

Weighing In: May 2013

Promises, Promises, and More Promises

This month, I have seen the return of the promises, promises, and promises syndrome. It is fascinating that this syndrome shows up once or twice a year. If you remember the old Dionne Warwick song, promises, promises, promises, you can relate to some of the chatter that has come about over these last few months. The nurses, Dr. Dums, and I have seen an increase in people coming back to the Weigh Station. They have been gone for three or four years and they come back because they want to fulfill a promise they made to themselves to finish.

Has someone ever let you down? Have they made a solemn promise and yet they broke it? I'm sure that makes you feel horrible. What if it was reversed? Have you ever broken a promise to someone else? We typically try with all of our might to stick to our word, follow-through, and to do as we say we will, but sometimes we fail. Breaking promises is serious and there are strong feelings when a promise is broken. We place a lot of value in being honest and having personal integrity. Have you ever broken a promise to yourself or let yourself down? I know I have, more than I care to remember. I can't count how many times I was ready to change "tomorrow." If you remember the James Bond movie, **Tomorrow Never Comes**. Somehow it is much easier to duck out on these

personal promises we make to ourselves. Mostly, these kinds of promises include: 1. "I promise to take better care of myself and get back to exercising tomorrow." 2. "I promise to spend more time with my loved ones." 3. "I promise to have a better balance and stop working so much." 4. "I promise to start being smarter with my money after next payday." 5. "I promise to start my new job search next week." If you have ever had a friend who constantly promises and lets you down, what do you think of them? What value would you place on their promises to change? How long would you tolerate their behavior? Sometimes we treat ourselves much worse than we treat others. When you break a promise to yourself, you send yourself a powerful message that you are not important. You also go against your values with regard to being honest and acting with integrity. It really gets hard to look yourself in the eye when you are standing in front of the mirror and make comments to yourself as such. The good news is that learning to keep a promise to you has a huge value for boosting self-confidence, productivity, and happiness.

For those of you that have children. What is it like when you promised your kids something? They look up at you with those big brown eyes asking you to do something very important; something that means the whole world to them. Something they wish they could fulfill but only you can fulfill. Yes, you say, nodding your head and crossing your heart, you gaze back to the soulful eyes with every intention in the world of keeping the promise. What would you do to make that promise be fulfilled? You would jump over hot coals and make your best attempt true.

How about if promises were made to your boss, your spouse, or your dearest friend in the entire world? What about your kids? Sadly, when it comes to keeping promises to ourselves, the conviction and integrity reserve seems to dissipate like melting snow.

You know, we would not dare let anyone else down. At least we try not to, but we do ourselves. We quit. Looking at ourselves in the mirror ages ago, we just decided, it is what it is. We were not very nice to ourselves. Either we thought, "what a jerk" or "look at you, you miserable lazy slob." You think just once in your life, you can get something done instead of sitting on your fat butt all day stuffing your stinking face.

Aren't we glad that God doesn't seriously think of us in this way? There's a book called "The Bible Promise." A few quotes that God has to say about us include:

"For now, she'll need the labor of thine hands: happy she'll now be, and it shall be well unto thee." Psalms 128:2
"For I know the plans I have for you," says the Lord. "They are plans for good and not for disaster, to give you a future and a hope." Jeremiah 29:11

Romans 8:37-39

"No, despite all these things, overwhelming victory is ours through Christ, who loved us. And I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow—not even the powers of hell can separate us from God's love. No power in the sky above or in the earth below—indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord."

Inside this issue:

Promises continued pg 2

Carb Loaded
Documentary pg 3

Recipe of the Month pg 4

Continued on page 2.....

God has promised to supply every need we have. The Bible says: "But my God shall supply all your need according to his riches in glory by Christ Jesus." (Philippians 4:19). Now notice, God has obligated himself only to the extent of our needs. That would include food, clothing, shelter, companionship, love, and salvation through Jesus Christ. It would not include the multiplicity of luxuries that we have come to think of as needs.

- God has promised that his grace is sufficient for us. (II Corinthians 12:9). In fact, he has made provision for our salvation by his grace through faith. Read Ephesians 2:8. It is through an obedient faith that we have access into the grace of God according to Romans 5:2.
- God has promised that his children will not be overtaken with temptation. Instead, he assures us that a way of escape will be provided. This promise is recorded in I Corinthians 10:13. Jude wrote: "Now unto him that is able to keep you from falling, and to present your faultless before the presence of his glory with exceeding joy" (Jude v 24). Darius, King of the Medes, said to Daniel, "Thy God whom thou servest continually, he will deliver thee" (Daniel 6:16). He did deliver Daniel from the den of lions.
- God has promised us victory over death. He first resurrected Jesus by way of assuring our resurrection. Peter said: "This Jesus hath God raised up, whereof we are all witnesses" (Acts 2:32). Paul wrote to the Corinthians: "For I delivered unto you first of all that which I also received, how that Christ died for our sins according to the scriptures, and that he was buried, and that he rose again the third day according to the scriptures" (I Corinthians 15:3,4). Later on he adds: "but thanks be to God, which giveth us the victory through our Lord Jesus Christ" (I Corinthians 15:57).
- God has promised that all things work together for good to those who love and serve Him faithfully (Romans 8:28). It may be difficult for us to see and understand how this is accomplished at times, but God has promised it, and he will deliver.
- God has promised that those who believe in Jesus and are baptized for the forgiveness of sins will be saved. (Read Mark 16:16 and Acts 2:38).
- God has promised his people eternal life (John 10:27,28). In closing, let me appeal to you to live so that the promises of God will be yours.

Our promises keep failing because we quit being accountable to ourselves. Recently, I had a gentleman who is an instructor at Hollins University. He'd been coming to The Weigh Station off and on for approximately 2 years. His cardiologist told him he had to get his weight off, the stress against his heart was too much. Initially he lost 47 pounds in approximately 3 months and was quite happy. He needed to lose another 50 pounds though and unfortunately, he disappeared for about 6 to 7 months and then came back after gaining back half of what he lost. He began to do well again, never quite getting to his goal. This month he came back with a renewed sense to finally have his weight go away for good. The problem was his brother had recently had a heart attack, and the fear of that happening to him had driven him back to the office. He said to me, "I promise, promise, promise I'll be here every week. I have got to do this if I don't want to be a dead man."

Strange how fear of the unknown pushes us to do what we should have done to begin with. What do you want to accomplish in these next few months? Can you stay focused long enough to complete just one promise? Let's say you promise yourself to lose 2 pounds a week but you only lose one and a half. At least you did make progress. That's not a promise broken, so you promise yourself two pounds off next week. This time, you lose 3 pounds looks like your promise came with a blessing. Nothing is holding you back, but yourself. Some of the most educated people in the NRV and Roanoke Valley come to our office. Many of them have failed to complete the task of losing all their weight. The real smart people however, are those who fulfill their promise to themselves.

This past month, Dr Dums, the nurses and I reviewed charts on patients who have come and gone over the past seven years trying to find some link as to why they had strayed away. Many of you realize that the big part of the Weigh Station's program is accountability. Sometimes God will lay on our hearts a different way to approach people to get them to be successful. I'm still trying to work through some of that, but what we can do is bless you.

So I leave you with a parting thought. ...2 Peter 1:3-7 (#13 of 15 Bible Verses about God's Promises)

"His divine power has given us everything we need for life and godliness through our knowledge of him who called us by his own glory and goodness. ⁴Through these he has given us his very great and precious promises, so that through them you may participate in the divine nature and escape the corruption in the world caused by evil desires. ⁵For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; ⁶and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; ⁷and to godliness, brotherly kindness; and to brotherly kindness, love." The power of fellowship that you have at The Weigh Station creates supportive people who understand and identify with your struggles and helps you hold yourself accountable. All weight-loss programs, no matter where they are, have some type of accountability. The power of fellowship has helped thousands of people overcome their addictions. Be accountable for one another, for it is the will of the Father! Join Weigh Station Winners on Facebook and call one another. If you have problems by all means call us!

Happy accountability.... Love those promises.

-Chuck Shaffer M.D..

Sneak Peak: Carb Loaded, a New Documentary

There is a new documentary due out in summer of 2014 called “Carb Loaded.” The documentary is all about the obesity and diabetes epidemic. This documentary shares many recent studies as well as interviews. Although it is very much still in the making, the producers are committed to addressing the recent rise in the number of children ages 12-19 with pre-diabetes and how diabetes has increased from 9% in the year 2000 to 23% in 2008. The documentary explains the reasons for this massive increase in the diabetic and pre-diabetic populations and what it is about our food culture that is driving this horrifying trend. The producers are Eric Carlsen and Lathe Poland of The Scene Lab. The pair plans to interview many experts in the food politics and nutrition profession and they have already begun interviewing Dr. Wansic from Cornell University, Dr. Wendy Scinta, Author of Bounce, and Dr. Marion Nestle at New York University who has written books about Food Politics.

A few interesting tidbits from these interviews included a recent study that found if you take two of the exact same food products and label one with a green label and one with a red label, people perceive the green label to be the healthier option (see picture below). This is a major finding since it helps experts understand how consumers are guided in their decision making about “healthy” food choices. Dr. Wansic from Cornell also found that when he interviewed a group from another culture they exhibited internal food cues to tell them they were finished eating, while those from the Chicago area had external food cues. For example, when asked: “How do you know when you are done eating?” The Peruvian's responded that they are no longer hungry or their food no longer tastes good. When he asked the same question to people from Chicago, they responded with “my plate is empty” or “my TV show was over.” Dr. Wansic explained that Americans in the Chicago area have very weak internal cues to food. We need to do a better job when it comes to listening to our bodies and give our bodies time to tell us when we need to stop eating. By eating in front of the TV, we are distracted from our biological cues and it sets us up for consuming more than we bargained for.

I am very excited about this documentary and I am anticipating its release in 2014! Stay tuned.
For more information visit: <http://carbloaded.com/>

-Tricia Foley, MS, RD



FIGURE 1 Candy bar appearing alongside a green versus red calorie label from Study 1. Study 2 employed nearly identical images except that the red-colored field of the calorie label was replaced with white (color figure available online).

This is the same bar, yet people perceive the green labeled bar to be healthier than the one with the red label.

Recipe of the Month:

Artichoke and Egg Spread:

1 (14 ounce) can of artichoke hearts,
Drained and chopped
3/4 C mayo
6 hard boiled eggs, (3 chopped)
1/2 tsp curry powder
Salt and pepper to taste



Cut 3 of your hard boiled eggs in half and remove yolk.
Combine artichoke hearts, mayo, seasoning
and 3 whole eggs as well as 3 additional yolks in a bowl until well mixed.
Scoop a few tbsp each of the mixture into the hard boiled egg white halves
to make “devilled eggs”, enjoy! Garnish with paprika and/or spinach leaves as desired.

Makes 6 servings (~ 1 ounce protein per serving)