

July Weighing In 2015

Don't Let Doubt Kill Your Dreams

"I just don't know if I will be able to stick with this program."

"Do I have what it takes to get this weight off?"

"I don't think I'm strong enough to succeed."

Sound familiar?

Doubt has killed more dreams than failure ever will. Past failures and bad experiences bring about these shadows of doubt. Doubt begins when we worry and when we fear. Worry and fear put us on the road to failure.

What we think about affects how we feel. How we feel affects how we act. When we tell ourselves that we don't have what it takes to succeed, we feel nervous and anxious. As the anxiety grows, we find ourselves failing to reach our desired goal. It's a vicious cycle as those memories of failure only manifest more negative thoughts!

Some patients come through the door saying to me, "I doubt this will work, but I'm willing to give it a try for at least a month." We have all faced doubt from time to time, and that's perfectly normal. However, starting out with this kind of doubt without even trying to get something done doesn't work well for success. It takes away from the value of your decision to start losing weight. If you are not careful, doubt can become a chronic illness in your life debilitating you each and every day.

Focusing on what you desire as far as losing your weight is critical. Take the focus off the fear of not reaching your goal. If you believe that something won't work, then you will push the things you want away from yourself. Sometimes patients start out visualizing what they want out of our program---and the weight starts to come off. But then they begin doubting themselves and lose their focus on their success. Their thought pattern changes to worry and doubt, and they begin to feel that they aren't losing their weight as quickly as they want. This belief based only on fear, causes them to lose focus on their goal and they begin to stumble in their eating program. Their negative thoughts caused negative feelings, which in turn, caused negative behavior!

Psychiatrists have found that people who doubt themselves too much are usually engaging in excessive information processing. This can lead to procrastination in taking the steps to reach a goal. These self-doubters are more likely to suffer from depression and social anxiety. Soul-searching and self-analysis can be very useful at times, but much too much is a recipe for stagnation in life. Set your goal and stay focused on it by concentrating your thoughts on how qualified you are to attain it. Acknowledge your strengths and your abilities to achieve your aspirations. Then engage in activities that will move you forward---not sideways or backwards. I picked a few great quotes I found that I think you'll enjoy.

Inside this issue:

Pg 1-2 Don't Let Doubt Kill Your Dreams

Pg 3-4: How to keep your weight off long term

Pg 4. Cucumber boats

“Our doubts are traders and make us lose the good we often might win, by fearing to attempt”.
---William Shakespeare

"The worst enemy to creativity is self-doubt,"
--- Sylvia Plath.

"If you hear a voice within you saying you cannot paint, then by all means paint and that voice will be silenced"
---Vincent van Gogh.

And he said to them, “Why are you afraid, O you of little faith?” Then he rose and rebuked the winds and the sea, and there was a great calm.”
--- Matthew 8:26

“Immediately the father of the child cried out and said, “I believe; help my unbelief!”
--- Mark 9:24

“Then he said to Thomas, “Put your finger here, and see my hands; and put out your hand, and place it in my side. Do not disbelieve, but believe.”
--- John 20:27

“And he did not do many mighty works there, because of their unbelief.”
--- Matthew 13:58

“And he marveled because of their unbelief. And he went about among the villages teaching.” -
---Mark 6:6

Doubt is one area that we all struggle with at times. Doubt seems to be part of faith though. Paul Tillich once said, “Doubt isn’t the opposite of faith; it is an element of faith.” I think Tillich is right. If we never have any doubts, then maybe we are not being stretched in our faith. God never asks us to put all reason aside to follow him. Today, if you are in a trial or temptation that is causing you to doubt God, cry out to God. He is faithful. He will never leave or forsake you.

So the next time someone says to you that you are just going to gain your lost weight back, tell them you are confident that you will reach your weight loss goal and maintain your goal weight long term! If you feel paralyzed with fear of failure, ask yourself if you are walking in the shadow of doubt and unbelief. Staying faithful to what you know is right will reap great benefits in your weight loss ---and in life itself for that matter!

Have a blessed Fourth of July week.

Blessings,

Chuck Shaffer MD

How to Keep Your Weight off Long Term:

You have been successful with the program and now it's time to think about maintenance. There are several approaches one can take as they approach the maintenance portion of our program. When you near your goal there are a few important considerations you need to take into account when transitioning into maintenance:

Do you have a past or present history of either Type 2 Diabetes or Metabolic Syndrome (3 or more of the following: high blood pressure, abdominal obesity, a low HDL or high TG levels, high blood sugar levels)?

Do you feel you could maintain a high fat ketogenic diet long term without the presence of starches?

If you answered YES to questions 1 & 2 you will want to discuss adding more fats into your diet during maintenance.

If you answered NO you will need to determine your threshold for carbohydrate tolerance. *This is different for everyone! Read on to learn more J

Let me explain why these details matter. Nutritional ketosis is kind of like being pregnant, you are either in ketosis or you're not (just like you're either pregnant or you're not). When you are following a ketogenic diet your primary fuel source is no longer carbohydrate (breads, pastas, cookies, crackers, rice, beans, etc), instead you begin burning fat for fuel. The old adage that fats are bad is totally incorrect especially on a low carb diet! The type of fat is important, in fact research shows that Mono-unsaturated and Saturated fats are the preferred fuels while on a ketogenic diet.

We have all heard that we should avoid saturated fat. The truth is if you are following a diet that is laden with carbohydrate (especially refined carbs), you should absolutely limit these fats. This is because your body is using a totally different metabolic pathway. Those on a ketogenic diet will utilize the saturated fat they eat for energy before it has an opportunity to be stored while those on a non-ketogenic diet will store these fats and increase risk of other health problems.

This is also why it is so important not to cheat on a ketogenic diet! If you often cheat you will shift these metabolic processes and this could be detrimental to not only weight loss but also your overall health. We see many patients during weekly visits tell us that they eat Bo jangles burgers without the bun throughout the week and cheat on the weekend going to cookouts and indulging in cookies and other baked goods. This is a recipe for metabolic disaster!

If you have type 2 diabetes or Metabolic syndrome reincorporating starches, even after you have clinically improved your blood sugar levels, insulin levels, blood pressure, etc could potentially cause these metabolic problems to resurface. This is because a ketogenic diet does not "cure" these problems, it sends them into remission. Even though you more than likely have more insulin sensitivity than you did when you started the program, more than likely the best course to take in maintenance would be to continue a ketogenic approach long term to ensure that you will keep your weight in check and your numbers where you want them.

Removing starches for the rest of your life may sound hard; however this is the easiest way to ensure that your other health problems are well controlled. The good news is that you will be able to eat more calories once you reach maintenance and these calories will come from fat. Unlike a diet that is full of carbohydrate, you are able to incorporate saturated fats like butter, bacon, etc without the same health implications as eating these things with starches!

Continued on pg 4

Others who have no past history of metabolic problems but were overweight at the start of the program may be able to go off a ketogenic diet and move onto a low carb non-ketogenic maintenance plan. This can be a bit tricky since each individual's carbohydrate threshold is different. Carbohydrate needs are multi-factorial since exercise (type, time, intensity, frequency), age, sex, genetics, etc can all influence the amount of carbohydrate you are able to tolerate. If you choose to reincorporate starches in maintenance, the amount will still be under 100 grams/day (ketogenic diets are under 50 grams/day). The types and amounts of fat will also be slightly different than someone staying in ketosis during maintenance. Maintenance is an exciting time but we understand that most people are nervous. Rest assured that during your maintenance meeting your unique needs will be addressed and we will lay out a tailored plan that will best suit you based on your current lifestyle, past medical history and food preferences. If you are able to reincorporate starches we will discuss how to do this. Keep in mind carbohydrates may need to be adjusted. Generally speaking if you gain more than 2 lbs in a week you will need to decrease the amount of starches you take in during the week. Timing and type of carbohydrate may also need to be adjusted. Think of this as a course correction, we often make adjustments in our daily routines, our decisions and the way we respond to others, the same should be true for our food choices. Did you know that The Apollo moon rockets were off course 97% of the time? Yet they still reached their chosen destinations and returned to earth! Expect dietary course corrections along the way, no one is perfect. It is imperative to come to your maintenance follow up visits. If you are having a difficult time staying on course you need to schedule maintenance visits MORE often! Think of our staff as your GPS for nutrition, we are happy to point you in the right direction and will always be here to offer encouragement. We look forward to seeing you both during and after your mission to better health and long term weight loss is complete!

-Tricia Foley, MS, RD, CLT

Recipe of the Week: Cumin Stuffed Shrimp Cucumber Boats

Makes 4 servings

Ingredients:

4 English cucumbers
 1 tsp olive oil ¼ lb.
 1 lb raw shrimp, peeled & roughly chopped
 ¼ tsp salt
 ¼ tsp ground pepper
 ½ red bell pepper
 diced ½ avocado, chopped

The dressing:

1 tbsp orange rind (skin of orange)
 2 tbsp olive oil
 ½ tsp ground cumin
 ¼ tsp salt
 ¼ tsp ground pepper

Provides 1 fat, 1 vegetable and 4 ounces protein/
 portion

Instructions:

1. Cut each cucumber in half lengthwise, so that there are 8 pieces in all. Using a small spoon, scoop out the seeds and some of the flesh to form boats.
2. Heat the olive oil in a large nonstick skillet set over medium heat. Cook until the shrimp is just cooked through, stirring occasionally, 2 to 3 minutes. Season with the salt and pepper.
3. Transfer the shrimp to a bowl, and stir in the red bell pepper and avocado. Toss with 3 tablespoons of the dressing.
4. Brush the insides of the cucumber boats with the remaining 1 table-
 spoon of dressing.
5. Divide the shrimp mixture evenly between the cucumber boats. Serve. The dressing: 1. Whisk together the orange rind, olive oil cumin, salt and pepper.