

Let me pull off here...

# WEIGH STATION



By Dr. Justin Lindsey

So many changes at *The Weigh Station* over the past month. We have relocated to Roanoke, Judy retired, and Dr. Shaffer has been gracious enough to pass me the practice newsletter. I have deleted and retyped what to say so many times...I have lost count. What do we need to discuss? What needs to be conveyed to *The Weigh Station* family?

Dr. Shaffer provided some guidance and here we go.

I know accepting a new physician into your life is a choice, and I want to thank everyone for choosing us. Our current and new patients have been wonderful. The discussions have been intriguing, and I found many similarities in habits, food choices, stress, and other *reasons why we fail* between myself, and so many of you. You're not alone. Whether it is hiding from the mirror, or pulling into the *Cook Out* drive through after a stressful meeting/conversation/day, *about to make a poor food choice* (just to be stopped by your sister), I get it. Just like she was there for me, we are here for you. So when you find

yourself in those situations...just call, text or email and we can get through that moment so you can stay the course.

The theme of self sabotage has been set on repeat this week. With many patients getting close to their goal, I want everyone to be aware of this phenomenon because it can happen to all of us at any time, but if we are aware and expecting...we can use that awareness to circumvent a catastrophe before it happens. Low self esteem, emotional eating, assisted sabotage by *friends*, family and co-workers are the most common forms we see at TWS. *I can't*" *I'm stuck*, *I'll never make it* needs to be replaced with *I can*, *I will*. When the emotions kick in and we turn to food...you can replace that with a walk, a phone call, a book, or crafts.



Lastly, assisted sabotage and it comes in many forms...*you've lost too much weight, it's just a small bite, so and so made this for us, what is one cheat meal, you're no fun...* Friends, family and coworkers can't necessarily understand why we're doing what we're doing, they don't understand the commitment we've made to ourselves, and what we are trying to do for us, them, our partners, and children. A simple **No, thank you** goes a long way...and when they persist...just smile and walk away. Of course there are many other ways to handle these situations and I am always interested in hearing how you avoid self sabotage and assisted sabotage. So let me know what you do and I can make sure to share with others when they need it.

Another topic of conversation this month was multivitamins and other over the counter supplements. Several patients have had questions about what multivitamin to take, gummies vs this brand or that brand. After looking at many of these labels I noticed

several are compressed with sugar as an ingredient. It is amazing how our society just puts sugar in everything. I want to bring this to everyone's attention so y'all can make sure there is no added sugar in your brand of choice or prescribed supplements. To make it easier, I worked out a solution with our manufacturer of our Calcium Pyruvate and they have created a sugar free multivitamin for TWS, but any OTC that is sugar free is just fine too.

Well...I think that will do it for my first newsletter and I'll see you in the office soon.

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## Recipe of the Month!



### Roasted Red Pepper Soup

\* serves 6

- 2 tbsp olive oil
- 2 medium size onions, finely chopped
- 2 large green bell peppers, finely diced
- 6 large garlic cloves, minced
- 4 containers of prepared roasted red peppers (use liquid)
- 4 C vegetable broth
- 1/2 tsp pepper
- 1/2 tsp chili powder
- 1 tbsp fresh cilantro (optional)

#### Directions

Heat olive oil in a large pot over medium heat. Cook onions and green pepper until lightly browned and tender, adding in garlic when nearly done to keep it from burning. Stir in roasted red peppers, vegetable broth, pepper and chili powder. Blend with a hand blender. Stir in cilantro as desired.

\*Note: Adding lean ground meat can turn a simple dinner into a full, hearty meal!



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