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# Weighing In July 2017

## Justifying the Failure, to be Honest.

This past month I have heard various excuses for weight gain. In fact, in the 11 years that we have operated The Weigh Station, I don't think I've heard as many excuses and justifying for gaining weight as I have this month. I thought I'd explore the reasons as to what makes patients have an excuse for deviating from the program.

I own KIA Sorrento, and it is one of the best cars I've ever owned. We currently have over 114,000 miles on it. I like everything about it except one small engineering flaw, it has a terrible blind spot. A lot of patients have blind spots. No matter how much we try to help them, they still have a bit of denial. It's not possible to be aware of all of our self-justification blind spots. But it is feasible and desirable to cultivate a greater awareness and ownership of our behavior and mistakes especially after we have to know what's right and what's wrong. So what's the common denominator in people who do not recognize their faults? A lot of it is pride.

That's right, they're too proud to ask for help and too proud to say I fell off the wagon. Many are too proud to admit an addiction to carbohydrates and sugars. So if pride is the greatest sin that got Satan kicked out of heaven then humility has to be the greatest virtue. As patients lose weight, their confidence starts to go up they start feeling good about themselves. But then they make the terrible mistake of saying I think I can do this myself, and losing accountability. Accountability is a great asset to weight loss.

So the common denominator to success is humility and realizing you have a problem. Admitting to yourself that you are not doing as you should and drifting ever so slightly off the path is important. I have suggested for years that patients put 3 x 5 cards in their kitchen cabinets and their refrigerator that asked the simple question "why are you here?" Being accountable is a significant contribution to weight loss.

My dad used to say to me "you need to nip it in the bud boy." He was making sure that I did what I said I would do so I didn't look for justification of my honest, financial or emotional mistakes. Owning up to your errors and being truthful will help your will to lose weight.

"The cookie just happened to land on my plate!," "I couldn't help it, Dr. Shaffer, they put three pieces of pizza there I had to eat it". Trying to sort through your consciousness is a real pain. Why is it that so many have an immediate reaction to blame the situation or other persons? Instead, take an honest look at what role you may have played in the precipitating situation. Did you put yourself in the situation that you knew would cause you to eat off plan? Why did you stop at Dairy Queen? This situation happens to a lot of us.

The next thing you have to do is get over the idea of making mistakes means you're stupid. A couple of researchers from Stanford observed the Japanese classroom back in the 1970s, and they were astounded to see a student very calmly working the problem on the chalkboard. They do this in front of all of his peers, for about 45 minutes. What amazed them was they realize that he felt more uncomfortable for him than they felt for themselves. There's a rough idea in the Western culture especially us in America; it's that ability like intelligence are largely innate. However the Japanese see intelligence as a function of effort. Thus, when Americans make mistakes, they see it as a failure of who they are, while the Japanese view errors as simply a part of the learning process and evidence that you can work through something and improve it.

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Don't play the "if only" game. Patients who play the "if only game" justify their failures and struggles by saying they would turn things around "if only" they could not have had X, Y or Z to have happened or "if only" they had a few more minutes of the day. They can work out more, and they would probably lose their weight "if only" I had a less stressful job, I wouldn't be so tempted to eat when I stress. The only variable you have total control over is yourself. If you let your coworkers, friends, girlfriend or boyfriend make you feel a certain way you stop being the active agent in your life and you're playing out to be the victim.

So we're halfway through the year, Christmas is only six months away, and as many of you know in 6 months, you can lose 100 pounds or better! So let's get started, quit trying to justify all of your mistakes and just do what we ask you to do.

Justify your success, not your failures.

Blessings to all  
Chuck Shaffer MD

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## Inches vs. Pounds Lost

Many patients come in and lose weight but not inches or will lose inches but not weight. In the weeks following the opposite may happen, but why? There are several reasons for this, one being genetics. Although genes can play a role in how we lose weight, more often than not there are other factors which will be explained in this article.

The first factor is exercise. Not just any exercise, but strength training. If you have been lifting weights or doing body weight exercises (such as push ups or air squats) chances are you are gaining muscle. As a result, you may find that the scale weight doesn't budge but inches do! This is because pound for pound muscle takes up less space than fat. You can lose 2 pounds of fat and gain two pounds of muscle and your scale weight will be exactly the same. What will change are your inches, they should be less than the week before. This is good news since your body composition is improving and as you gain strength you also become more metabolic. Each pound of muscle burns about 20-30 extra calories per day without effort.

If your scale weight is moving but inches are static it may be due to the type of fat you are losing. There are two types of fat, subcutaneous (the fat that is present right under the skin's surface) and visceral fat (located around your organs including the heart, liver and kidneys). Subcutaneous fat isn't pretty but is less harmful to our health. It's the fat that we typically notice since it is present right under our skin. The "muffin top" so many complain about is a perfect example of subcu fat. It's also the fat that you can actually see disappear based on your measurements you have done each week during your weigh ins.

Visceral fat on the other hand is much more dangerous to our health, it sends hormonal signals to other parts of our bodies that can do major damage. Since the proximity is so close to vital organs, our bodies place a priority on losing this fat first. Since it is deep inside of us, if we lose visceral fat it may not show up on your measurements. Let's say that you lost 3 lbs during your visit but no inches, this could be because you lost more visceral fat and less subcutaneous fat. Rest assured that if you lost pounds, more than likely you have also lost fat!

We hope this explains the mystery behind why you may lose inches and not pounds or pounds and not inches from week to week!

## CLIENT'S CORNER

Welcome to what we will become a monthly addition to our newsletter. Our hope and desire is some of our patients would like to share anything from their testimony to their trials and tribulations.

### WE WON'T BE FOOLED AGAIN

Hi, some of you know me as I have been on the journey my whole life. A close friend of mine and I joke we have lost and found the same 2000 pounds over our 60-65 year trips around the sun. To me that is no joke as I have been successful and failed on everything from Weight Watchers (where I dropped 100 pounds) to Slim Fast, you name it. The only thing that has worked and does work (when I work) is eating healthy foods in healthy quantities as I learned through The Weigh Station.

I saw so many of my friends succeed on The Weigh Station program, so I gave it a try. I started January 3, 2009 at 353 pounds. By June 5, 2009 I weighed 257 pounds as I underwent my second thyroid cancer surgery. At that time I was motivated and was in the zone. I was proud of what I had accomplished and the feeling of my pants falling off my a\*\* outplayed the desire for sugar—my addiction.

Unfortunately, that did not last long as Hokie football was just around the corner and Jell-O shooters—Captain Morgan with whipped cream and heavy carb tailgate were in my future not to mention Thanksgiving and Christmas. Just like that I started January 2010 back at 300 pounds. The yo-yo has been my life since then and I have lost the same 40 pounds over and over. As we all know this program works and works well. We can—or at least men like Rick and I, can drop 25 pounds in two weeks. And we do so over and over again. Thank God there is The Weigh Station and Doctor Chuck and his wonderful staff who continue to keep the practice open and take us back—time and time again.

My topic for my contribution to this initial client's corner is built off one of my favorite songs by The Who entitled We Won't Be Fooled Again. I thought of the song when I finally got around to reading the back of the misleading label on the DelMonte No Sugar Added Sliced Pears. I love a pear salad, you know the pear half on a bed of lettuce with a tablespoon of mayo and some cheese on top. I relished that with my meal. Found these no sugar added pears in the store—knew that pears were not on the plan but I figured it would be okay. I finally got around to reading the back of the label and there it was—one of those other names for sugar Tricia taught us—SUCRALOSE (Splenda) ALONG WITH ANOTHER NAME FOR ASPARTAME. So no I will not be fooled again. I will get a Bartlett pear from the produce section and make my own.

Another scam out there for me is Halo Top light ice cream. As many who know me know—a double chocolate Klondike bar is another of my addictions that I like to reward myself with. The label said 320 calories per pint and good source of protein. I think well this is a GREAT source of protein as The Weigh Station program is all about PROTEIN. I brought the empty pint container over to Chuck and Tricia just full of myself that I had a breakthrough for all of us. Heck it is all natural, no artificial sweeteners, no trans-fat, vegetarian-friendly and NO synthetic growth hormone. This stuff has got to be the mother lode and finally a sweet that we can have. Not so fast my friend. J When Tricia read the ingredients—true it was better than traditional ice cream and certainly Klondike bars but still dessert! For those on maintenance maybe a treat from time to time—but for us poor smucks that are on again off again who would eat the whole pint—might want to stay clear as it has alcohol sugars along with corn syrup and gum that is just like starch.

No short cuts campers. If we put into our pie holes only those things allowed and in the proper quantities, we succeed—anything less we don't. Don't be fooled again that anything short of the steps outlined in the program get us the results we so want to realize. Until next time—Peace Out—your brother in this journey for life. Dr. B.

## Recipe of the Month:

### Grilled Stuffed Chicken Italiano

- 4 oz. chicken breasts
- 4 roasted red pepper strips
- approximately 20 baby spinach leaves
- 4 String Cheeses
- Italian dressing for basting

**Instructions:** Preheat indoor or outdoor grill to med-high. Butterfly the chicken breasts\* Place about 5 baby spinach leaves in middle, slightly to one side. Put roasted red pepper, and String Cheese on top of spinach. Roll like a cigar, and put 1-2 toothpicks on ends to hold together well. Grill for 5 minutes, turn and grill 5 more minutes. Check for doneness and turn again if needed, until cooked through (10-15 minutes depending on you grill and thickness of chicken). Serve as is or slice to ensure chicken is fully cooked.

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