

January Weighing In 2016

Failure---the Seed of Success.

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Happy New Year everyone! I'm sorry the newsletter is a little late coming out. I just couldn't get my head in the game for the last couple days. Everybody seems to have come down with a cough, sore throat or ear ache, including me. But this has given me more time to think about what I wanted to talk to you about in this newsletter.

At the beginning of each New Year we have patients who come back and say, "I failed, but I'm going to start again". They have tried every program out there, and nothing seemed to work. So they decided they would return to The Weigh Station. Failure appears to be their driving force.

By adapting this philosophy that failure is not the end of the journey, these patients can succeed as many people have done after 'failing.' It is how we view failure that makes the difference. Sometimes it is the motivational hormone that people actually need to successfully complete their task. We all have periods where we fall down in our attempts to reach our goal. But it's the person who gets back up and tries again with the positive attitude that makes the difference.

The world doesn't reward failure, and you won't find many people who fail documented in history books because no one wants to read about failure. One of those exceptions is Thomas Edison. Mr. Edison reportedly said he had tried 1000 times before he developed a successful light bulb. When a reporter once asked him how it felt to fail one thousand times, Mr. Edison answered, "I didn't fail a thousand times. The light bulb was invented in one thousand steps". It's all in your perspective.

You might be surprised to know that I failed at many exams in medical school because I simply don't take tests very well. This doesn't mean I don't have the brains that I need to do the job that I want to do, but rather it is a stumbling block that I must live with and find a way to succeed the next time.

Too many people are focused on how they feel when at first they fail in their attempts to reach their goal. They settle for the life of mediocrity with any misstep. Not Jerry C. Bostic, a NASA flight controller who was responsible for three men's lives during the mission when Apollo 13 got damaged. When everything looked hopeless to bring the men back to earth, he said, "Failure is NOT an option!" That powerful statement has been etched in the memory of many Americans ever since.

Far from being a sign of intelligent inferiority, the capacity to err is critical to the human spirit. It gives us drive! That drive is the try again spirit that makes many of the patients here successful. They may err along their path to success, but they do not see these mishaps as end-all failures. They pick themselves up and continue on their path to success.

As for well-known figures, Thomas Jefferson, Abraham Lincoln, Mark Cuban, Michael Jordan---You might read the story of each one of these individuals and how they overcame their adversities in their quest to succeed at their goals.

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So as you start out the New Year, let your mind focus on how you will succeed. Know that God wants us to be successful. In 1 Cor. 10: 13 we read, “No temptation has overtaken you except as is common to man; but God is faithful who will not allow you to be tempted beyond what you are able, but with temptation will also make the way of escape, that you may be able to bear it.”

Take one day at a time. Follow what we teach you when you come back. Read the book from cover to cover. Be sure you read the newsletters and listen to what other patients have done to be successful. Stay on course with what you know will work for you. You might falter or ‘fail’ at first, but then you also might succeed. Both require risk and courage and are probably a prerequisite to ultimately reaching your goal. You will learn more about your weaknesses and strengths, your talents and your resolve, and your strength in your ability to meet the next challenge.

A lot of this sounds like dangerous territory for a lot of people out there. Just be consistent in maintaining a positive attitude no matter what you encounter. I hear patients all too often say, “I’m starting over.” Let’s change it to say, “ I’m continuing to do better.” The Bible says, “Confess with your mouth the desire of your heart and it shall be done for you.” Life and death are in the power of the tongue. Can you see how speaking correctly makes all the difference in the world? Positive thoughts put into positive words have power.

The proof of success is in the people that have made it successfully through The Weigh Station program. They used their stumbling blocks to motivate them to stay the course. They stuck to the program and won. I see them each and every day, and they make me jubilant. So the next time someone says to you, ‘You’ll just gain your weight back,’ you know how to respond. “I’m not going to gain my weight back. I learned how to eat to succeed in reaching my goal.” If you have problems, or you need some pat on the back, or you feel weak, please don’t hesitate to contact us. We’re here to see you succeed. We see failure as a stepping stone to success if you have the right attitude. You have got to keep moving forward or you will just stagnate. And here’s a big shout-out to all the people that are doing exceptionally well. Happy New Year Weigh Station family. Remember, failure is the seed of success.

Blessings,
Chuck Shaffer MD

Orange Pork Chops

Ingredients:

- 4 (1 1/4-inch-thick) bone-in pork rib chops or loin chops*
- 2 teaspoons soy sauce
- 1/4 teaspoon dried crushed red pepper
- Salt and pepper to taste
- 4 (1/4-inch-thick) orange slices

Brush soy sauce, red pepper flakes, salt and pepper over the chops. In a glass container, bake the chops on 400 degrees for 10 minutes. Turn pork chops, and brush evenly with remaining soy sauce mixture. Then bake another 10 minutes or until done. Remove chops and let stand 5 minutes.

Peel the oranges and place slices over the pork chops.– Enjoy with veggie of choice

What to Eat When You're Sick

First of all, Happy New Year! I hope everyone had a wonderful Christmas and New Years! Although many focus on losing weight this time of year, I think my New Year's Resolution is to be well! It seems that December and January tend to be the worst months for illness and this season has certainly got the best of me. But what do you do when you're sick? Doctor Shaffer is always the first to tell you to do what you have to do to be well (even if you have to deviate from the program). In this article I will cover the best nutrition tactics to get you feeling better!

First, no one illness is the same. Some leave you without an appetite, while others leave you craving only comfort foods. If you have the GI bug you most certainly don't want to eat. So what do you do? If you are able to eat, I have found that eating nutrient dense foods that are full of vitamins and minerals can help. Zinc and vitamin C have been proven to shorten the duration of colds and viruses, so eating foods rich in zinc like beef and crab, pork chops and cashews is a good start. By pairing them with citrus fruit rich in vitamin C like oranges you could even shorten your cold! The trick is doing this at the first sign of symptoms. Listen to your body and don't ignore its clues. You may crave comfort food, but avoid the urge. Sugar and simple starches can actually make it take longer to recover from an illness, instead make it a point to choose your food wisely.

Apple Cider vinegar is another staple that I use when I'm sick. You want to make sure that you are using the right kind; apple cider with the mother is what you want to look for. The mother is simply the sediment at the bottom of the bottle that contains all the health properties. About a tablespoon a day is all that is needed. Simply dilute the apple cider vinegar in 8 ounces of water, if you need to add a little sweetness feel free to add stevia to cut the vinegar taste. Ensuring adequate fluids is also extremely important when you're sick. Make it a point to drink eight, 8 ounce glasses of water per day. Herbal teas can also be quite helpful, when it comes to nausea ginger tea is ideal. Ginger has long been identified as a natural way to manage nausea. Other teas like chamomile can also be quite calming to your body and the steam from the tea can help to open your airways making it easier to breath.

Lastly, make sure you are taking a multi-vitamin with vitamin D, Calcium and Zinc. More than likely you are eating less than usual and your body is going to need these necessary nutrients to heal. A probiotic can also benefit recovery; many studies have shown that probiotics can benefit immune health. Of course these won't help over night; you must take them on a regular basis to see any benefit.

Finally, get plenty of rest. If you are able to ask others for help do so! It's hard when you have a family to take care of and your own responsibilities but taking it easy will allow you to get back to those things more quickly in the long run.

Wishing you a very happy healthy 2016! – Tricia Foley, MS, RD