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# Weighing In March 2017

## THIS IS MY TIME!

This month, so many different patients are getting restarted, some who have been gone as long as eight years! Many of these patients have gained some of their weight back, and others have gained most of their weight back. The common denominator that I've seen so far has been that they all are determined that this time will be different; something has changed in their heart, mind or spirit. That something has given them the insight that this will be their time for it to work.

One of my favorite scripture verses comes out of the book of Esther (Ester: 14). This verse teaches us about God's timing. You see, Esther found herself in a crucial moment, not a moment of sudden action, but a moment when she realized the rest of her life must be given for one cause. She went away above her safety and her privilege, as well as her status to expose the truth. Sometimes it's those little whispers deep down where we know we must take action!

Sometimes life brings about a delay in reaching the weight-loss goals we have set for ourselves. We must not become complacent, but instead take action like Esther did. This may be uncomfortable or even risky but we must listen to that inner voice. Maybe past failures actually cause us to increase our dedication to adhere to the eating plan we set out for you here at the Weigh Station. It's interesting to me how many patients come back to the program and say, "If only I would have done what you taught, then I wouldn't be in this situation again."

Our staff understands that most of our patients are trying to do the best they can. Also understand that our staff is committed to doing our best to figure out why some people can follow the program yet still not lose weight. We are determined to support you until we all can figure out what needs to be done to ensure that you are successful in your weight loss journey. Sometimes genetics can play a role, while other times weight plateaus can be related to a low thyroid or insulin resistance.

We currently have one patient with a very rare genetic disorder that causes an exceptionally slow weight loss progression. It actually took us 2- 1/2 years to figure this one out. Why so long? Well, you have to rule out what could be the most common causes for the lack of weight loss. If those causes don't fit their problem, we then make referrals to higher levels of care. Thanks to specialists like Dr. Aloï from Wake Forest, we were able to help this individual lose her weight.

In the book of Hosea 4:6 the revised translation says: My people are destroyed for lack of knowledge, and then in quotations, it says "therefore teach them". Teaching patients about weight gain and why they're not losing provides them with hope.

Recently a lady who weighed 380 pounds came to our office. She'd been working out with a trainer for four and a half years. During those years she lost a total of 60 pounds but had not been able to lose any more weight since then. The cost of her gym membership plus supplements was over \$240 a month. After reviewing her physical exam and her lab results, we found out why it was so difficult for her to lose her weight. I'm happy to report that she is already down 28 pounds, and the smile on her face was worth so much to me!

So each time you hit a wall and you don't seem like you're moving, realize you are. Think about where you started and where you are now. You're moving forward! Don't let a small, temporary plateau keep you from continuing.

For many of the patients that restart there's a different look of determination in their eyes and also in the way they speak of themselves. One gentleman recently said "I put aside all the things that were stopping me from becoming healthy and made this a priority in my life; I'm done with my excuses. Five years ago you gave me all the tools to lose weight, and I squandered them away. Now my physician tells me I have diabetes type II and hyperlipidemia when I was here and losing weight none of those things were bothering me. Now I have to do something". The determination that he exhibited was quite evident. His first week back he's down seven and a half pounds, he was quite pleased.

If you get discouraged, remember these words spoken some eighty-eight years ago: "Perhaps you've come to this place, to this moment, to these people, to this challenge, for just such a time as this." The men who spoke these words; James B. Duke and William Preston Few recognized they had been placed on this earth for such a time as this and caught a glimpse of what Duke University is today. James B. Duke could've settled on his millions of tobacco money, and William Preston Few could've settled for being president of the tiny liberal college in North Carolina. However, they had a vision much greater than themselves.

In a similar way, Esther could have enjoyed the luxury of being the Queen of most of the known world. She had beauty and special training but also lacked power over her life. Her husband was very powerful yet she didn't have any security in the face of those who planned to kill her. Despite this, when someone named Mordechai grabbed her attention at a crucial moment and said; maybe you have been given this money, this talent, this vision for such a time as this, Esther risked her life and took action.

Like Ester, maybe you have a lot of things but lack other things. Some have the gift of high intelligence, some don't. Some have integrity, while others have adamant will. Each of us is unique and possesses a God given gift. With these gifts we can use our strengths as Esther did to help others. If you are struggling with your weight as many other people are, let our staff at The Weigh Station use our strengths to help you!

Support is also helpful in reaching your weight loss goals. If you don't have support at home, consider joining our Facebook page where you can "Share your Journey" with those who are successful, they can help you succeed too by offering advice and support!

God made you just as you are because he wanted you to be just like you. Maybe all the things that have happened to you have come about for such a time as this. Think again about Esther, she didn't have it easy. Neither, no doubt, do you. Esther had some real gifts, and so do you. She embarked on an extended period of training and preparation, and the final purpose which for most of the time she didn't understand. Maybe this is how you feel today. She was preparing planning and biding her time, waiting for the perfect moment to act. This ensured that her decision was worth taking the enormous risk and then executing a carefully made plan. Maybe you have a decision to make. Don't let negative thinking such as: "I'm too obese to ever make this work. I've failed so many other programs; I am probably going to fail at this one." stop you from taking action! Realize that you're a child of God and he wants you to be successful in everything you do. You live in a temple that God has given you to take care of and it'll last you a long time if you care for it!

In closing, just remember this is your time and place to lose your weight and get healthy. With the reality of your situation it's important to seek all the help you need, plan carefully and put yourself in the hands of God. He's put you here in this program for such a time as this.

Blessings,  
Chuck Shaffer MD

# Snack Attack:

This past month I've found that lots of patients are asking for snack ideas. So in the spirit of National Nutrition Month, here are a few healthy snack ideas:

1. **Veggies and Dip** – Veggies and dip is a quick snack that you can take on the go. Try your favorite stage 2 veggies: cucumbers, green or red peppers, and broccoli dipped in ranch dressing. Be sure to avoid “low-fat” dressings and look for hidden sugars.
2. **Pepperoni (turkey pepperoni) Slices** – Pepperoni sliced up can be a great snack by itself, or pair it with an ounce of cheese.
3. **Cold Cuts and Cheese Roll-Ups** – Quick and easy, simply wrap ham, turkey, roast beef, or your favorite lunchmeat around a slice of your favorite cheese for a quick low-carb snack.
4. **Hard-Boiled Egg** – Quick, easy and portable, having a few hard-boiled eggs in your fridge makes for an awesome snack. Muffin tin eggs are also great! Simply crack 1 egg in each muffin mold and add your favorite veggies or even bacon, bake in oven until set (about 20 minutes).
5. **Small Salad** – Mixed Spring greens and olive oil with your favorite raw veggies can make a perfect snack!
6. **Almonds** – Almonds are a great snack choice, just be sure to count them out! 15-20 at a time.
7. **String Cheese** – Simple and easy, string cheese is a great snack on its own, they come in cheddar and mozzarella.
8. **Kale chips**– Spread Kale leaves onto a baking sheet and pre-heat oven to 400 degrees. Drizzle olive oil and sea salt on the kale and bake until leaves begin to curl (about 10 minutes).
9. **Frozen berries**- drizzled with a tbsp of heavy whipping cream YUM!
10. **A bowl of Broccoli and Cheese** or broccoli and parmesan cheese can make a nice healthy snack!

Other quick snacks:

1. **Deviled Eggs**
2. **Pickles**
3. **Avocado**
4. **Bacon**
5. **Olives**

**Tricia Foley, MS, RD**

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