



## It Will Heal But It Will Leave a Scar

*Dr. Charles Shaffer*

In all of my years repairing wounds at the emergency department I would always be asked “will this leave a scar?” This was the most common question I received from patients who have lacerations whether it be from a knife, injury from an accident, or trauma. I would be honest with patients and tell them I would do the best I could but they may need to see a plastic surgeon or dermatologist to improve the cosmetic look and response. Now, in the present day, I receive the same response after years of caring for obese patients with multiple scars from emotional pain and/or surgery.

This month, a patient was referred to me from the plastic surgeon. He has gynecomastia and was unable to lose his extra 260 pounds before the scheduled surgery date.

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His surgeons instructed him that weight loss was necessary before they could begin the repair of his gynecomastia. As I listened to his story, I heard about how he was unmercifully teased by his colleagues. Tears began to run down his face as he continued. After speaking with him it was clear that the emotional scarring is quite profound.

Many patients come to lose weight, improve their health, and get off their medications. However, they also come to help rid and heal any emotional scarring they may carry. They desire to get back to an enjoyable life but obesity has become like a brick wall- separating the two.

So what scars has obesity brought to your life? Can you understand how losing weight and becoming healthier can repair the wound emotionally?

On my left hand there is a scar on my finger that has been there since I was 11 years old. I got it while playing with a switchblade knife owned by a buddy of mine. As we flipped the knife back and forth we laughed at how fast the blade would come out. It suddenly struck my left index finger and blood went everywhere. I made a trip to the emergency department to have my laceration repaired. The repair went well but I still have a scar to this day.

I can clearly recall the events of that day whenever I look at my scar. I have other scars on my body as well: one from a gallbladder removal and a scar on my scalp from an AVM repair at the Mayo Clinic that almost cost me my life.

Through all the scars in my life, I can reflect on how God brought me through. I remember His miraculous provision and how I came to see him as someone who can produce abundance out of thin air. I also took comfort in times of pain. I began to realize the scars, both physical and emotional, were reminders of how I was brought through.

Remember when Thomas had doubts and said he would not believe until he saw the scars on His hands and could put his own hands inside? Thomas had to have contact with the physical aspect in order to believe. He lacked faith in what God had prophesized.

Many patients lack faith in their ability to lose weight and to keep it off for life. We work hard with each patient so everyone can see success. Sometimes we work with them emotionally or mentally to help them overcome multiple scars that obesity has caused them over the years.

Scars will give you the remembrance of the journey it took to get from point A to point B.

It is always a joy when patients stop me in the grocery store or at the gas station because of their weight loss; they no longer need their diabetic medicines, blood pressure medicines, or their CPAP machine.

So, remember you have come a long way from where you started and there is a light at the end of the tunnel. Only a little further ways to go, but whatever you do, do not quit.

Eventually, there will be some healing to your heart. You will look at your emotional scars much differently than before. They may remind you of the pain suffered, but most of all, they will remind you of how you were able to get through to the very end.

If you need further help in any emotional aspect of your obesity or the scars in your heart, ask a staff member as we are here to assist you in any possible way.

Blessings,  
Chuck Shaffer MD

# Keto, Ketones, and Carbs

*Tricia Foley, MS, RDN, CLT*

If you have been with us for a while you may be wondering why your keto strips aren't registering ketosis when you have been following the program book or how long it will take to get back into ketosis if you had a carb day. Don't panic! This article will explain the ins and outs of ketosis- literally!

Getting kicked out of ketosis sounds like you've just been kicked out of a prestigious club, but is it really that bad? Can someone just jump right back in after a "cheat day" or have you totally sabotaged your efforts? The short answer, it depends...

First know that ketosis and fat-adaptation are two very different things. You can be fat-adapted, but not in ketosis, but also in ketosis and not fat adapted. Although the starting point is to get into ketosis, the end goal should actually be fat adaptation.

To get into a fat adapted state, you have to be in ketosis CONSISTENTLY for about 6 weeks! Once you are in a fat adapted state, it means that you burn fat for fuel. This takes time since you have been running off of sugar (glucose) for most of your life. Once this shift occurs, it's much harder for a small amount of carbs to spoil your progress. Having said that, consistency is still King!

A good analogy is riding a bike, it probably takes you weeks to learn, you feel sore after riding a short time and when you hit a few bumps, you fall off easily. Let's say these "bumps" are carbs and in the beginning stages of this program, even a small amount of carbs can kick you out of ketosis and slow your ability to get into a fat adapted state. The good news is, if you stay consistent with "riding the bike" over time, your muscles adapt there is less soreness, and a small bump won't knock you off the bike like it used to when you were first learning to ride. Same rings true in the body, in the beginning you produce a lot of ketones- just like you get a lot of muscle soreness when you first ride a bike. Then as you become fat-adapted, your levels decline. This is because your muscles learn to run off fat, and no longer need ketones for fuel (but your brain still does!). This is the benefit of being fat adapted.

Take caution though, hitting too many bumps on a bike will slow down your speed or cause you to fall, just like eating too many carbs will slow your progress or stop it completely.

Just like muscle soreness goes away when you become fit, ketones will decrease as you become fat adapted.

So take care, when your ketone strips aren't registering, listen to Dr. Shaffer when he says "Don't chase the keto strips" it may mean you are keto adapted. Keep in mind that it's also very easy to fluctuate in and out of Ketosis.

Exercise and stress can cause you to fall out of ketosis. A carb meal will kick you out of ketosis, but if you have been doing this program consistently for longer than 6 weeks, it will not kick you out of fat-adaptation. Just stay the course and get back on track!

Keep in mind that having frequent cheat days will:

- Cause Carb cravings
- Make you tired
- Give you Brain fog

The bottom line, stay in tune with your body and learn where your carb tolerance lies. Then get on your "bike" and enjoy the ride!

# The Recipe of the Month

## *Make It Your Way Pizza*

### *Crust*

- 3 ounces mozzarella cheese, shredded
- 1 ounce cheddar cheese, shredded
- 1 egg
- Pinch garlic powder
- Pinch basil

### *Toppings*

- 2 tablespoons ketchup (no sugar added)
- 12 slices pepperoni, about 3/4 ounces
- 2 ounces cooked, crumbled Italian sausage, about 1/2 cup
- 1-2 fresh mushrooms, thinly sliced, about 1 ounce
- 1 ounce red onion, very thinly sliced
- 2 ounces mozzarella cheese, shredded
- Pinch garlic powder
- Pinch basil, optional

### *Directions*

Line a 9-inch round cake pan with parchment paper or nonstick foil. In a small bowl, mix the crust ingredients well. Dump the crust mixture into the pan and spread in an even layer with your fingers. Be sure to completely cover the bottom of the pan. Bake at 450° for 5 minutes then turn the oven down to 400° and bake another 4-5 minutes until the crust is nicely browned on the top and bottom. Don't let it get too dark around the edges.

Keep the oven rack in the center position and turn on the broiler. Spread the sauce over the crust and top with about two thirds of the cheese. Arrange the meats, mushrooms and onions over the cheese as desired. Sprinkle the remaining mozzarella cheese over the toppings to help hold them on. Broil the pizza until the toppings are hot and the cheese is melted and bubbly, about 4-5 minutes.



**Let's Get Baking!**

