

# May Weighing In 2014

## Living a Life Full of Compromise.

During this past month multiple patients have come into the office with many different reasons why they have gained back some of their weight. Many of them have lost their way on what it means to stay the course. They jump from one idea to the next looking for the next successful weight loss food while they watch Dr. Oz recommend the next best pill for weight loss. Then they look in the mirror or stand on the scale every morning to find out whether they've done well or not. This is the only way for some people to feel happy to discover they've even lost a pound. But following the scale like this only hurts them physically emotionally and psychologically. One patient came to the office after deciding that drinking a Blizzard on Saturday would not cause her any difficulty. She came in at 178 pounds but needed to weigh 135 pounds. This is her second time that she's tried to lose weight. The Blizzard alone caused her to gain about six pounds. I asked her why she felt she could indulge in a Blizzard from Dairy Queen and not gain any weight. All she said was, "But everybody else in the car ordered one, so I did too." She compromised herself as she has in the past. She allowed herself the fleeting joy of the moment to tragically cause her to fail soon thereafter. What's the purpose when you have a goal to lose weight?

So what does it mean to compromise yourself in your weight loss goals? The small, subtle little things that you do that you do not think will have any bearing on your weight loss will adversely affect you. Patients that are insulin resistant and carbohydrate intolerant do themselves a huge injustice by not paying attention to what they put in their mouths.

We have some patients that have been here for over a year. They keep returning because they think magically one day all of the weight will just disappear. They find themselves up five pounds, and then down three pounds. Next week they are up four pounds and the following week down three pounds. What are they accomplishing by compromising themselves this way!?

What leads to these feelings of helplessness and powerlessness when it comes to controlling your food intake? Studies have shown that certain foods dubbed "highly palatable foods" can produce similar addictive behaviors that make the brain compromise in areas that you really don't want to. These highly palatable foods trigger pleasures in the brain. They include processed high salt and high fat food, high sugar foods and other carbohydrates. They stimulate the addiction center and addiction brings a sense of joy and excitement in life. However, there's a difference between an activity being truly pleasurable and an addictive behavior. This difference lies in the brain's reaction. Different parts of your brain work together to sense stimuli, control your actions, and tell us when something is needed for more pleasure.

As I previously mentioned in past articles for the newsletter, dopamine is a neurotransmitter that is released in the response to pleasurable stimuli from eating certain sugary foods, consuming drugs and alcohol. The pleasurable feelings that result from the release of dopamine serve to reinforce our behavior. That's why the girl indulged in the Blizzard when all the friends were saying to have one. Consuming sugary products increases the dopaminergic release which causes us to seek more of the same experience. We just want more of the same, and weight gain follows.

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Compromising is commonly associated with other areas of our lives. We mean to exercise for example, but we don't follow through. With every good intention in the world, we know that exercise would be good for us, but we find an excuse to do something else. We even set our clock to get up early but then turn it off. These are all compromises that keep us from our goals. Don't lose sight of the big picture because of a slip you made. Suffering from discouragement might be a training ground for your maturity to finish the course that you started. It develops your patience and makes the final victory feel so sweet. Your disappointment in yourself can be God's appointment for you to do the best exercise there is--- to touch the floor with your knees every morning. That is one of the best exercises for your soul in your quest to permanently lose weight. As you well know, prayer changes things. After prayers, Peter preached one sermon on Pentecost day that changed the lives of 3000 people!

Losing your weight means staying in control of your flesh. Do not give into those little temptations that compromise your efforts. They will adversely affect you for the rest of the month. There are many of these that can easily trap you if you're not careful. The Ritz cracker, for example, that you don't think won't bother you does lower certain enzymes in your liver that help you lose weight.

Our goal is to see you finish what you started and to have you succeed in every other aspect of your life because you brought yourself into submission and you decided never to compromise with your health ever again.

Blessings to all,  
Chuck Shaffer M.D.

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### **Recipe of the Month:**

#### Chicken and Zucchini Poppers

#### **Ingredients:**

1 lb ground chicken breast  
2 C grated zucchini  
2-3 green onions, sliced  
3-4 tbsp cilantro, minced  
1 clove garlic  
1 tsp salt  
3/4 tsp cumin  
Olive oil for cooking



**Directions:** Toss chicken with zucchini, green onion, cilantro, garlic, cumin, salt and pepper. Heat a drizzle of olive oil in a medium pan over medium heat. Use a small scoop to place meatballs into the pan. Cook 8-10 at a time for about 5-6 minutes on the first side. Flip and cook an additional 4-5 minutes or until golden brown and the center is cooked through. Make 4 servings.

## Where's the Fruit?

Recently I've noticed that something has been missing from many patients regular dietary intake, fruit! It's all the buzz lately in the office, "fruit was making me gain so I stopped eating it". There is certainly some truth to this however; forgoing fruit completely is not the answer either. Let me explain. Just like there is a glycemic index, there is also a fructose index. Although all the fruits allowed on our program are low glycemic, not all of them are low on the fructose index. We have found that some patients, especially those with insulin resistance may have a more difficult time losing weight when eating fruits high on the fructose index on a regular basis. The fruit that tends to be the primary culprit for these patients is apples and sometimes grapes.

The unfortunate thing is that patients often think that if apples make their weight stall than all other fruit will too. This is not the case and can be detrimental. Remember, our primary goal at the Weigh Station is to make you healthy through weight loss not just to make you lose weight and be malnourished. Fruits supply our bodies with powerful antioxidants that are anti-inflammatory and can help prevent diseases like cancer, diabetes, heart disease and fight obesity! Not only that, fruits provide fiber which is much needed when following a diet without starches, otherwise constipation will settle in which is not good either. Omitting fruit from the diet completely can be damaging to your health and your overall weight loss efforts!

The program book recommends up to four "approved" fruit servings per day. I will say from time to time our staff has recommended cutting out the fruit for certain patients; however, I can assure you that this is a short term recommendation. Sometimes it's easier to get back on track when things are cut out completely but that doesn't mean you should cut out fruit forever. If you have heard this from our staff please make it a point to follow up with them. If you had been eating the same fruit over and over without results or multiple fruit servings per day, maybe the solution would be simply giving fruit a break for a week or two and then reincorporating one with lower fructose content less often. If you have found that you are sensitive to fructose, try cutting your fruit servings back to one to two per day (depending on how many you were already consuming) and choosing from strawberries, peaches or blueberries instead of apples, grapes and oranges.

Talk to the doctor or dietitian if you have questions or concerns. Remember, everyone is different! What works for one person may not work for the next. It's our job to find what works for you and work with you to make it a long term change to good health!

-Tricia Foley, MS, RD, CLT