



# Weighing In Newsletter

## September 2011

### The Prodigal Weight Loss Patient

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As I sit down to write September's newsletter article, I look at questions I received this past month and am reminded we have heard often of those wishing to return to the program. It seems that they feel ashamed and embarrassed to return. If this was you, thank you for trusting us and returning. If you need to restart but are hesitating, please return.

We welcome people who want to restart. Just because you regain some of your weight doesn't mean you won't be able to lose it and maybe more this time. I'm reminded of the story of the prodigal son in the Bible where the father was joyous to see his son return: **“Hurry and bring the best clothes and put them on him. Get the best calf and prepare it, so we can eat and celebrate. He was lost and has now been found.”** We want to welcome everyone back who needs help just as this father welcomed back his son. We want to celebrate more victories in your health with you. We want to say thank you for choosing us to help you in your weight-loss journey. Some patients have to start more than 3 times to finally get accustomed to losing weight and keeping it off. We are here to help and support you.

You should know that some of our most successful patients are in this category. Many started 2-3 times before reaching their goal weight and staying there for more than 4 years. The changes they finally made have stuck and they are now part of their life. These are life-changing and can be part of your life too. Just don't be afraid to ask for help again and definitely don't quit.

Recently I saw a woman who has reached her goal again. I was reminded of when she returned to see us the second or third time. She felt like the prodigal daughter. She had even tried other programs while she had been away from us and did not lose weight. The look of remorse on her face and how she stated she felt about herself made us both emotional. Initially, she had done well and lost >130 pounds but then stopped coming and gained back more than half of that weight. When I asked her about the stress factors that made her eat, she replied that it was her dysfunctional family and feeling constantly harassed by her family about her weight. So she just decided she would show them and gain back even more weight if losing 130 pounds was not enough for them. This kind of “reverse thinking” occurs during times of high stress and works against all the good efforts that helped weight loss in the first place. She had to learn that the only person she was hurting was herself. Once she had this insight, she returned to a place where she was supported and encouraged. This made us all feel like the prodigal's father. Now, with kindness and nurturing, she blossomed and lost to her previous goal weight (and 14 pounds more). She has felt more alive, more in control, and has developed a deeper understanding of the triggers that cause her to gain weight. Everyone has triggers and many people we see have multiple stressors that can cause weight to slowly (or even rapidly) return. We want to welcome you back with open arms when you need us. As this woman has returned, so can you—even if it takes 2 or 3 (or 6) times to make the changes in your health stick.

Let me tell you about someone else who was able to recognize his own triggers regarding comfort foods. When I was trying to lose my own weight and keep it under control, I constantly found myself opening cabinets when I was worrying about my family. So, I placed a 3x5 card on the cabinet and refrigerator doors that said “Chuck, why are you here?”. It made me stop eating and turn to prayer to help me deal with the stress. I was able to lose weight by knowing my triggers.

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Many have the trigger of feeling alone that causes them to gain weight. Do not forget the "Sharing the Journey" meetings. They are wonderful support and inspiration. You can find information on the Weigh Station Winners page or ask the office staff about these meetings. We want you to have continued success so please come to us with questions and praises. Let us celebrate with you!!

God bless- Chuck Shaffer M.D.

## **Stage 2 Recipe of the Month: Roasted Salmon and Cauliflower:**

Makes 4 servings

Ingredients:

2 small red onions, cut into wedges

1 small head of cauliflower, cored and sliced 1/4 inch thick

2 tbsp olive oil

Salt and pepper to taste

1 16 ounce salmon fillet

1/2 tsp curry powder



Directions:

Heat oven to 425. Divide onions and cauliflower between two large rimmed baking sheets. Toss each with 1 tbsp oil and 1/4 tsp salt and pepper and roast for 20 minutes. Season salmon with curry and salt and pepper. Nestle it among vegetables on one of the baking sheets. Continue roasting both pans until the salmon is flaky, 12-15 minutes. Transfer the salmon and veggies to plate Enjoy!

# Coconut oil = Good Energy

When you hear the word fat a negative connotation normally comes to mind. This however should not always be the case! Just like carbs, not all fats are created equal. There are four major kinds of fats: Monounsaturated, Polyunsaturated, Saturated and Trans fats. Of these four come subcategories. Without going into too much detail, coconut oil is a subcategory of Saturated fat. You may have heard that saturated fats are bad for your heart, however new research is uncovering information on different kinds of saturated fats and not all are bad!



Coconut oil, although saturated is not from an animal source and therefore is healthier than other saturated fats that are found in foods like red meat. Unlike some saturated fats that are stored, coconut oil is burned as fuel and cleans out the bad stored fats. It also has a high smoke point making it a perfect choice for cooking at high temps!

There are two major categories of saturated fats, Long chain and Medium/Short Chain. Long chain saturated fats (LCSF) are the second most harmful next to trans fats (hydrogenated oils). These fats target the small intestine where they become toxic, from there they travel through the veins and arteries creating storage and in some cases blockages. They do this by raising LDL (lousy cholesterol) which we know is harmful to our health. Examples of these fats include, palm oil, cottonseed oil, beef, pork and dairy fats.

Medium and Short Chain Saturated fats (MCSF & SCSF) are a different story. Saturated fat is vital to health but you want the right kind. MCSF and SCSF are absorbed directly by the liver where they become immediately available to the body and are sent out as a source of energy. These fats are unlikely to cause stored weight gain because they are digested quickly and used for energy. Coconut oil is about 50% MCSF and 50% SCSF. It is composed of lauric acid which helps the body fight infections such as bacterial, yeast and fungal. It is also anti viral and can benefit those with immune disorders. Lauric acid has also been found, like omega 3 fats to increase metabolism. It is also great for the skin and hair health.

Although olive oil is a very healthy fat, it should not be used for high temperature cooking since it will oxidize and lose its health benefit. So next time you are sautéing, give coconut oil a try! It's got a great flavor and is good for your health.

Cheers,

Tricia Foley, MS, RD

## Evoking Your Relaxation Response

Last month we took a look at what stresses you out, how you respond to stress and what you can do to change how you respond to your stress. This month I would like to discuss techniques designed to relieve your body's natural response to stress.

One of the best stress relief methods I have tried involves inducing a state of deep relaxation. Don't worry if you can't get it the first few times, the benefit comes from trying, not succeeding.

Step one: Sit quietly in a comfortable position with your eyes closed. Be somewhere that is distraction free and do not lie down.

Step two: Starting at your feet, relax your muscles one "section" at a time (feet, lower legs, upper legs, ect.) keeping them relaxed as you progress and ending with your face.

Step three: With eyes closed, breathe in through your nose and out your mouth. Be conscious of your breathing and mentally say the word "cup" as you breathe out (You may chose any word as long as it has little meaning.) Keep your breathing as natural as possible.

Step four: Maintain your relaxed posture while breathing and saying "cup" for 15-20 minutes. You may open your eyes to check the time but do not use an alarm. Once your time has passed, do not immediately stand. Instead sit quietly for a few minutes.

For those of you with high stress levels, try this a couple times each day. Don't focus on whether you accomplished full relaxation. Instead, allow your relaxation to occur. If you find yourself having distracting thoughts, focus on saying "cup" and let them go.

Another great form of stress relief is exercise. It doesn't matter what type of exercise or how long. It only matters that it fits you and is challenging enough to allow you to focus on what you are doing at that moment. Exercising will increase your endorphin levels. These are your "feel good" neurotransmitters and help you feel better about yourself. It will also help you sleep and improve self-confidence, both of which are important factors when it comes to relieving stress.

Don't allow stress to rule your life. You can take control!  
Javan Baldwin HFS

### **3 Great reasons to visit our website!**

Visit [www.weighstation.net](http://www.weighstation.net) to view healthy, stage 2 friendly recipes. These are updated weekly so visit often!

Did you miss a newsletter? No problem, all of our newsletters are archived on our website!

Have a question for the Dietitian or Fitness Trainer? You can email us from our website too!