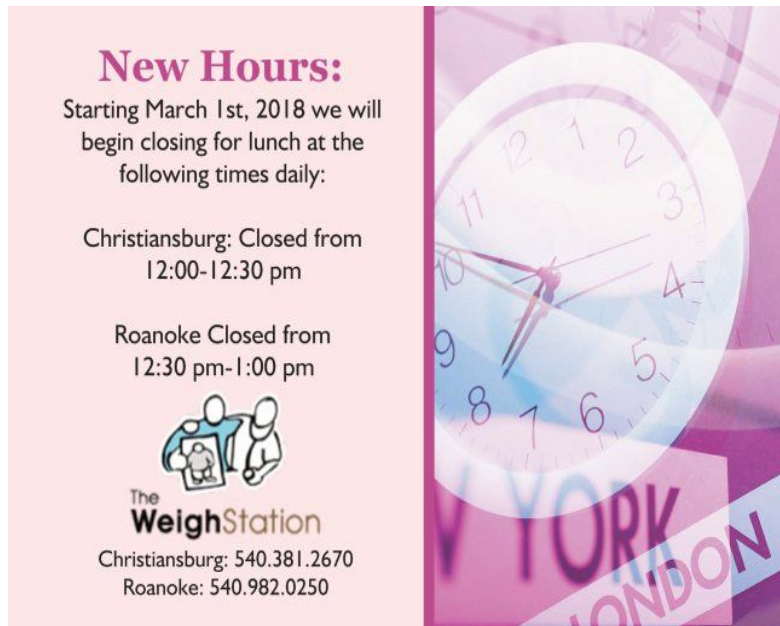


March Weighing In


The Weigh Station



New Hours:
Starting March 1st, 2018 we will begin closing for lunch at the following times daily:

Christiansburg: Closed from 12:00-12:30 pm

Roanoke Closed from 12:30 pm-1:00 pm



The WeighStation
Christiansburg: 540.381.2670
Roanoke: 540.982.0250

I Got This...

If there's one thing I've heard this past two months and even more so in the last two weeks, is patients returning saying to me "I wish you would've convinced me to stay". Their parting comments months prior to their return were often "I got this". Even though they had not reached their goal, they believed they could manage on their own.

Now they've returned because they didn't get it. They missed out on the continued opportunity of learning how to keep their weight off for the rest of their life. This journey takes time and can be different for everyone. Our goal for you is to "never visit us as a patient again"! This quote is actually printed in the first page of the program book, but to succeed, patient's must learn their triggers, shortfalls and barriers and have a plan of action in place to combat them.

This action plan also must include having accountability, and education as a continuum otherwise you'll drift back to your old habits. Old habits are hard to break without help. I use the example for most patients and say if you had rheumatoid arthritis you would follow up with your rheumatologist. If you

had a thyroid problem that was hard to manage you would follow up with your endocrinologist. You wouldn't just walk away, so it's hard to understand why patients walk away from us. We specialize in weight loss, and are here to guide you and not only help you lose weight but also keep it off.

Recently, in the Obesity Journal, there was a study done at the University of Chicago. They found that patients who follow a controlled diet with a steady decline, even if it is only one and 1/2 to 2 pounds a week had better success than those people who tried rapid weight loss programs.

Over the many years, The Weigh Station has contributed to people's weight loss success. The patients who keep weight off permanently are those that follow through into maintenance. We have maintenance patients that pop in every other week to once a month that have been coming for years. If they are struggling, they come in more (once weekly) to get guidance and encouragement from our staff. Maintenance is so instrumental to long term success because it allows patients to continue their own journey through education, learning from their mistakes and moving forward in a positive way with the help of our supportive staff. Remember that weight loss is not always a slam dunk, it takes time to re-educate the brain and the body to its needs physically, emotionally, and nutritionally. It just doesn't stop when you finally get to your goal weight.

Many of our patients have developed metabolic syndrome, and it takes a while to correct that. Some of the patients have an intolerance to fructose. The increase fructose load in the liver disturbs glucose metabolism and the glucose uptake pathways and may lead to an enhanced rate of de novo gluconeogenesis and triglyceride synthesis. These changes are the underlying cause-and-effect relationship of induction of insulin resistance and metabolic syndrome. Without close follow-up, these patients fall through the cracks of life and return to some of their same practices.

Recently, a lady who had lost 127 pounds with us had come to maintenance four times. She was convinced that she could do this by herself, she needed no more help. This week when I saw her she was emotionally distraught that she had gained 80 of 127 pounds back.

I asked her why it took her so long to return and she said, first of all, she was embarrassed by her weight gain and secondly she didn't want to upset us by

her failure. I told her we welcome her back with open arms and we would help her walk it out again.

We are here to help you, not to criticize you or control you in any way. Our goal is to simply educate you and get to the bottom of why you gained weight.

Many of you realize there is a strong relationship between alcohol use in your genetic tree and how you eat. People who are addicted to carbohydrates and sugars always have alcoholism in their family somewhere within five generations. Another interesting fact is that the places we tend to gain weight such as in the belly, butt, and thighs are the same areas that animals tend to gain weight who primarily eat a carbohydrate rich diet.

So the next time you only lose two pounds, don't be discouraged, that's great progress! If you're not losing weight and you're staying stuck there is a reason. Let us help you identify this reason and correct it, it's part of education and your journey! I can tell you that the number one reason people plateau is that they don't follow the book. Patients often say "I'm sticking to the book perfectly", then I quiz them and find out that they have a "cheat day". Or they quit weighing and measuring their foods and just guess. The list goes on and on.

So the next time you think "I got this." Remember we are here to help you, you don't have it yet but you will.

And of course, you know I have to leave you with a parting scripture verse Philippians 4:13- "I can do all things through Christ who strengthens me."

Blessings,

Chuck Shaffer MD

What's with the -ose endings?



The Suffix -ose in Latin literally means “full of”. If you have come to the Weigh Station long enough, chances are you have heard to steer clear of -ose words like Dextrose, Maltose or Sucrose. It's good advice since most -ose words are sugars (or “full of sugar” to be exact!). But like many things, there are a few exceptions to this rule to be aware of:

Cellulose: Although the word cellulose ends in -ose, it's not a sugar at all. Cellulose is a plant fiber and is used to increase bulk when added to foods. Since it's a fiber, companies can add bulk to their product without adding calories- this makes it a popular additive in diet products. You see, unlike most carbohydrate, fiber passes through the body unabsorbed. It acts like a sponge soaking up water, and therefore adding this to food may help consumers feel more full (a bonus when trying to lose weight).

Cellulose will also gel and therefore is sometimes used in sauces as a thickening agent. It is also an anti-caking agent because of its ability to absorb moisture. You may see this on grated cheese, spice mixes and powdered drink mixes...OR you may see maltodextrin which is actually a sugar word that does not end in -ose. I would give the green light on cellulose while using major caution when you see maltodextrin on the label.

Sucralose: If you have been paying attention, you have probably seen sucralose on beverage labels and thought it was added sugar. Although it's good you're reading the ingredients, you can relax! Sucralose is actually the chemical name for Splenda (a sugar substitute). Although Splenda is a zero calorie sweetener, you do need to limit your consumption. The Weigh Station staff recommends limiting Splenda (or Sucralose) to three servings per week. Using more than that each week may affect weight loss.

These are the two major exceptions to the -ose rule of thumb. A list of common -ose words that are sugars and should be avoided are listed below:

- Sucrose.
- Maltose.
- Dextrose.
- Fructose.
- Glucose.
- Galactose.
- Lactose.
- High fructose corn syrup.

Bang Bang Shrimp Recipe

Makes 4 servings- 4 ounces protein, 1 vegetable serving and 1 fat serving/portion

INGREDIENTS:

4 tbsp mayonnaise
1 tsp Sriracha (to taste)
1 tsp rice wine vinegar
¼ tsp garlic salt

For the Shrimp:

1 lb large shrimp, shelled and deveined (weight after peeled)
1 tsp canola oil
3 cups shredded iceberg lettuce
1 cup shredded purple cabbage
4 tbsp scallions, chopped

DIRECTIONS:

1. In a medium bowl, combine mayonnaise, vinegar, spices and Sriracha. Set aside.
2. Combine lettuce and cabbage and divide between four plates. Set aside.
3. Heat a large skillet or wok on high heat, when hot add oil. When oil is hot add the shrimp to hot pan and cook tossing a few times until cooked through, about 3 minutes.
4. Remove from pan and combine with the sauce coating well.
5. Place shrimp on lettuce and top with scallions.