

September Weighing In 2015

The Forgotten Disciple of Discipline

I'm sitting here reviewing the chart of a patient with three volumes on my desk. This particular patient has struggled for the past five years to get the weight under control. The starting point was 316 pounds. We worked together to get that to 212 pounds. Then the cycling started between 212 and 250 pounds. Appointments stopped for a few months and then started back up. But then the cycling starts all over again. As I read through this chart, I see notations, "...went to a wedding and had three pieces of cake." "...went to a picnic and drank two Cokes." "...went out to eat with family and friends and couldn't keep hands out of the French fries." And I wonder, "Where is the self-discipline here?"

The attitude of being disciplined---you can accomplish nothing without it. Some of you have succeeded in obtaining job promotions, higher degrees, or an improved work environment. You had to be disciplined to succeed. Why is it then that you don't apply the same self-discipline to the way you eat?

Discipline is the key to power. No one can become who they want to be without self-discipline. The advantage that men and women have with disciplined lives is that they will achieve greater goals. But many patients have developed lifelong patterns of running away from trials and of avoiding difficult situations or people. They seek the easy way out. Then there are those that just give up when things get rough. There are also patients that are just restless or that live unstable lives. There may be other causes, but somewhere behind all of them is a fundamental need to become disciplined.

Discipline is a mark of maturity. We must discipline ourselves in many areas of our daily lives. The disciplined person picks up his clothes, whereas the undisciplined person leaves them lying around. The disciplined person is one who wipes out the sink that is used. The other one leaves it dirty for someone else to clean up. The disciplined person plans his work and plans his day. The other one works haphazardly. One is punctual, keeps his appointments and is never late. The other is always late. One is always on time for meetings. The other one is never on time. The difference in these cases is not one of character, but one of habit---habit built on self-discipline.

We must develop the self-discipline to master our mood swings. A certain amount of swings in our lives is unavoidable. As long as we are in the flesh, we sometimes will fail at our work or in our relationships. Emotional weariness can bring on a cloud of discouragement quite easily. But you can develop the self-discipline to ensure that your moods don't hinder your work or your relationships ---or your manner of eating.

A truly disciplined person is wise enough to order his priorities. Discipline is required to organize the day by day problems in order of what is of great importance and what is of less importance. We also must look and see what is clamoring for our attention and what is stealing our time. Making the right choice here must become the rule. You cannot do everything you want to do, so you must prioritize. You can't read every book you want to read; you can't see every show you want to see; and you can't take every trip you want to take. It's all a matter of choosing your priorities.

Inside this issue:

Pg 1-2 The Forgotten Disciple...

Pg 2: Chicken and Asparagus Lemon Stir Fry

Pg 3: Piggyback Your Pills

So how do I become a disciplined person when it comes to eating habits? First of all, you must reinforce the motivation of why you started to lose weight? Ask yourself, "Did I do it for my health, my appearance or for somebody else? Then tackle each of your problems individually. If it is your sweet tooth craving for the sugar, ask for help in overcoming that craving. We can teach you how to control that. If it's the volume of food you are battling, then start with weighing and measuring what you put into your mouth. Tackle each difficult task promptly. Do not let it get ahead of you. One of the best exercises for developing self-discipline here is the 'push-away exercise.' You got it—just push yourself away from the table when your meal is over.

Many people shorten their lives by not taking control of what they put in their mouths. The apostle Paul said, "All things are lawful for me, but I will not be mastered by anything" Don't let food master you. Food is for the stomach, and the stomach is for food, but God will "...one day do away with both of them... The body is for the Lord. (1 Corinthians 6:12-13.)

In learning to be a disciple of discipline, you can change the course of the rest of your life. Cultivate an attitude of sincere gratitude for all the people that correct you when helping you to develop discipline over what and how much you eat. Bu allowing yourself to be offended when corrected, you show signs of immaturity. But by being willing to learn from those trying to help you, you show signs of maturity and growth.

So this week as you look at what you're about to ingest, remember that everything you eat has consequences if you're not disciplined in your choices.

Blessings to all
Chuck Shaffer MD

Chicken and Asparagus Lemon Stir Fry

Adapted from Skinnytaste.com
Servings: 4 (1 1/4 cups /serving)

Ingredients:

1 1/2 pounds skinless chicken breast, cut into 1-inch cubes
Kosher salt, to taste
1/2 cup chicken broth
2 tablespoons soy sauce
1 tbsp coconut oil, divided
1 bunch asparagus, ends trimmed, cut into 2-inch pieces
6 cloves garlic, chopped
1 tbsp fresh ginger
2 tablespoons fresh lemon juice
fresh black pepper, to taste

Directions:

Lightly season the chicken with salt. In a small bowl, combine chicken broth and soy sauce. Heat a large non-stick wok over medium-high heat, when hot add 1 teaspoon of the oil, then add the asparagus and cook until tender-crisp, about 3 to 4 minutes. Add the garlic and ginger and cook until golden, about 1 minute. Set aside.

Increase the heat to high, then add 1 teaspoon of oil and half of the chicken and cook until browned and cooked through, about 4 minutes on each side. Remove and set aside and repeat with the remaining oil and chicken. Set aside.

Add the soy sauce mixture; bring to a boil and cook about 1-1/2 minutes. Add lemon juice and stir well, when it simmers return the chicken and asparagus to the wok and mix well, remove from heat and serve.

Piggyback Your Pills!

With the initiation of our new lipotropic tablets, you may be feeling the pill burden. Calcium Pyruvate, Cell Press (or Phentremine) and now this? How will I ever remember to take all of my pills??? This article is for you!

"No behavior happens without a trigger," whether it is a memory, a written note, a time of day or another behavior, says BJ Fogg. Fogg is a behavior scientist who works at Stanford University. When you intentionally anchor a new behavior to an old one, he says, you choose the trigger.

Fogg and other experts take this advice seriously and apply it to their daily lives. For example, Fogg does push-ups after he uses the bathroom! "This morning, I did a set of 10 and a set of 20," he says. The key to his method is that he starts small. He actually calls these "tiny habits". He started his bathroom/pushup regimen with just a single push-up and it grew from there.

Wendy Wood, a professor of psychology and business at the University of Southern California, does her "boring" physical therapy exercises each night as she sits down to watch TV. Studies shows that "people who are successful at adopting new behaviors are those who piggyback, or tie it to something they are already doing," she says.

James Clear, a writer and speaker on habit formation, meditates for 60 seconds each morning after brewing his coffee. While one minute of mental maintenance doesn't seem like much, "the cumulative effect can be very big" he says.

The key is to keep things simple! Don't try to piggyback multiple new habits on old ones. Think about individual triggers for each new habit you want to adopt. That will decrease the amount of will-power you use and keeps the mental link between the old and new habits fresh.

Some additional tips for making habit-stacking work:

- **Start by looking at your existing routine**, finding the things you do every day — such as brushing your teeth, taking a shower, doing the dinner dishes or closing your laptop at the end of a workday. Those are your potential anchors or triggers.
- **Be specific.** Plans to "drink more water" and "eat more broccoli a day" probably won't work. Plans to take a sip of water every time you hang up the phone and eat a bite of broccoli after doing the dishes are better (just make sure you have a bottle of water at your desk and some broccoli in your kitchen).
- **Start small.** One new habit at a time!
- **Pick new habits you really want to adopt.** Even a strong trigger won't work if you really don't want to take the pills ;)

Adapted from : <http://www.usatoday.com/story/life/2015/08/13/health-habit-stacking/30998265/>