

November 2017

WEIGHING IN NEWSLETTER

Leaving a Legacy to Remember

Can you believe it's already November? November is one of my favorite months because of Thanksgiving, the holidays are now coming upon us. I remember how I looked forward to Thanksgiving because all of the family would be together. My parents always made it unique, and I have tried to do the same with my own family.

It's not about the food you eat, it's about the relationships you have. It's about the family or friend you might see again at the table. Family and friends are precious, and so is each life. You want to live a life that's remembered as a great legacy.

We've had a lot of restarts this past couple months. As I question these people, what impresses me more than anything is their ability to come back and restart the program. While we all have different journeys, what I don't wish is for someone's previous failures to become their legacy. I want patients to be successful. Remember, we will do all we can to help you be successful!

Every person wants to leave a good legacy with honor, integrity, and self-worth. Many people fighting their weight wish to be remembered as an average sized person, not as an obese mother, father, sister or brother. I was impressed by some of the people I saw in February talking about how they wanted their children to remember them. Whether they knew it or not, what they were talking about was legacy.

Josh McDowell, a famous Christian author, states that his father abused his mother because of her obesity for many years. His father was also an alcoholic. His mother could never get a handle on her obesity. So it plagued her all of her life till the day she died. She left a legacy as a very loving caring mother but lived a miserable existence. What legacy do you want for your children or grandchildren to remember? I'm sure it's not one surrounding weight struggles or any other struggle you face in your life.

A lady came to the office this week and had written across the front of her booklet "I'm a failure". She wasn't a failure, unfortunately she just felt like one. Once again her addiction had caught up with her. She was building a legacy of addiction, a legacy of failure without realizing it. The longer I talked to her, the greater she realized the small things that were causing her to fail. After a while, she left with a new awareness of what she was doing wrong and a new commitment to do it right! What more can we ask for? Starting over is not a failure, I have said that 1000 times I know in the last the eleven years!

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Scripture says that God is our Father; He's telling us that our emotional needs can be met by him. This is where our role as Christians become so important. There are no perfect earthly mothers, fathers, sisters, or brothers. It is critical that we understand the impact our relationship with our children, grandchildren and one another and our relationship with God.

Some may find it hard to get excited about the scriptural descriptions of God as the Father because we had imperfect mothers and fathers through what we experienced on this earth. Some remember a father that was too wrapped up in his job, his buddies and his hobbies to provide much support or affirmation. This is even worse if you are a female and your father commented to you about your obesity. In some women, I found it works in reverse, and they only eat more. It becomes the "I will show you attitude."

Children can tend to transpose father/mother's experiences when they think of God. {Especially the father's aspect}. Harold S. Hubert said, "children need love, especially when they don't deserve it." Sounds much like most of us. Sounds like grace to me.

Over the years I've talked to many people who desperately wanted approval from their fathers and mothers. We all want somebody to believe in us. We all want someone to extort us for doing well. We like to get noticed for accomplishments. We all want gifts of affirmation, that's why we have you come back on a week to week basis. Holding you accountable, lifting you up when you seem down, and giving you a pat on the back when you have done well!

Many years ago I read a story by Ernest Hemingway called "The Capital of the World." Hemingway told the story of a father and his teenage son. The son had sinned against his father and in his shame ran away from home much as the prodigal son did in the Scriptures. The father searched all over Spain for him but still could not find the boy. Finally, in the city of Madrid, and the last desperate attempt to find his son, the father placed an ad in the daily newspaper. In the ad read: "Paco meet at Hotel Montana noon Tuesday All Is Forgiven Papa" father prayed that maybe the boy would see the ad and just maybe- just maybe he would come to the Hotel Montana.

On Tuesday at noon, the father in Ernest Hemingway story arrived at the hotel Montana, and he could not believe his eyes. A squadron of police officers had been called out to keep order among the eight hundred young boys named "Paco" who would come to meet their father in front of the hotel Montana. Eight hundred boys named "Paco" read the ad in the newspaper and hoped it was for them. Eight hundred "Pacos" came to receive forgiveness they so desperately needed.

Do you need approval? Some of you are struggling with your weight and some are not forgiving themselves for their weight gain. Do you continually beat yourself up for any pound you may add or subtract? You need just to walk it out, you can make it work, and you can be successful!

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Realize we are here to bless you in any way we possibly can; to help you leave the legacy that you'll be proud of by being able to say; "My dad, mom, my brother or sister had a weight problem, but they went to a clinic and got the help they needed. They overcame their addiction, they overcame their emotional eating, and they defeated the bitterness that ate at their heart that causes them to eat poorly, they left a legacy of success by being an over comer!"

Yet, in all these things we are more than conquerors through him who loved us. Rom 8:37

What a joyous occasion it will be for all of you to move into maintenance because you have reached your goal, you have succeeded in your journey!

Once we have moved you to maintenance, and you see where you were and where you are now ...you have just left a great legacy.... Be proud of your accomplishments thus far. Don't walk around with a negative attitude; don't write in a book of failure. Write in big bold letters on your book "**I will succeed**".... The staff and I are here to assist you in any way possible. I leave you with this parting thought, the Bible says "No weapon formed against you shall prosper, and anything that would rise up against you will be put down.." Stay focused. Leave a legacy that your family will be proud of. There's no need to fight your weight over and over, we have the answer and we will help you.

You can find a thanksgiving menu on our website and we will be sending it out via email, have a blessed Thanksgiving holiday!

-Dr. Shaffer



*Find our Thanksgiving Menu on
our website:*

*[http://www.weighstation.net/
thanksgiving-menu/](http://www.weighstation.net/thanksgiving-menu/)*

The Down Low on Vitamin B Complex:

Many of our patients ask why they need to take the “stinky pills” that they get weekly. They want to know what the Lipotropic tablets are and why it's important to take them. The "stinky pills" (or Lipotropic tablets) are actually vitamin B complex (with a little vitamin C). B vitamins are water soluble vitamins that your body needs in small amounts. These vitamins include thiamin, riboflavin, niacin, pantothenic acid, folate, vitamins B-6, B-12 and biotin.

Since B vitamins are water-soluble, they aren't stored in the body and therefore individuals need to take them on a regular basis. They are important to weight loss because they assist in metabolizing carbs, protein and fat by converting these nutrients to energy. This means that they are key to a healthy metabolism.

Vitamin B-12:

The main reason we recommend B-12 is because it helps your body convert the food you eat into energy. It is also needed to make DNA and red blood cells. A 2013 study found an association between overweight and obesity and B-12 deficiency. More research is necessary to better understand this association and it's not known if getting more B-12 makes you lose weight but the research is promising.

Naturally, B-12 is found in animal foods such as fish, chicken, and beef. Severe vitamin B12 deficiency can lead to anemia and is more commonly seen in those who are vegetarian or vegan, and those who have had some type of stomach surgery (such as weight loss surgery).

Some weight loss clinics give patients B12 shots claiming that the vitamin itself causes weight loss. Although this practice is not completely misguided, vitamin B12 shots or pills do not directly cause weight loss. Instead, B12 plays a role in how your body uses calories. Vitamin B12 may support energy production by helping the body convert food into energy. More energy will hopefully result in more exercise and greater motivation which will lead to safe and healthy weight control.

Thiamine (B-1):

An association also exists between thiamine deficiency and obesity. A 2015 study published in *Advances in Nutrition* found that 15 to 29 percent of those who were seeking bariatric surgery were deficient in thiamine. Colorado State University explains that thiamine plays an important role in helping to normalize appetite.

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Niacin:

According to a 2015 article published in the World Journal of Diabetes, obesity increases the breakdown of niacin. Making sure you meet your daily niacin needs may be even more important when you're carrying extra weight. Like other B vitamins, niacin helps the body absorb energy and nutrients from food, and promotes a normal appetite. It's also important for skin and nerve health, and for digestive health.

Inositol:

The most important way that Inositol promotes weight loss is by improving how our cells respond to the hormone insulin.

Inositol plays an important part in the so-called insulin signaling pathway and it has been shown to help with insulin resistance. In fact, many people who suffer from insulin resistance have been found to be deficient in Inositol.

When we are insulin resistant, our cells don't respond like they should to circulating insulin. As a result, glucose in our blood is stored as fat, instead of being used as fuels for our cells.

Most of the studies about Inositol and insulin resistance have been performed on patients with Polycystic Ovarian Syndrome (PCOS). A study in 2012, investigated Inositol in obese patients with PCOS. The results have shown that Inositol supplementation resulted in significant improvement in insulin sensitivity as well as in weight loss (decreased body mass index).

Inositol has also been studied in women with metabolic syndrome, where 12 month of supplementation caused major improvement in the markers of the syndrome, including glucose levels, triglycerides, total and high density lipoprotein cholesterol. However, in this study, Inositol didn't cause significant weight loss in Inositol group compared to the group of women that received placebo.

2016 an Italian study evaluated Inositol treatment for type 2 diabetes. Three months of Inositol supplementation caused a significant decrease in fasting blood glucose levels as well as HbA1c levels (HbA1c shows how successful is glycemic control over a 3 month period of time).

To Sum Up

Inositol may help you lose weight if you suffer from insulin resistance (you might have insulin resistance if you easily gain weight after eating simple carbs, such as bread and pasta made from white flour, sugar and sweets; or you can't lose weight even when following a low calorie diet). However, it doesn't work in all cases; studies suggest that it may work better for people who are obese than those who only need to lose a couple of pounds.

Inositol Decreases Emotional Overeating

Inositol has an important affect on our nervous system. It raises brain levels of the neurotransmitter serotonin. This chemical is involved in our mood and sense of well-being and happiness.

Through increasing serotonin levels, Inositol lifts mood and even helps with mental health issues, such as depression, OCD and anxiety. When we are generally feeling better, we find it easier to control emotional overeating and stay away from junk food which eventually results in healthy weight loss.

Getting your B vitamins in the diet:

Following a lower carb diet can make getting B vitamins more tricky but certainly not impossible. Although grains and beans are rich in B-vitamins there are plenty of other Weigh Station friendly foods that also supply a healthy dose including: Meat, eggs and leafy greens.

-Tricia Foley, MS, RD