

# January 2012 Weighing In

I keep restarting, restarting, and restarting cause I gain my weight back!!!

The truth? Yes, this is normal. It is always normal if you don't maintain a lifestyle change and you go back to your old "normal" eating habits. Going back to old habits means going back to your old weight. You get the same unwanted result, weight gain.

The Weigh Station diet does not change your DNA, it doesn't correct your emotions or mental processes. It can't even permanently fix you. It can give you a chance to understand how your body works, realize that your body does not process carbs well and realize that in the presence of too many carbs and too high of sugar in your diet you will become insulin resistant, hyperinsulemic, or both. It allows you a means to correct that process, but if you go back to what you did before starting the program once you reach maintenance, over a period of time, yes, you will get the same results you did with your prior habits/lifestyle.

I have certainly seen many that have done just that. I know that many people have even owned up to it and come back here to try again. I know of some in the past 5 years that have at one time slid into old habits and it was all they needed to realize, "this has to be for life". They get back to where they want to be and then they really have maintained. (Remember, my experience with people on the diet is only a 5 yr span of time.)

Here is the thing. When you get to maintenance you have to choose a lifestyle that supports what you have learned and achieved. Several things have contributed to getting here and the success we have including; lots of water, limited carbohydrates, adequate protein, and not repeatedly spiking our insulin through the day or deviating off the program. You have also had weekly accountability from our staff.

To maintain, you have to keep following the program, in some cases adding more protein and a bit more complex carbs and healthy fats, but most importantly continue to hold yourself accountable and come in for your maintenance visits.

Continued on page 2.....



## Inside this issue:

I KEEP RESTARTING	2
ENVIRONMENTAL TOXINS	3
HERB AND GINGER CHICKEN	4

## January 2012 Weighing In

---

### Continued from page 1.....

If you add too many carbs or eat the wrong kinds, your body will gain weight. We have to remember what our body functions best with...you did great following the plan..just stick with it!. If we step away from what we know.... we can become unbalanced, unhealthy and fat again.

One comment I get is "when you go off program", if you choose to make this your last diet (diet being what you choose to eat), you will NEVER be off the program.

YOU can make this your last diet but, not diet in the sense of means to lose weight. It has to be your lifestyle in the sense that maintenance is Phase 3. It's the way you will eat forever (a stepping stone from stage 2 so to speak). In that sense, yes, it will be your last diet and NO, you will not gain the weight back. Each of us who gained and is back to try to get it right, lost sight of the way we were supposed to eat, lost accountability and went back to old habits.

For me, my issues were when I was emotionally stressed (death of a loved one ) and I started to use my old habits when I was on the run and that, combined with emotional eating, put me up 45 pounds. I know I have carb intolerance (I can put on 3 pounds overnight if I eat bread, potatoes products), I know I am very sensitive to carbs I know that I do best and feel best if I have more protein in my day. If I don't learn to live with those restrictions I assume I will always have issues maintaining.

Not to scare you or be a downer but, the reality is The Weigh Station is only a permanent fix if you choose to follow the maintenance program. Remember restarting is not a disease. It may be necessary for you to try again. Maintenance is the most important part. You have learned what caused your weight gain; continue to allow us to help you correct it.

From All of Us Here at the Weigh Station Happy New Year!

Chuck Shaffer M.D.

## Environmental Toxins and Your Waist Line:

When it comes to losing weight most of us now know that it's more than calories in vs. calories out! Weight gain is multifactorial and now, emerging research suggests that it's more than just food too; toxins can also be the culprit.

These toxins are known as endocrine disrupting chemicals (or obesogens). The endocrine system regulates many functions such as sleep, hunger, stress and metabolism (to name a few), so when it is disrupted the outcome can be extremely detrimental. These obesogens are believed to disrupt your endocrine system, primarily by mimicking estrogen and mis-programming stem cells to turn into fat cells. Obesogens are found in pesticides, as well as some of the packaging our foods come in and also in ingredients added to processed foods and hormones added to beef. You can also find them in Styrofoam cups and plates which can be especially dangerous when you use them for hot items.

Every day American's are exposed to approximately 10-13 different pesticides or by products through food or drink. A study from the University of California, Irvine found that adult daughters of women who had the highest levels of DDE (a byproduct of DDT pesticide) in their blood during pregnancy were found to be 20 lbs heavier on average than daughters of women who had the least DDE levels. Infants are most sensitive to these chemicals and they can effect them later in life.

The good news is that you can decrease the amount of toxins you and your kids are exposed to. Don't buy products packaged in plastics and avoid eating or drinking from Styrofoam products! BPA is also present in canned products like tomato sauce and chicken soup. If you can make food fresh, do so! Additives such as high fructose corn syrup (HFCS) and soy isolates also are converted into obesogens. Soy contains two naturally occurring chemicals, genistein and daidzein both of which are estrogens that could increase fat cell formation. HFCS has also been found to disrupt the endocrine system resulting in increased hunger when you are not truly in need of more food.

Be diligent, avoid plastic wrapped meat and use ceramic mugs when possible. Also watch your red meat consumption, this meat is most likely full of weight gain hormones and steroids. A report from the International Journal of Obesity noted that the use of hormones in meat could be a contributing factor to the obesity epidemic. Look for organic, grass fed beef instead. You can be sure that it is free of steroid hormones and also provides more omega 3 fats which are good for your health. Speaking of organic, organic produce is also a smart choice. The less pesticides you are exposed to the better.

If you have been eating the foods listed in the program book haven't had a loss, consider trying some of the tactics above. The good news is that studies have shown that after 5 days of avoiding prepackaged foods, processed beef and non organic produce toxins in the blood were greatly reduced. Eat fresh and plan ahead, you can do it! -Tricia Foley, MS, RD

## Herb and Ginger Chicken

### Ingredients

- 2 tablespoons coconut oil
- 2 boneless, skinless chicken breast halves, about 6 ounces each
- Kosher salt and freshly ground black pepper
- Juice of 1/2 lime (about 1 tablespoon)
- 3 tablespoons chicken broth, homemade or low-sodium canned
- 2 teaspoons finely grated ginger
- 1/4 cup packed fresh basil leaves
- 2 tablespoons packed fresh mint leaves

### Directions

Heat the oil in a medium skillet over medium-high heat until shimmering. Season both sides of the chicken breasts with salt and pepper, and place them skin side down in the pan. Cook, turning once, until firm to the touch, about 5 minutes per side. Transfer the chicken breasts to a plate.

Add the lime juice to the skillet, and scrape up any browned bits that cling to the pan with a wooden spoon. Add the chicken broth and ginger, and bring to a boil. Off the heat, add the basil and mint to the pan and swirl the pan to combine.

Divide the chicken between the 2 plates and spoon the herb sauce over the chicken. Serve.

