

# Weighing In: August 2012

## Don't Pet the Rattlesnake... You Might Get Bitten.

Recently, one of our patients came to the office and told me about petting a bird in her garden. What she thought was a bird wound up being a rattlesnake. As she was looking through her garden for cucumbers, she came across a small brown headed object that looked quite like a bird. She reached down and patted the top of its head and noticed the forked tongue. She immediately retracted her hand when she realized it was a rattlesnake. How many times have we thought something was harmless and yet it became deadly?

Choosing how you eat and what you eat can be as bad as petting the rattlesnake. You have to understand that certain food groups of which you partake are what are making you fat. This month, I have interviewed quite a few people who have deviated from the plan and have given me every excuse known to man about why they had to do it. They reached down and put the food in their mouth because they thought it was something they really needed. Later they found out that it didn't really give them the joy they were looking for. I guess they did pet the rattlesnake!

Some patients have come back saying to me "if only I knew what I know now." These people have restarted five and even six times. What makes people make a decision that they know from the very beginning is wrong? The apostle, Paul, said the things that I wish to do, I do not do, but the things I wish not to do, I do. He suffered from the same thing we all do in making decisions on the spur of the moment that are wrong for us.

Recently, a woman came to the office stating she had restarted six times. All in all, she was with us for more than 87 weeks. During her 87 weeks, she was able to lose 74 pounds. Then she gained 60 back. She restarted and lost 40, which pleased her so she decided that she could do this on her own. She had already tried five times before and restarted each time because she gained her weight back. It took her five times around the circle before she realized she just couldn't do it without help. I guess she had continually been petting the rattlesnake.

All of us have been in similar circumstances where we felt with all our heart that we can make it work. We had the tenacity to go forth. We knew beyond a shadow of a doubt that we could conquer this demon that had pursued us for so long. However, we failed. Then we lied to ourselves. We believed we could make the adjustments in our life that we needed to in order to pursue our weight loss. After doing this job for seven years, I can tell you emphatically that it's not that easy. There is something about being accountable to one another and being honest with oneself and the physician, nurse or program technician you're talking to.

We have a patient, who I will call Karen, who underwent gastric bypass surgery and gastric banding. Karen is a very well-educated woman with three advanced degrees. She underwent gastric bypass surgery because the surgeon had convinced her beyond a shadow of a doubt that she would be a size 6 from a size 24 in a matter of six months. It didn't happen! After a period of time, she went back and had gastric banding. Karen was again convinced that she would be a size 6 in a matter of six months and once again, it didn't happen. She came to see us approximately four years ago. She started out following the program very well but then gradually and ever so slightly had a cheat day. Her weight loss ..

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gradually slowed to a grinding halt. Karen blamed her gastric bypass, her banding, going out to eat with relatives, and going out to eat with business associates. I tried to reach her and explained that things don't have to be this way, but she always had excuses. Karen had been in the garden looking down at the bird and had been petting the rattlesnake. She had been bitten numerous times with the poison of excuse. This month, she returned with a new attitude and a new focus. She sent me a long letter explaining all of the reasons why she had failed. Karen finally admitted she'd been lying to me for many years about what she ate. I said, "Like I didn't know that," and we both laughed.

Each of you has the ability to make the program work. You understand how you got the way you are and that Dr. Dums and I and the staff are doing all that we can to make it work for you. So when you open the refrigerator looking for your favorite thing, or you open the cabinet looking for your favorite box of pretzels, chips, or crackers, remember you just don't want to pet a rattlesnake because he will bite you!

Chuck Shaffer, M.D.

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## Sharing the Journey Recap

At a recent well-attended "Sharing the Journey" meeting Dr. Robert Miller, a clinical psychologist from Blacksburg, presented on "Mindfulness & the Recovery Journey." Dr. Miller's remarks, laced with humor and personal reflections, focused on the value of attention to here-and-now thoughts and feelings to enhance personal well-being. Two fundamental problem beliefs - "I'm unloveable" and "I'm incompetent" - can underlie cognitive distortions and lead one down a slippery slope of self-defeating behaviors. To get back on track a person can strengthen their thoughts about self through cognitive reframing strategies, mindful breathing practice, and use of imagery. In a future session Dr. Miller hopes to present on relapse prevention whereby the individual can learn to recognize and intervene to slow down or halt self-defeating behaviors before they become a problem. Dr. Miller provides personal counseling and coaching and can be reached at 540-250-3065 and [rcmiller.psych@gmail.com](mailto:rcmiller.psych@gmail.com)

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## RECIPE OF THE MONTH:

### Peaches in Basil "syrup"

#### Ingredients:

1 C water  
1/4 C stevia  
2 tsp lemon zest  
1 tbsp lemon juice  
2 small peaches, pitted and halved  
1/4 C basil, chopped



Directions: Combine water, stevia, lemon zest and lemon juice into a sauce pan and bring to a simmer, stirring often until stevia is dissolved. Add peach halves and allow to simmer until tender. Remove peaches and set aside. Return liquid to a boil for about 10-12 minutes to reduce. Stir in basil, remove from heat and allow to cool for 40 minutes (this makes the "syrup"). Drizzle the "syrup" over peaches and chill for 4 hours.

Makes 4 fruit servings. Consider pairing with a side of cottage cheese to add protein!

## **Nutrition Hot Topic: What is Green Coffee Bean Extract?**

It seems like every time you turn around a new supplement is on the market. There is something to help with anything from weight loss to hair loss! Although some supplements sound good, claims really mean little since they are not regulated by the FDA. More recently I have been asked by some patients about green coffee bean extract and weight loss. Here is a little background:

Green coffee bean extract is new to the market and does contain strong anti-oxidant properties similar to green tea extract. Your first thought may be that the green coffee bean extract is high in caffeine and therefore a stimulant, when actually it has fairly low caffeine content and is not considered a stimulant at all. The main mechanism by which it works is from chlorogenic acid, a compound also present in coffee (only in smaller amounts). This compound helps absorb free radicals while preventing hydroxyl radicals from reaching cells (both radicals contribute to the breakdown of cells in the body). It also inhibits the release of glucose in the body, while boosting the amount of fat burned in the liver. These two mechanisms work together to inhibit the absorption of fat.

Unfortunately drinking a cup of coffee won't give you the same benefit. When coffee beans are roasted the chlorogenic acid is removed. Green coffee beans are unroasted, and contain over 50% chlorogenic acid. Green coffee bean is bitter so it may be best to consume it in capsule form. As always, I recommend consulting with your Doctor and looking at actual research before deciding if a supplement is right for you. Here is what the research had to say:

### **Weight loss**

One study sought to evaluate the safety of green coffee bean extract in overweight subjects. This was a 22-week crossover study that looked at what effect green coffee bean extract would have on reducing weight and body mass in 16 overweight adults. According to the study, "Subjects received high-dose GCA (1050 mg), low-dose GCA (700 mg), or placebo in separate six-week treatment periods followed by two-week washout periods to reduce any influence of preceding treatment. Significant reductions were observed in body weight, body mass index, and percent body fat, but with no significant changes to diet over the course of the study." The results suggest that GCA may be effective in decreasing weight in overweight (non-obese) adults. Keep in mind this was also a rather small study.

### **High blood pressure benefit**

Another study published looked at the blood pressure-lowering effect and safety of chlorogenic acid from green coffee bean extract in essential hypertension (or high blood pressure). The authors found that chlorogenic acids (CGA) in green coffee bean extract (GCE) reduced blood pressure in spontaneously hypertensive rats and humans. "The authors examined the blood pressure-lowering effect and safety of CGA in patients with mild hypertension through a placebo-controlled, randomized clinical trial. Subjects were randomized to receive treatment with CGA (140 mg/day) from GCE or placebo. Blood pressure, pulse rate, body mass index, routine blood test, hematochemistry, urinalysis, and subjective symptoms were recorded throughout the study. In the CGA group, but not the placebo group, blood pressure (systolic and diastolic) decreased significantly during the ingestion period. There was no difference in body mass index and pulse rate between groups, nor were there any apparent side effects." They concluded that CGA from GCE is effective in decreasing blood pressure and safe for patients with mild hypertension.

Work cited:

<http://www.raysahelian.com/greencoffee.html>

<http://www.doctoroz.com/blog/lindsey-duncan-nd-cn/green-coffee-bean-burns-fat-fast>

# Body Fit Studio Schedule - August 2012

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 AM - 7:30 AM		Low Impact Cardio		Low Impact Cardio		
7:30 AM - 8:00 AM		Pilates Mix		Pilates Mix		
8:00 AM - 9:00 AM						Low Impact Cardio
9:00 AM - 10:00 AM						Zumba
10:30 AM - 11:15 AM	Healthy Backs	Core Fusion	Healthy Backs	Core Fusion	Healthy Backs	
11:30 AM - 12:15 PM	Tone & Sculpt		Tone & Sculpt		Tone & Sculpt	
12:30 PM - 1:15 PM	Core Strength		Core Strength		Core Strength	
1:30 PM - 3:00 PM	Reserved	Reserved	Reserved	Reserved		
4:00 PM - 4:45 PM						
5:30 PM - 6:15 PM	Zumba	Zumba	Zumba		Zumba	
6:15 PM - 7:00 PM	Tone & Sculpt	Pilates Mix	Tone & Sculpt	Pilates Mix	Tone & Sculpt	

For more information on classes, contact Javan Baldwin at [jbaldwin@weighstation.net](mailto:jbaldwin@weighstation.net) or call 381-2670.

# The Right Shoe

How much time do you put into choosing your shoes? Are you one of those who spend several minutes searching the closet for the perfect match to your outfit, or do you value comfort over accessorizing? How about for your exercise? Do you have your favorite pair of sneakers, broken in just right that you use when you work out? If so, you could be in for a rude and painful awakening. Your shoes are the most critical piece of equipment regardless of what form of exercise you are engaging in. This month I would like to share with you an article from Web MD that discusses the importance of choosing the right footwear. I have edited some parts of the article but if you would like to view it in its entirety, the address is: <http://www.webmd.com/fitness-exercise/features/choosing-best-workout-shoes>

By: [Gina Shaw](#)

WebMD Feature

Reviewed by [Laura J. Martin, MD](#)

“...The single most important piece of equipment to virtually any kind of exercise program -- running, aerobics, hiking, tennis, basketball -- is the right pair of shoes.

A good pair of shoes can make or break your workout -- but it's easy to go wrong.

## 1. Grabbing whatever's handy

"The biggest mistake people make when they start running, jogging, or doing any exercise program, is just reaching into the closet and pulling out an old pair of sneakers," says Tracie Rodgers, PhD, an exercise psychologist and spokeswoman for the American Council on Exercise.

But how do you choose the right shoe for your workout?

A recent search of a popular shoe-buying web site yielded more than 4,500 different pairs under the category "sneakers," including more than 1,000 running shoes, 199 "cross-trainers," 133 pairs of basketball shoes, 110 pairs for tennis, and more than 1,500 in a nebulous category dubbed "athleisure." Supposedly, you can wear these to the office and for a workout -- but you probably shouldn't.

## 2. Choosing the Right Shoe -- for the Wrong Workout

First, you need to choose the right type of shoe for the kind of workout you'll be doing. And yes, it does matter.

A shoe made for running is very different from a shoe made for basketball or tennis, in a number of ways.

"Running shoes have no lateral stability built into them, because you don't move your feet laterally when you run," says Joe Puleo, the author of *Running Anatomy* and the head men's and women's cross-country and track and field coach at Rutgers University in Camden, N.J.

"You're only going forward, and a running shoe is built to give you support and stability as you move your foot through the running gait cycle," Puleo says. "Basketball and tennis shoes both have to be stabilized laterally, because you move your feet side to side a lot when playing these sports. You can't build a running shoe that has lateral stability, and you can't build a shoe for basketball or tennis that doesn't have it."

Even walking shoes differ from running shoes.

"Runners land more on their forefoot, while when walking you have a heavier heel strike," says Catherine Cheung, DPM, a podiatrist and foot surgeon with the Post Street Surgery Center in San Francisco. "So for running, you want a shoe that has more cushioning on the forefoot, while walking shoes should have stiffer rubber to support the heel."

Can't you just get a good cross-trainer and use it for everything? Probably not.

"Cross-trainer" shoes never existed before Bo Jackson, who played professional baseball and football (remember the "Bo Knows" ad campaign?).

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“Before Jackson, we just called them sneakers,” Puleo says. “Then, Nike came up with an ad campaign and now we have cross-trainers. But there’s no specificity to them: you can’t do any one thing well. They have some lateral stability, so you can play a game of basketball with your kids occasionally. You can run a mile or two. But most of them are not very good shoes for any particular activity.”

Then again, some people aren’t heavily into running, hiking, tennis, or any one sport. They go to the gym occasionally, maybe play tennis with a work buddy once in a while, or shoot a few baskets with the kids. For them, a cross-trainer might be the best choice.

“A good cross-trainer will allow you to do the treadmill, some walking on asphalt or on a track, and light jogging,” says Kathleen Stone, DPM, president of the American Podiatric Medical Association. “Not mileage, of course. But I like them for people who are doing a variety of athletic endeavors casually.”

To choose a good cross-trainer, Stone suggests you look for:

- A firm heel
- Good support (you shouldn’t be able to bend the shoe too easily)

Light weight (you don’t want to add a lot of pounds to your feet)

But the APMA recommends that if you’re going to participate in a particular sport on a regular basis (2-3 times a week or more), you should choose a sport-specific shoe.

### **3. Loving Them Too Much**

“Your workout shoes should be your workout shoes, and not your running-around-town shoes,” Rodgers says. “You’ll break down a pair of shoes standing in them or wearing them to the mall and running errands much faster than when you’re running or exercising.”

So buy yourself a pair of casual tennies for running around town, and stow your good workout shoes in the closet as soon as you get home from your run or your tennis game.....

### **4. Loving Them Too Long**

Another big mistake many people make when buying athletic shoes is not replacing them often enough.

“They think they should replace their workout shoes when they start looking bad,” Rodgers says. “But shoes start to break down while they’re still looking good. The support -- the reason you buy the shoe in the first place -- is gone, and you’ll start feeling strange aches and pains in your knees, hip, and back.”

Most experts recommend that runners replace their shoes every 300-500 miles. If you don’t run enough to have a mile count, or running’s not your sport, you should replace your athletic shoes at least once a year.

“If you’re exercising on a casual basis, you can make your shoes last a year, but if you’re working out every day, six months is pretty much your limit,” Stone says.

You should also have your shoe size rechecked every year, Cheung says. “Foot size doesn’t stay the same; our feet tend to grow bigger as we age.”

Do you need orthotics -- the specialized, custom-built inserts designed for people with specific gait problems? For most people, the answer is probably no, Puleo says.

“There are certain foot types and injuries that can be corrected with orthotics, but my opinion is they’re dramatically overprescribed. They work well for some patients, but I’ve been wearing the same brand of over-the-counter generic insoles for years, and they’ve worked great as well, and are much cheaper,” Puleo says.

### **5. Doing It Yourself**

Unless you’ve been playing your sport for a long time and have learned exactly what shoe is right for you, it’s a bad idea to just walk into a sporting goods store, try on a few pairs of shoes, and walk out with what you think is best.

Instead, go to an athletic shoe specialty store to get an expert insight on the right shoe and the best fit.

“The staff there will do a real fitting, evaluate your foot, and take a history of your athletic activities and what shoes may have worked for you before,” Puleo says. “They’ll watch you walk or run on a treadmill or outside.”

And they’ll take three measurements -- not just one -- on the metal plate we’ve all seen in shoe stores, known as a Brannock device.

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“You need to know not just length, but also width and arch length,” Puleo says. “All three of those numbers together determine what size you should wear. And each shoe can be cut a little differently -- a 10.5 isn't a universal 10.5 in all shoes -- so they'll start with that number and work from there.” A good athletic shoe specialty store will also have a liberal return policy -- so ask. Others may permit you to return shoes if you've only worn them indoors, but not outdoors.....” end of article.

If you have any questions regarding what shoe would be best for you or where the nearest athletic specialty store is located please contact me at [jbaldwin@weighstation.net](mailto:jbaldwin@weighstation.net). I will point you in the right direction.