
Weighing In January 2017

Three Meals a Day to Make a New You

Stop for a minute and think how much you eat during the holidays ---is it more or less than three meals a day? Ever wonder why we break down our eating to breakfast, lunch, and dinner? Why is it that it's very common throughout the world that we see people stopping for these three separate meals? (Okay, I'm aware that there are some countries where people only get one meal a day if that. But there is a pattern for us to eat healthily and correctly since we are blessed to have a choice.) Once you understand how your biochemistry works, you'll understand how your body is much like a furnace. If you continue to put the right fuel in the furnace, it burns correctly and at a high rate. It's when you put the wrong fuel in your furnace that it will not to burn efficiently. Your furnace is specifically your metabolism.

I recently heard a sermon based on the understanding of number three which was fascinating so I will relate some of it to you as an understanding for weight loss. God's attributes are three: omniscience, omnipresence, and omnipotence. Time is divided into three: past, present and future. Three is the first of four perfect numbers. The Earth is the third rock from the sun and the physical universe consists of three things: time, space and matter. Space is divided into three dimensions: length, width, and height. Matter coexists in three states: solid, liquid and gas. People consist of three distinct parts: body, soul and spirit.

Water consists of three elements two hydrogen and one of oxygen. In Ecclesiastes it says a cord of three strands is not easily broken. Yes, this number three pervades the Scriptures throughout: three kings, three shepherds, three in the holy family at Bethlehem. There were three temptations and Christ raised three people from the dead. He had three special friends: Mary, Martha, and Lazarus. His ministry lasted three years, he was betrayed by Judas for 30 pieces of silver, and he was betrayed by Peter when the cock crowed three times. He hung on the cross for three hours, there were three crosses, and he rose on the third day. His age at the time of his crucifixion was 33. All this cannot be just a coincidence. It's fascinating to me that the number three shows up so much.

What we have found at the Weigh Station is that people who set aside time to eat breakfast, lunch, and dinner as we prescribed to them do exceptionally well on our program. They don't go hungry; they don't usually munch in between meals; and they feel very satisfied after each meal. It's only when they don't eat enough, or they eat too much of the wrong food group, that their biochemistry seems to go haywire. Recently, in the office, I had a lady who had come back three times. She was bound and determined to finish as the New Year had just started. As we reviewed her old chart, it was quite obvious that she didn't eat enough, and the nurses and I documented multiple times that she needed to eat more.

As we started in on her conversation, she said, "I'm starting to lose weight again because I'm eating correctly. I need you to make sure that I'm accountable. I found that if I eat three meals a day, I lose weight---if I don't eat three times, then I gain! As I read her old chart to her she somewhat giggled to herself. "It's pretty plain," she said, "that if I follow what you teach me I will always do well."

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Eating correctly is the key to the quickest weight loss of any program especially that of the Weigh Station. We want each of you to be successful and to do that you've got to eat correctly. Many of you have returned after the holidays to say you picked up 10, 15, or even 20 pounds just by eating the wrong things. Some of you have even stated you didn't even feel good after you ate what you thought was going to make you feel better. Needless to say restarting with the new attitude for a NEW YEAR will!

I love with all my heart people who want to try again. Those are the people who won't give up--- people who have returned with the determination to finish the course and get healthy once and for all. In a recent conversation, a local primary care physician said to me, "The Weigh Station has done more to help my patients lose weight to lower their blood pressure than I've ever been able to do!"

So for many of you, the answer to starting over is to be sure you eat three meals a day. Drink your water, take your supplements, and learn what makes you go up and what makes you go down in your weight. And whatever you do, never ever quit. We will help you find the answer, just don't quit. So here's to a New Year of continued blessings, weight loss, increased energy, and great peace and rest.

Stay the current course--- you will be glad you did!

Blessings to all And Happy New Year,

Chuck Shaffer MD

SPAGHETTI SQUASH WITH WILTED SPINACH AND

Serves 2

Recipe adapted from:

INGREDIENTS

1 medium spaghetti squash
1 tablespoon olive oil
kosher salt and freshly ground pepper
6 slices bacon, cut in 1-inch pieces
1 tablespoon red wine vinegar
1 5-ounce bag baby spinach

PREPARATION

1. Preheat the oven to 400°F and line a large rimmed baking sheet with parchment paper.

2. Cut the squash crosswise into rings about 1-inch thick, and run your knife around the inside of the rings to cut the seeds out. Drizzle the olive oil over the baking sheet, then spread the squash rings over it, moving them around a little so that the undersides are evenly coated with a little bit of oil. Season with salt and pepper, then flip the rings over and season again.

3. Roast in the preheated oven until the squash is tender, about 30 minutes. When the squash is done, set it aside on the counter while you cook the bacon and spinach. It'll be easier to handle if you let it cool for 10 minutes before taking it apart.

4. Heat a large skillet over medium heat, then add the bacon slices. Cook over medium heat, stirring often, just until the very edges of the bacon start to brown slightly, about 2 minutes. Turn the heat down to low and continue to cook until the bacon is crispy and the fat has rendered out, about 5 more minutes.

5. When the bacon is done, turn the heat up to medium and add the red wine vinegar while stirring and scraping the bottom of the skillet. This will deglaze your pan, so that all of the caramelized bits of bacon end up in your food and not stuck to the bottom of your pan. After about 20 seconds, turn the heat back and stir everything together, then add the spinach, one handful at a time, stirring after every addition so that the spinach wilts and there's room in your skillet for more. When all of the spinach is wilted, turn the burner off under the skillet and let everything sit in there while you finish the squash.

6. Peel the skin away from the squash, then use a fork or your hands to pull the strands apart, adding them to the skillet as you go. When all of the squash is in the skillet, add the goat cheese and toss everything together just to combine.

7. Divide between two plates and serve immediately with protein of choice.

January Newsletter: Self Efficacy

Happy New Year! Our hope is that 2017 brings you much health and happiness! Toward the end of December, I noticed that many patients were down on themselves. The holidays can stir up some tough emotions and even if that's not the case, parties and social engagements can cause what we call "good stress". This stress can still lead to some bad behavior. So in the spirit of the New Year, I challenge you to be cognoscente of what is dictating your mood and thoughts. When things aren't going your way, how do you respond? Do you start telling yourself you are no good or that you can't do XY&Z? It's easy to do, but did you know it can be damaging? So next time you start thinking this way, stop and ask yourself these questions:

**What caused me to feel this way?
What can I do about it (in a positive way)?**

This is simple but effective. Dwelling on your mistakes and feeling guilty will do nothing but make things worse. Let's say you need to lose 50 pounds and set a goal to lose 10 pounds this month. January comes to an end and you only lose 5 pounds. Your first reaction may be to feel defeated and tell yourself to give up- You may even think to yourself "if I can't lose ten pounds how will I lose fifty?!- Why even bother..." This negative self talk is damaging to you and your success! Too often patients fall into this trap of negativity filling their minds with doubt and eventually sabotage themselves and their potential to succeed. Instead of thinking this way, ask the above questions:

**What caused me to feel this way?- I only lost 5 pounds instead of 10.
What can I do about it (in a positive way)?**

Explore reasons why I lost less than anticipated.

Work schedule crazy- skipping lunch (SOLUTION- start packing lunch or mini snacks)

Stress (SOLUTION- start a small workout routine- 20 air squats daily)

No time (SOLUTION- on the weekend pre-plan and cook ahead)

Parties- (SOLUTION- bring a veggie tray and eat before leaving for the party)

Keep a food record.

Be accountable.

Focus on the upside – YOU LOST 5 POUNDS!

Having high self efficacy (the belief that you can succeed at something), is key to long term success. Studies have shown that those with low self efficacy are more likely to fail when compared to others with high self efficacy. After all, if you don't believe you can succeed then it won't matter how uplifting those around you are, you have your mind made up. The reverse is also true, if you believe you can, chances are much more likely that you will succeed! You won't let anything get in your way!

Your past mistakes are just that, in the past. As much as we may want to go back and change what has happened in the past (even yesterday) you can't- so why dwell on it. What we can do is learn from our past mistakes and make positive changes so that the same pitfalls don't happen in the future. Failures have a way of shaping and motivating us to be better if we allow them to. Unfortunately, if you allow them, they can also be quite destructive. So which path will you choose in 2017, a path of self efficacy or a path of self negativity?

Our staff is committed to lifting you up and supporting you, the question is are you doing the same for yourself? Wishing you much success in 2017!

-Tricia Foley, MS, RD, CLT

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