Recipe of the Month: Strawberry Cucumber Salad

Makes 4 servings

Ingredients:

- 1 pint of strawberries, sliced
- 2 small cucumbers, sliced thin
- 2 tbsp balsamic vinegar
- 1 packet Stevia to taste

Instructions:

Mix the balsamic vinegar and Stevia in a small bowl. Arrange the strawberries and cucumbers in a bowl, layering one slightly overlapping the other like a fan.

