

Weighing In: July 2013

HOW CAN I BE SUCCESSFUL ON VACATION?!?!?!

We are asked often during June, July, and August a question that amazes me-- "How do I deviate from the plan on vacation and still lose weight?" There are multiple variations such as "Can I eat some of what I want on vacation and still be in ketosis?" and "Can I exercise more on vacation so I can still eat what I want and lose weight?" The simple answer is No, you CANNOT. The more I thought about this however, the more complicated it became.

Realize that there is a simple answer but it is not simple. I truly believe that everywhere people go on vacation there is food available on Stage 2 of our plan and every restaurant has some of these foods if you pay attention and change a few combinations on the menu offerings. It may not be easy, but they are there. If you really do make this your new healthy lifestyle and not a change just to lose weight, these foods will be available and enjoyable. I know most vacations allow more time for activity and some vacations are all about activity--swimming, biking, hiking, scuba diving, wind surfing etc. You have to have enough healthy food, especially protein, to do these activities. So my question is always "Why don't you want to stay on the plan while you are on vacation?"

The answer to that question is even more complicated. First, I believe many people who need to lose weight only remember the first 3 letters of the word Diet defined here:

a : food and drink regularly provided or consumed; b : habitual nourishment; c : the kind and amount of food prescribed for a person or animal for a special reason and those are the letters d-i-e. Most think "I will D-I-E on this diet if I don't eat something sweet or eat bread or pasta so I can have energy to do the things I want on vacation." However, if you have done the plan for more than a week, you know you don't die-- usually you feel better. Most people usually have more energy as fat contains 2.5-3 times as much energy as sugar/carbs and thus, you should have more energy if you continue to burn fat in ketosis. Plus, remember, we are here to help people live healthier and live longer and not to hurt you while we are trying to help.

I even hear from other health professionals (and friends and family) that people have to have high carb foods/sugar for energy and that we are depriving people of energy. Wow, advertising has done a great job and mainstream medicine has made a big mistake in teaching this concept. So, you probably hear it also and this is very hard to fight while relaxing on vacation. It is however, MIS-information. But, it is very easy to believe and can be a justification to eat off the plan when surrounded by many temptations. So people begin to think "I do need energy now" and often eat carbs because they don't trust that the plan is working to give you more energy by using fat for fuel.

I also know that on vacation, I am out of my normal routine and the stressors that sometimes keep me running and on a strict routine are not there and I find it easier not to do the things that I am supposed to do to stay healthy. I have a habit of relaxing rules such as checking my blood sugar 2 times per day instead of 4 or more because "I do it all the time and I deserve to not be strict some times. I have been good 51 weeks of the year and I deserve to relax." Do you do that sometimes? It happens easily with food for many people especially if it has been a habit to eat whatever, whenever and in large quantities in the past on vacation. I think you do deserve to relax more on vacation but unfortunately, your body will still add fat with increased carbs no matter where you are--home, the beach, the mountains, the lake or even Disney World.

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So make what you relax some other rules--sleep in a little, go to sleep after sunset, play games with your family instead of looking at Facebook, be goofy instead of serious all the time. I mean, to me the point of vacation is to be with family in a less stressful environment where everyone can enjoy themselves and relax and rest.

I love vacations for many reasons. But some people use it as a reason to take a vacation from EVERYTHING. You really cannot do this and lose weight so here are some tips: 1. Any time you are off the plan, you will be out of ketosis and you won't lose weight. This is typically for 3-4 days for 1 indiscretion at 1 meal. More indiscretions often mean a longer time period of not losing. There are also some genetic determinations of this time period. 2. Just because you eat off the plan once, does not mean you have to continue to do this. 3. You don't have to gain weight on vacation. 4. You CAN start over once you return. Some other helpful suggestions are as follows:

- A. Plan ahead to fit in fitness. You can exercise more on vacation but it usually takes more exercise than we can usually do in a week to balance out a dessert daily. Good shoes are important on flights as you can walk in the airport during delays. An after dinner walk will help on a daily basis as well.
- B. Be prepared. Whether you travel by car, plane, or train, have healthy snacks and meals if needed so you won't be stuck eating the often poor choices available. Take a cooler or use cold packs in take-ons. Make sure you eat a healthy breakfast at home prior to starting the trip so that you are not hungry so cravings will be less. You may feel different eating on plan around people who are not but it is important to stay healthy.
- C. Avoid dining-out disasters. Be knowledgeable about the food present where you are eating. Use the internet on your smart phone to look up the menus or download the app for the theme park or do the old-fashioned thing and call the restaurant. Ask questions about how the food is prepared and get answers and make special requests if you have to. You don't have to eat rice with salmon, you can eat broccoli or other vegetables from other parts of the menu. Drink water to help you be hydrated, stay healthy, and feel full. Remember that the higher the temperature and the higher the altitude, the faster you get dehydrated. If you have to eat fast food, make good choices regarding sides and drinks.
- D. Eat differently. Eat smaller portions than others with you. Eat slowly to enjoy the food. Pick out how much you will eat at the dinner table and spend time eating and talking and not getting more food. Be careful with buffets. Stick with larger amounts of protein and non-starchy vegetables which fill you faster and leave more time to enjoy your company at the table.
- E. I recommend avoiding dessert and alcohol. Make acceptable fruits your dessert. Increase their sweetness by placing them in the freezer and eating them frozen.
- F. If you go off our plan, don't follow the Ford plan from their advertising. They say AND is better in their ads but we believe OR is better in the case of food. The cookie or the cake, the pie or the wine, no the Sundae and the S'mores.
- G. You can be on a Seafood diet but Not a "See food" diet.
- H. Eat. As weird as it sound, you have to eat to be healthy and to lose weight. Do not wait too long between meals. Try to keep the same schedule so that your body does not feel deprived and begin to conserve fat instead of burning fat. If you get hungry, you will overeat as soon as you find food.
- I. Drink. You have to stay hydrated because it helps you feel less hungry and thus prevent overeating or the urge to eat off the plan. Do this on a daily basis to help as well. The center for hunger and thirst are very close in your brain and often signals to drink are interpreted as signals to eat. So, stay hydrated to help this.
- J. Consider eating on plan for 12 of the 14 meals for the week of vacation or maybe 2 meals a day where your choices off the plan are very small portions of other healthy foods (but ones that will not help you lose weight) such as yogurt, pineapple, watermelon, peanuts, beans.

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K. Start over when you get home if you do get off plan. Do NOT let 1-2 meals stop you from losing for 1-2 months. Get back on the plan.

Vacation is not always easy for someone who is careful with their eating and exercise. It truly helps to think why you are on vacation and to rethink some old habits. Let us know how we can help you plan to enjoy your vacation. That, to me, is success.

- Dr. Dums

The Weigh Station Helps with More Than Weight Loss

A study published in the Journal of the Academy of Nutrition and Dietetics from February 2013 has found increasing evidence of a connection between diet and acne, particularly from high glycemic load diets and dairy products. Good news for those following the Weigh Station diet since our recommendations are low glycemic foods and limited dairy consumption!

More than 17 million people in America suffer from acne. Acne can affect quality of life, causing social withdrawal, anxiety, and depression. Since the late 1800s, research has linked diet to acne, identifying chocolate, sugar, and fat as particular culprits, but beginning in the 1960s, studies disassociated diet from the development of acne.

"This change occurred largely because of the results of two important research studies that are repeatedly cited in the literature and popular culture as evidence to refute the association between diet and acne," says Jennifer Burris, MS, RD, of the Department of Nutrition, Food Studies, and Public Health, Steinhardt School of Culture, Education, and Human Development, New York University. "Fortunately, dermatologists and registered dietitians have reinvestigated the diet-acne relationship and become increasingly interested in the role of diet in the treatment of acne.

Burris and colleagues, William Rietkerk, Department of Dermatology, New York Medical College, and Kathleen Woolf, of New York University's Department of Nutrition, Food Studies, and Public Health, conducted a literature review to evaluate evidence for the diet-acne connection during three distinctive time periods: early history, the rise of the diet-acne myth, and recent research.

A review of studies between 1960 and 2012 that have investigated diet and acne were compiled and data from those studies was collected. Investigators concluded that a high glycemic index/glycemic load diet and frequent dairy consumption are strong factors in establishing the link between diet and acne. They also mentioned that although research results from studies conducted over the last decade do not demonstrate that diet causes acne, it may influence or exacerbate it.

Interesting information considering our diet follows many of these guidelines. Have you noticed clearer skin since starting the program?

Recipe of the Month:

Crunchy Chicken Salad

2 tbsp Stevia

3 tbsp white vinegar

1 tablespoon olive oil

1/2 teaspoon pepper

18 ounces cut-up cooked chicken

1/4 cup almonds

4 medium green onions, sliced (1/4 cup)

16 ounces of green and purple cabbage, chopped



Combine all ingredients and enjoy! Makes 6 servings. 3 ounces of protein/serving.