

March Weighing In 2016

I Want to Eat Cake, Donuts, and Chocolate

This has truly been an emotional month for me both professionally and personally. I've had some people leave the weigh station program because they said that they wanted to eat everything we've told them not to. One lady said that she was utterly bored with the food choices. When I reviewed with her over just ten recipes, she admitted that she hadn't even tried one. She just wanted to eat cake and donuts and chocolate and beans! The drive to satisfy her addiction was more than she could tolerate. So she's decided to go back to a program that allowed her to eat cake donuts and chocolate. Sadly, this patient had lost 67 pounds here.

Whenever you give in to your addiction, you're firing up the neuro- centers of your brain to make you want more of the same. That's why it's called addiction. In all the years we have helped people through the program at the weigh station, we have seen multiple times the same patients who fail over and over again for the same reason---they are not willing to change. Without a willingness to change, there will be no success.

In a recent development in obesity medicine at The Scripps Institute in Jolla, California, it was demonstrated that insulin and insulin-like growth factors would prompt otherwise benign tumors to metastasize and migrate through the bloodstream to secondary sites. Cancer researchers who studied insulin growth factor found that they are the molecules that initiate cancer. They work to keep the cells alive by multiplying into metastasis. Such transformation requires chronically high levels of insulin and insulin growth factor which is increased by a diet of high carbohydrates and sugars.

Everyone's situation is different, but going back to your old eating habits is not the answer to your weight and health problems. If you're having trouble following what we're asking you to do, you need to let us help you. The evidence is overwhelming that a low carbohydrate diet helps maintain your weight. Learning how to eat for yourself, with all the tools that we give you at the Weigh Station, should be enough to make people successful.

However, over the years, this has not proven to be the case. The power of "what I want" and "I want it now", along with the drive-through mentality has derailed many people causing them to gain their weight back probably more than any other reason. Some folks just never get it. They come for a while, do well, but then for some reason choose to return to their old habits. Many of these patients have insulin high levels which drive them to want to eat more carbohydrates and sugars.

If you have alcohol in your lineage, there is a strong desire to acquire the food groups that you can make alcohol from. Some patients are amazed that we can now just look at their body type (habitus) and make that diagnosis. You would think that diagnosing them just through conversation and looking at their body habitus would be enough to make them want to follow the program to the letter, but sadly it's not. The power of addiction to their old habits comes back to make them fail again and again.

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The glycemic index of carbohydrate foods shows the rapidity of which carbohydrates are digested and absorbed. The influence of appetite and energy intake indications from the literature shows foods with low glycemic indexes have been found to be more satiating than foods with high indexes. To promote a higher consumption of low glycemic foods, patients will continue to eat over and over again, trying to maintain their satiety.

Many patients use carbohydrates and sugars to retain their satiety. So, let's review a little bit. Sugars – sucrose or high fructose corn syrup specifically---are harmful, because the combination of fructose and glucose together elevates insulin levels while overloading the liver with carbohydrates. The direct effect of insulin and blood sugar, refined carbohydrates, starches, and sugars are the dietary cause of coronary artery disease and diabetes. We all know that recently the most likely dietary causes of cancer, Alzheimer's disease and other chronic illnesses of the civilized world have been related to blood sugar and insulin. Insulin is the primary regulator of fat storage. When insulin levels are elevated either chronically or after a meal, we accumulate fat in the fat tissues. When insulin levels fall, they release fat from our fat tissue, store it, and we use it as fuel, thereby stimulating insulin secretion. Carbohydrates make us fat and contribute to obesity. The fewer carbs you consume, the leaner you will be.

Hopefully, that brief overview will make you understand why we are so strict. What we're trying to do is make you lose your weight and keep it off for life. I found the more I discuss the educational aspects of obesity, the better patients respond. To give you some more insight, in a study done by NIH, they looked at the typical American diet today. It included

140-250 pounds of sugar and high fructose corn syrup a year, nearly 250 pounds of flour and grain, 130 pounds of potatoes, 27 pounds of corn. And you wonder why America has a problem with obesity.

So the next time you want to eat cake, donuts and chocolate, remember you're dealing with addiction! You can succeed only if you understand why you do what you do and how to correct the problem and maintain a new lifestyle.

As a side note for all of you that read these newsletters that are family, friends, and patients, I want to thank you for the cards and sympathy you sent our way during the recent loss of my granddaughter, Omara Rose Paradiso. You never know how many people love you tell something like this happens. My heart has been overjoyed with the outpouring of love towards my family. It gives me reasons to continue to do what we do here knowing we have been a blessing to many.

I leave you with this quote from the Scriptures, Proverbs 3:5: Trust in the Lord with all your heart and lean not unto your understanding. In all your ways acknowledge Him; he shall set your paths straight.

Now go out and do what you know to do and lose your weight. We're here if you need us.

Blessings,

Chuck Shaffer MD

Blessings

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Sausage and Cabbage:

Ingredients:

2 lbs Kielbasa, fully cooked

3 cloves garlic

1 head cabbage

1 large onion, chopped

1.5 tbsp grainy mustard

Black pepper and salt to taste

1 tbsp olive oil

2 tsp rice wine vinegar

1. Heat olive oil in a large nonstick sauté pan over medium-high and add kielbasa. Cook, without stirring for 1 minute. Then stir occasionally for about 3 minutes. Transfer to a plate with a slotted spoon.
2. In the same pan with some of the rendered kielbasa fat, add the cabbage, onion, garlic, salt, and pepper. Stir to combine and cook for about 10 minutes, stirring occasionally.
3. Mix in the vinegar and mustard; add the sausage back to the pan and cook for another 2 minutes to heat through. Taste and adjust seasoning, if necessary.

It's not About the Scale

Have you ever bought something on a whim? That shiny something that catches your eye and you just can't pass up? How did it make you feel? If you didn't get it did it ruin your day? Fast forward a few years, how does that something make you feel now? Is it sitting on a shelf, dusty and forgotten about? Do you now regret your purchase? Are you in financial pinch because of it?

This "I want it now" mentality is often carried over to weight loss. We step on the scale almost shopping for a certain number and if we don't get it we are discouraged and want to quit. What is it that allows us to focus so hard on one single element? Weight loss is so much more than a number on the scale, it's a journey.

Tempting you with a crash diet only to give you the number you desire on the scale instantly would result in throwing your money down the drain at simply instant gratification. We want so much more than this for you. The focus at the Weigh Station is not the number on the scale; rather you're new found ability to learn how to eat right and not be tempted by your old eating habits. This and only this will ultimately lead you to your goal and the ability to see the number you wish to have forever!

Don't let the dust settle on your goals; make it a point to stay the course. The things you practice in the beginning like weighing and measuring your foods will not become habit if you lack commitment. Remember what it was like when you first started the program. You were probably excited, motivated and willing to do everything by the book. It's funny; there is something about the newness of things that makes us act differently. Whether it is a new outfit, car or in this case diet we get excited! After awhile, however the excitement wears off. This is normally seen about 4 to 6 weeks into our program. The newness is gone and our old habits try to creep back in. Don't let this happen, schedule and keep your appointments, read your book, measure your foods and ask our staff for help if needed! We want you to succeed. Remember, life's greatest accomplishments are never bought and do not happen overnight.

Blessings, Tricia Foley, MS, RD