



January Newsletter

The Weigh Station

Persistence Equals Success

Happy New Year! The Weigh Station tends to see new and old faces in the office around this time of year and we enjoy them nevertheless. This is not a new occurrence as it happens every year. Many people have a New Year's resolution with the goal to lose weight, live a healthier lifestyle, and stick to it. I admire those who return after they've failed; it shows perseverance, dedication, and accountability.

The latest research regarding obesity shows individuals who fail and try again, may it be 3 or 4 times, will stay committed and eventually lose their excess weight. The Obesity Journal also discusses sweet tasting compounds such as sugars, sucrose, fructose, aspartame, and sucralose activate sweet taste receptors throughout the entire body. It was originally believed these receptors were only located in the oral cavity, however, latest research and findings prove they are found throughout the body. The activation of these receptors triggers the release of neurotransmitters to convey sweetness to the brain. Thus meaning

these sweet taste receptors will trigger a response causing you to search for carbohydrates and sugar to satisfy the craving. Once again, research and findings supports what we have seen clinically during our years at the Weigh Station.

On a lighter note, a patient had recently returned with the goal of losing her excess weight. She was a patient approximately 7 years ago and had lost 142 pounds! Losing that much weight is no easy feat. She returned with an increase of 49 pounds and commented she had decided to return after attempting other programs but did not see the same results as she did with the Weigh Station. She felt there was no sense of accountability and that is why she subsequently failed other programs as well. I asked her why she had not returned sooner and she explained she did not want to disappoint anyone. She asserted she was going to be persistent and persevere.

Being persistent and maintaining the 'never quit' attitude always seems to pay off. I am always delighted to see people returning. I will admit that I am not always pleased of the reasons they come up with as to why they are back, but I am happy they saw positive outcomes through our practice to return. Always remember the Weigh Station welcomes you with open arms and is here to help. I wish you all a wonderful and joyous new year and remind you to persevere to reach your goals.

Blessings and Happy New Year,
Chuck Shaffer MD

The Recipe of the Month

Healthy Air Fryer Brussel Sprouts



Makes 4 Servings

Ingredients

1 pound Brussel sprouts, stems removed
2 tablespoons oil
Salt and pepper to taste

Directions

1. In a large bowl, toss the sprouts with oil, salt, and pepper. Once the Brussel sprouts are coated, toss in the air fryer in a single layer.
2. Cook at 350°F for 7 minutes. Check the tenderness of the sprouts by puncturing with a fork. If they are not yet tender, cook for a few more minutes.
3. If they are tender but not crunchy enough, turn the Air Fryers temperature up to 375°F and cook for about 3 minutes more.
4. Check for desired tenderness and crunchiness. Season to taste and enjoy!