



## Recommit to Your Resolution

*Dr. Charles Shaffer*

This month began with many individuals calling to inquire about restarting the program. This typically happens in the middle of December and throughout the holidays. It's always the words beginning with 'r': restart, recommit, reconnect, rejoin, resolution.

I wish I knew the surefire way to have patients stay committed throughout the program so they can reach their ultimate goal. One individual joined in 2009 and had done extremely well but had not checked in for some time. Their hiatus from the program turned into ten years. Once they decided to come back, they had gained 65 lbs. When I asked her why it took her so long to rejoin, she stated "I thought I could do it myself". It's rewarding to see patients return truly wanting to commit, but how I wish they would have committed before they needed to return.

WHAT YOU'LL FIND INSIDE:

- **RECOMMIT TO YOUR RESOLUTION**
- **IS BREAD OR YOUR BRAIN HOLDING YOU BACK?**
- **THE RECIPE OF THE MONTH**



Most patients need help or assistance throughout their dietary plan. We are here to help you make it through your commitment to a life free of obesity and transition to a healthier lifestyle. Beating obesity and weight gain has numerous benefits. Weight loss improves your overall health by lowering blood pressure, triglycerides, cholesterol, and easing joint inflammation. Obesity literature is available to read in our offices and outlines many more benefits in great detail.

One of the reasons why we enjoy testimonials is because it speaks to others that they can also be successful if they put in the time and effort. Dedication and discipline is extremely important to achieving your overall goals.

Throughout the holidays, we generally see an average increase of 11lbs to 14lbs in the patients that check in. When questioned about the cause for the weight increase in those patients, most of them responded by saying it was because foods they loved or desired were readily available and “one bite led to another”.

Recent obesity research looked into that very reasoning. It's very much similar the alcoholic who has been sober for 20 years and takes one drink; the memory cortex infuses into their neuro-cortex and the power of addiction takes over. We are learning more about addiction behaviors every day. Recently a study involving deep brain simulations for obesity took place for individuals who were unable to control their appetite toward certain food groups. The results were interesting: carbohydrates and sugars stood out above all else. In our personal experience over the last 15 years, those findings have been accurate at the Weigh Station and were not surprising to us.

So as we begin this new year, let it be new and rewarding for you to stay committed to the objective of losing weight. A year from now, you won't be the same person. The Weigh Station staff and I experience so much joy when seeing people are healthy, happy, and have reached their long term goals.

Recently, Terri and I were out at dinner with friends at a local restaurant. A patient walked up to me and said how happy she was that she was able to keep her 147lbs off for over nine years. During our brief conversation, I asked her what made her stay true to herself throughout all this time. She responded by saying “I never want to be as miserable as I was years before I lost my weight”. She continued by saying she felt sheer joy when she didn't experience shortness of breath while playing with her children outside and being off all of her medications.

So as you make your way down the road in January, remember your 'r word' so you can stay focused on your commitment and do what it takes to be successful this year. I wish you a joyous and happy new year.

You may notice we have residents and nursing students from local medical schools attending patient appointments. Each year we take a certain amount of residents from the medical schools and provide them with the opportunity to further their education in obesity and diet. Please feel free to discuss your weight loss endeavors with the students as they are eager to learn.

I am blessed beyond measure to take care of each of you. I want you to know we at the Weigh Station are fully committed to supporting you during your weight loss journey.

Happy New Years, Be Blessed  
Chuck Shaffer MD

# Is Bread or Your Brain Holding You Back?

*Tricia Foley, MS, RDN, CLT*

Mathew 4:4 “But he answered and said, It is written, Man shall not live by bread alone, but by every word that God has spoken.”

As we move into the new year, diets seem to be at the forefront of many people’s minds. People want instant gratification, they want to lose weight and they want it now! We live in a fast paced world where everything “should” be fast, easy and at your fingertips. Unfortunately, quick weight loss fixes often fail. As I read Mathew 4:4, it stuck me that God never fails, even when we do. He knows every hair on our head, all our thoughts and loves us no matter what size or shape we are.

This verse also reminded me of the power of our words and thoughts. God’s word is our ultimate daily bread but the words we speak to ourselves are also powerful. I’ve worked with a lot of people over my 15 plus years in the field of nutrition and what I’ve found is that one of the biggest obstacles to their success is their own negative thoughts and beliefs. Not extending grace when they “fall off the wagon”, having an “all or nothing” mindset or believing deep down that they won’t be successful in what they set out to do are just a few examples. These thoughts sabotage their ability to be successful regardless of what they eat. Words (including thoughts and beliefs) are powerful and I believe that if you are eating right but having negative thoughts or incorrect beliefs, your results will suffer.

Thoughts like “I’ll be happy when”, “I can’t believe I ate that” or even, “I’ve always done it this way”, are just a few examples of thoughts and or beliefs that could be holding you back regardless of how well you eat. These seem innocent, but they overshadow our ability to stay the course and break through obstacles that we’ve always had. The good news is that these perceptions are just that, perceptions. They are not the truth! The truth is, you CAN be happy now, you can give yourself GRACE and you can do NEW things that you have never done before! The first step is to become aware of these thoughts and beliefs and begin to change them. Our brain looks to the past to decide on what is possible in the future. I challenge you to instead look to the future and then create what CAN be instead of repeating the past.

As we move into 2020, I challenge you to dream big, challenge your thoughts and trust God’s word. You CAN create the weight loss outcomes you want to have, but it requires positive thoughts and beliefs as well as patience, grace and faith more so than diet alone.

Cheers to 2020!

# The Recipe of the Month

## *Turkey Apple Balls*

*4 servings, provides 4 ounces of protein per serving*

- 16 ounces lean ground turkey
- 1 egg
- 1 green apple, peeled and shredded
- 1/2 C shredded 2% cheddar cheese
- Salt and pepper to taste

### *Directions*

In a bowl, mix the ground turkey with all ingredients. Make cherry sized meatballs and place in a glass baking dish.

Bake at 350 degrees for 30 to 45 minutes or until cooked throughout. Let cool, then serve and enjoy!



**Let's Get  
Baking!**

