

January Weighing In 2015

Facing Your Giant this Year 2015

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When I was a young boy, one of the stories that my father told over and over again was that of David and Goliath. The giant Goliath had a large physique and was afraid of no one. He carried an enormous shield and an even bigger javelin. He wore a helmet of solid bronze. He appeared invincible to all who saw him. He was especially intimidating to the army of King Saul.

We loved the next part of the story my father told when he introduced the young boy David. Small in stature whose only job was to tend the sheep. But despite his lack of size and armor, David wasn't intimidated by the giant. He approached him with nothing more than his slingshot; yet he wasn't afraid of him. David had something inside himself that would bring him to victory: David knew from the start that he had the ability to win.

This story may date back 3000 years or more. But today we still all face giants. You may be facing a giant in the form of debt, sickness, divorce, or abuse. You may be working with someone that's just put more work on you than you can handle. You may be fighting to lose 20 or 200 plus pounds.

Early today a young woman came to the Weigh Station office in Roanoke who has managed to lose 82 pounds. She has accomplished this in four and a half months. She's a schoolteacher with a Master's degree in mathematics. She had been unable to control her weight for the last 20 years. Today she announced victoriously, "I finally beat down my giant."

I shared in her joy. Yet on a day-to-day basis we at The Weigh Station deal with patients who have failed at their attempts of weight loss. Each one of these patients has his/her story, their giant. It may be 20 pounds. It may be 200 pounds. But to them it is intimidating and powerful. This is when we must think of small, young David. Remember his inner power? "David knew from the start that he had the ability to win."

As we enter the New Year, I would encourage you today to think of what your Goliath is. Think of what your giant has become to you. Impossible to take on and win? Now is the time to roll up your sleeves and say to yourself, "Enough is enough! Goliath you giant... I'm taking you on, and I'm going to kick your butt. I'm not afraid of you anymore because I know from the start that I have the ability to win!"

With that attitude, you will no longer be afraid when others will say, "You're just going to gain your weight back." You won't be taunted by these folks any longer. You decided not to accept the giant in your life any longer. You don't have to give in to a life of obesity ---you now have a different type of thinking. You've found your power within. You've developed a positive attitude that will overcome your giant.

Back to our story: The Israeli soldiers fighting Goliath were getting very frustrated by their failures. They had tried everything to win the battles and now had lost all hope of ever becoming triumphant. They accepted their failure, knowing they would have to serve the Philistines. That undoubtedly scared them, and the soldiers wondered where God was in the midst of all of this. They were afraid of what the future would hold for them and their families.

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Then along comes a young man who is not even old enough to be a soldier; he's just bringing food to his brothers and suddenly young David offers to fight Goliath. If you remember, David was too small to fit the armor, too weak to carry the heavy sword---and yet he defeated this great giant. David had courage. He knew that Goliath had human strength, but he also knew that Goliath he had no power in comparison to what God had created in him. He had God's internal strengths. He knew that he had the ability to win.

Remember, you can overcome your weight issue giant without any of the quick weight-loss strategies that don't work, the protein shake, the protein bar, the insane workout that was designed by someone in the gym for you at a cost of \$20-\$400, and still doesn't work. When you're at your wits end, and you're about to give up, DON'T! There's always a reason for weight gain and there's always a reason to continue to focus on your goal.... The defeated attitude gets you nowhere. You have the ability to win.

We all face fears every day. Some of us are ruled by our feelings of fear. What if I fail? Can you see in the life of young David how he made a choice to live without fear or worry? He might not have known exactly how God was going to work things out, but he knew he had the ability to win.

We can let ourselves become frozen by events in our lives or we can live our lives as God has created us to do. We can take on our giants with the inner strength that we have the ability to win.

The staff at The Weigh Station wishes you a very happy and prosperous new year.... We're here to help you, guide you and see you succeed. This year, write down that giant you want to beat. Begin checking off the victories as you beat your giants. Remember, Philippians 4:13 is inscribed at the checkout window at The Weigh station: "I can do all things through Christ who strengthens me."

God bless each and every one of you as we start The New Year. Thank you for all the faith you put in us each and every day. Your success is the reason that we continue to have patients come to us.

Happy New Year!
Chuck Shaffer MD

Recipe of the Month: Roasted Green Beans and Red Bell Pepper with Garlic and Ginger

Ingredients:

2-3 large garlic cloves, finely minced
1 heaping tablespoon minced ginger root
2 T olive oil (or coconut oil -heated)
2 red bell peppers, cut into thin strips
1 lb. thin French-style green beans, ends trimmed and cut in half
salt and fresh-ground black pepper to taste



Instructions:

Preheat oven to 450F. Mince two to three large garlic cloves. Peel ginger root and finely mince enough ginger to make a heaping tablespoon of minced ginger. Put oil, minced garlic, and minced ginger in a glass bowl or measuring cup and let it marinate while you prep vegetables. Cut the red bell peppers into strips lengthwise, then remove seeds and trim any white parts. Trim ends of green beans and cut them in half. (To trim beans easily, gently hold a handful and stand them up on the cutting board to line up the ends, trim, and then repeat with the other end.) Put the green beans and red pepper strips into a medium sized bowl and then toss with the oil, garlic and ginger. Season to taste with salt and ground black pepper. Spread the veggies out on a large baking sheet, spreading them out so they are not crowded. Roast 15 minutes or until tender crisp.

The Skinny on Fats

We recently updated our program book! Be sure to take a look at our new “fats” section. We added this section to clarify the numerous misconceptions about fats. Fats are certainly important regardless of what kind of diet you choose to follow but are especially important when following a diet that is low in carbohydrate. Fat provides a steady supply of energy with no insulin spikes. This is why sugar cravings subside when fat is added to your diet. You also tend to have better energy and less mood swings when you add these foods in. It is also a key player in proper hormonal function which is also important for weight loss. Here is the skinny on fats:

Saturated Fats – Are needed to keep your immune system healthy, your bone density normal, and your testosterone levels in check. They have been coined “the enemy fat” for a long time, but studies have disproven this. Foods that have them include meat, eggs, and butter – and, these fats can actually improve your HDL/LDL cholesterol levels.

Polyunsaturated Fats – Use in limited amounts. These are usually seen in the form of vegetable oils. Many perceive these fats as healthy because they contain omega 3 fatty acids; however be careful to avoid cooking with these fats. They oxidize easily which can actually be harmful to your health. Oxidation will lead to increased inflammation in the body and can throw off your cholesterol ratios. Raw polyunsaturated fats are fine in moderation and include sunflower seeds and flax seed meal.

Monounsaturated Fats – Focus on these! Many studies show the health benefits linked to these, including improved insulin resistance and better HDL/LDL cholesterol levels. Olive oil and fish are great examples of monounsaturated fats.

Trans Fats – Trans-fats are terrible our health. They are created from unnatural chemical modification that allows them to have improved shelf life. The hydrogenation process is the process of adding hydrogen to these fats, which changes the position of the hydrogen atoms in the fatty acid chain. This is the most dangerous form of fat out there and will increase risk of Heart Disease and will worsen your HDL/LDL cholesterol levels. Sources are normally found in shelf stable peanut butters, baked goods and snack items.