



July Newsletter

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The Weigh Station

"I'm Doing Keto!"

The ketogenic diet has recently become extremely popular and is the buzz among the weight loss community. The word 'ketogenic' is stamped on many items commonly found in grocery stores and on supplements that guarantee weight loss when combined with meals you can order from Amazon. However, it is not as easy as it sounds and was not as widely accepted as it is today. For women undergoing menopause it is one of the easiest ways to lose weight; except they have to realize they cannot eat like their significant other.

Eating too much protein is a common mistake and is often overlooked since protein is perceived as a good thing and is vital to weight loss. Occasionally, we'll advise individuals to eat 10 ounces of total protein for the day instead of 12 ounces. Intermittent fasting for some individuals does work to get them jumpstarted if they've deviated or have come off the plan. Once your hunger pains diminish and you are no longer craving foods, you can go back to not eating when you're not hungry. Now, I know it sounds as if I am contradicting myself because I have also told you to eat three meals a day.

However, to break the cycle for some individuals fasting may be necessary. If you are not hungry you can fast for up to 16 hours then eat lunch or dinner within an 8-hour window. This is what Dr. Westman calls the 16:8 fast. Try eating dinner one night then fasting for a 24-hour period. We're not asking you to do this, but as you lose weight some individuals find they're not as hungry. Many people often come back and say how easy it was because they were not hungry or craving food.

Dr. Jason Fung suggests doing the same fasting routine but to also mix it up. He suggests the 16:8 fasting routine for one day, then fasting for a 24-hour period, then a day of regular, clean eating. This helps the body seek homeostasis and helps balance your energy. Some women have tried this method and were amazed they were not hungry. Remember to only eat when you are hungry instead of eating out of boredom and to stop eating when you're full; it's that simple.

Be aware and mindful of what foods you are eating and of portion sizes. The ketogenic diet is known for its low carbohydrate intake but you will not be successful if you are not eating the correct foods and portion sizes. Carbohydrates can sneak back into your diet in the forms of condiments, fruits, snacks, nuts, and sauces. Not eating the correct food or overeating can lead to a stall in weight loss.

Dr. Westman believes that individuals who are insulin resistant are more susceptible to a stall in weight loss that can last for up to 3 weeks after eating just one meal of carbohydrates. Many patients have found this to be true. Keeping carbohydrate intake at 20 g maximizes weight loss. Some individuals have cut out their snacks and nuts because they have more control over their hunger and cravings and have discovered that that was the source inhibiting them from losing weight.

Another factor that can cause a stall in weight loss is stress. Stress can mess with your hormones and cause emotional eating which ultimately leads to weight gain. It's best to only eat when you're hungry and not while you're emotional. Taking walks or enjoying a hobby can serve as a distraction. Remember to pay attention to taste, texture, and hunger cues. Also eat slowly, deliberately, and be mindful of what you're putting into your body.

Focusing on numbers instead of inches can be a stressor. It is recommended you stay off the scale so you are not fixated on mere numbers. Jackie Eberstein agrees: "Measure your success by a loss of inches rather than the scale." You also have to be realistic with how many pounds you want to lose. Some patients aim for an arbitrary number on the scale; a number that has no real relationship or meaning to their actual need for weight loss or wellness.

Many patients come back and say they feel great and are more energized while on the ketogenic diet since it's low in carbohydrates and high in fats (healthy fats, of course). However, make sure to do your research and gather information beforehand because the ketogenic diet may not be for everyone. Understand what classifies something as ketogenic and what does not; just because something says it's ketogenic doesn't necessarily mean it is or that it is the better choice.

As always, do not hesitate to reach out or contact us if you have any questions. I hope this sheds light on what the ketogenic diet means and its inner workings.

Blessings,
Chuck Shaffer MD

Recipe of the Month

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PAN-SEARED SCALLOPS WITH PINK PEPPERCORN CREAM SAUCE AND ASPARAGUS

Makes 2 servings



Ingredients for the Asparagus

1 tablespoon kosher salt
20 medium-thick asparagus spears, tough ends removed, peeled

Ingredients for the Scallops

$\frac{1}{3}$ cup unsalted butter
12 large sea scallops, rinsed and muscle removed
1 teaspoon kosher salt
 $\frac{1}{4}$ teaspoon fresh cracked black pepper
2 cloves garlic, peeled
1 tablespoon pink peppercorns
4 tablespoons heavy cream
Ground Himalayan salt, for garnish

Directions

1. Blanch the asparagus: Fill a 5-quart saucepan three-quarters full of water. Add the tablespoon of salt and bring to a boil, covered, over high

heat. Blanch the asparagus in the boiling water for 1 to 2 minutes, then remove from the water and set aside.

2. Heat a large saute pan over medium heat, then put the butter in the pan and allow it to heat up for 1 to 2 minutes.
3. Season the scallops with the salt and cracked pepper. Add the garlic and pink peppercorns to the pan and cook for 3 to 4 minutes. Add the scallops and sear for 2 to 3 minutes, then flip them over and sear for an additional 1 to 2 minutes for medium-cooked scallops. Remove the scallops from the pan and set aside.
4. Place the asparagus in the same pan you used to cook the scallops and saute over medium heat for 2 to 3 minutes. Remove the asparagus from the pan and set aside.
5. Add the cream to the pan and whisk until the butter and cream have combined evenly.
6. To serve, divide the asparagus evenly among 4 plates, then place the scallops on top of the asparagus. Drizzle the cream sauce over the top and garnish with the Himalayan salt. Store leftovers in