

Weighing In: April 2012

Spring is a time of renewal and new beginnings. Think of where you were a year ago. Each of you has come a long way from the person you were when you started the program. Now reflect over the past year or even the past month. Has there been a food that has hindered your progress on the program? Have you fallen into the trap of eating trigger foods that only cause an addictive response?

The apostle Paul called his painful temptations his “thorn in the flesh.” He asked God three times to remove his difficulty which the Bible says was caused by Satan. But rather than removing the problem, God chose to give Paul the tools---grace and strength---to live through it. As you face your temptations, remember that we here at the Weigh Station have given you the tools to live through your “thorn in the flesh.” We have put much time, effort and prayer into equipping you to succeed.

As this is the season of new beginnings, let’s return to one of the basic teachings of our program to help you to move along---the need for protein. And one of the most perfect foods in this category is the small but mighty egg! The following press release shows that research confirms that eating eggs boosts a healthy weight loss plan. Read for yourself.

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Park Ridge, Ill. (August 5, 2008) – A study published online today in the International Journal of Obesity shows that eating two eggs for breakfast, as part of a reduced-calorie diet, helps overweight adults lose more weight and feel more energetic than those who eat a bagel breakfast of equal calories. [1] This study supports previous research, published in the Journal of the American College of Nutrition, which showed that people who ate eggs for breakfast felt more satisfied and ate fewer calories at the following meal. [2]

“People have a hard time adhering to diets and our research shows that choosing eggs for breakfast can dramatically improve the success of a weight loss plan,” said Nikhil V. Dhurandhar, Ph.D., lead researcher and associate professor in the Laboratory of Infection and Obesity at Pennington Biomedical Research Center, a campus of the Louisiana State University system. “Apparently, the increased satiety and energy due to eggs helps people better comply with a reduced-calorie diet.”

Significant Weight Loss Related to an Egg Breakfast :

Compared to the subjects who ate a bagel breakfast, men and women who consumed two eggs for breakfast as part of a reduced-calorie diet lost 65 percent more weight; exhibited a 61 percent greater reduction in BMI; and reported higher energy levels than their dieting counterparts who consumed a bagel breakfast [1]

The egg and bagel breakfasts provided the same number of calories and had identical weights (energy density), which is an important control factor in satiety and weight loss studies.

The researchers also found that blood lipids were not impacted during the two month study. They found that blood levels of HDL and LDL cholesterol, as well as triglycerides, did not vary compared to baseline cholesterol blood levels in subjects who ate either the bagel or egg breakfasts. These findings add to more than 30 years of research that conclude that healthy adults can enjoy eggs without significantly impacting their risk of heart disease.

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New Emphasis on the Importance of High-Quality Protein:

This study adds to the growing body of research which supports the importance of high-quality protein in the diet. The American Journal of Clinical Nutrition (AJCN) published a special issue in May 2008, which contains nine articles that focus on the value of high-quality protein in the American diet. A major finding was that not getting enough high-quality protein may contribute to obesity, muscle wasting (loss) and increased risk of chronic disease. [3,4]

Jump Start the Morning with Eggs:

Jackie Newgent, registered dietitian, stresses the importance of obtaining adequate high-quality protein when advising consumers about weight loss. “Eggs are a good source of all-natural, high-quality protein, so they can help keep you satisfied longer, making it easier to resist tempting snacks,” said Newgent. “Nearly half of an egg’s protein, and many of the other nutrients, are found in the yolk, so make sure to eat the whole egg for maximum benefits.”

Newgent suggests these nutrition tips for a successful weight loss plan:

Manic Monday: Make a batch of hard-cooked eggs on Sunday so you’ll have all-natural, high-quality protein meals for your on-the-go schedule during the week. Plus, eggs are incredibly affordable. At an average of \$1.93 per dozen (or \$0.16 per egg), [5] eggs are one of the most affordable high-quality protein foods in the marketplace.

In-a-Minute Morning Meal: In less than 60 seconds, you can prepare an egg breakfast to help jump start your day. Simply beat one whole egg in a microwave-safe mug then cook in the microwave oven on high for 60 seconds. Add flavor with a sprinkling of fresh herbs, salsa, or cheese. Serve fresh seasonal fruit slices on the side for a balanced meal. [end]

So my prayer for you this spring is that you renew your commitment to the program and begin applying many of your tools for success. I want you to lose your weight and continue the healthy new lifestyle you started for yourself. All of us at the Weigh Station want to see each of you succeed in your journey to a lighter and brighter you!

Happy Spring!

Chuck Shaffer MD

Evening Exercise Classes!

I am excited to announce the start of an evening exercise class designed around the needs of stage two patients! This class is a beginner/intermediate class that incorporates full body motion, use of bands and balls and low impact aerobic exercise to help you get the body you desire. Together we will create a fun and active environment that makes getting in shape something to look forward to.

Currently, evening classes are being held at Pathway's gym (located in the same mall as The Weigh Station in Christiansburg) on Mondays, Wednesdays and Fridays. These classes start at 5:30pm and last 30-45 minutes.

The Weigh Station exercise class schedule:

Monday	Fitness for Beginners 11:00am-12:00pm Motor Mile Fitness Center 5:30pm-6:30pm Pathway Christian Academy
Tuesday	Core Fusion: Upper body 10:30am-11:15am Motor Mile Fitness Center
Wednesday	Cardio: 11:00am-12:00pm Motor Mile Fitness Center 5:30pm-6:30pm Pathway Christian Academy
Thursday	Core Fusion: Lower body 10:30am-11:15am Motor Mile Fitness Center
Friday	General Fitness: 11:00am-12:00pm Motor Mile Fitness Center 5:30pm-6:30pm Pathway Christian Academy

Additional Activities:

We offer monthly cooking classes on Wednesdays in Christiansburg. Be sure to ask our receptionist when the next class is.

Sharing The Journey:

Sharing the Journey is a support group where you can get together with people in situations similar to yours, talk about problems you may have had in the past, help others overcome their obstacles or maybe just vent your frustrations. We want you to know that you are not alone in your struggles and EVERYONE is invited to attend!

Linda Snead will be directing these meetings and you can read more about her on our website at www.weighstation.net.

Sharing the Journey meetings are held Thursday nights from 7:00pm-8:00pm. The first and third Thursdays are at the Christiansburg Weigh Station. The second and fourth Thursdays are at the Valley View Holiday Inn in Roanoke.

Sit back, relax and unbind! Alleviating Constipation

Many clients at The Weigh Station love the diet but begin suffering from constipation while on the program. Constipation can be caused by many things, but the most common cause I see from our clients is too much protein from cheese and not enough stage 2 veggies! Non-starchy vegetables provide necessary insoluble fiber to help give your stool bulk and keep you regular. If you have a desk job and are limited on time this can further complicate the problem since sedentary behavior can worsen constipation. When you add in stress, you have a real sticky situation (pardon the pun)! If you find that you are doing all the right things (eating all 4 servings of stage 2 veggies and also eating some fruit while limiting the cheese and drinking the recommended fluids) then you may need to address the constipation another way.

Adding ground flax seed to salads can help by giving you an added dose of fiber. Many people also turn to fiber supplements, which work fine too. Managing your stress by taking walks can also help in two ways by decreasing stress and increasing activity. If you are still suffering read on.

Few people have heard of probiotics. Probiotics are healthy flora naturally found in your gut that can get unbalanced and in some cases cause constipation. Supplementing with probiotics can really help but there are a few things to keep in mind. First and foremost, you need to be sure you are taking the correct strains. *Lactobacillus casei* Shirota is one common strain that has been shown in studies to be beneficial. Second, it is important to take enough. Look for at least 50 million CFU's or colony forming agents per pill and take them daily.

Magnesium is another supplement that may be needed to help with constipation. Magnesium rich foods are grains, beans and nuts which our clients are avoiding. Green leafy veggies are also packed with magnesium but you may also opt for a magnesium supplement. Magnesium relaxes the muscles in the intestines and also attracts water. This increases the amount of water in the colon which helps to soften the stool. Discuss taking a magnesium supplement with your doctor and ensure that it is not taken with calcium since calcium can often increase constipation.

Finally, strengthening the pelvic floor can be an effective strategy for alleviating constipation. This type of exercise is called bio-feedback therapy and has been shown to be effective in 70% of patients who have tried it. For more information on biofeedback, please visit this site:

<http://ibs.about.com/od/constipation/a/biofeedbackconstipation.htm>

Congratulations on taking the steps needed for a healthier life. We hope these tips will further enrich your path to overall wellbeing.

- Tricia Foley, MS, RD

The Walk in the park:

Study shows that will-power is limited!

Two groups were asked to eat together while one enjoyed fresh hot chocolate chip cookies, the other group was asked to eat only radishes. Shortly after, the same two groups were asked to work a puzzle (unknown to them, it was unsolvable). The group that had eaten the radishes attempted the puzzle for less than half the length of time the chocolate chip cookie group did before giving up. The researchers came to the conclusion that will power diminishes over time...the radish group had already used up a lot of will power/determination to not eat the fresh baked cookies right in front of them while the group that enjoyed the cookies had not used up any and were therefore able to take more time attempting the puzzle.

If you think you can survive on will power alone, think again. Instead rely on the support and proven science behind our program instead of using sheer will power to fight your cravings.

Recipe of the month:

Tofu “mac” and cheese:

- 2 tbsp onions, chopped
- 1 clove garlic, diced
- 1 8 ounce packet of firm tofu
(drain extra liquid)
- 1 tbsp heavy whipping cream
- 2 eggs
- 1/2 C 2% cheddar cheese
- 1 tsp Cyanine pepper
- 2 tsp mustard
- 1 tsp paprika
- 2 tbsp parmesan cheese



Tom Burns on flickr

In a coated pan sauté onions and garlic for 5 minutes. In a greased baking dish, combine tofu, garlic and onion, heavy cream, eggs, cheese, mustard and cyanine pepper. Sprinkle Paprika and parmesan cheese on top and bake at 350 degrees for 45 minutes.

*Cauliflower can also be pureed and added to this to increase your veggie intake!