

Weighing In: June 2013

“Sticks and Stones Will Break My Bones but Names Will Never Hurt Me! “

The above quote is one my mom used quite frequently when I was a young child growing up in West Virginia. There is a problem with this quote, it is simply not true! Names and words do hurt. We deal with the hurt of name-calling each and every day at The Weigh Station. Recently, a lady named Ann-Marie came to our office. She had been here before in 2008. She had only gained about 20 pounds back of the 200 she lost, but she started to notice that things were not fitting like they used to fit. One of the girls in her office said "Looks like you are gaining your weight back Ann-Marie." She was very distraught over that statement. Unknowingly, the woman had hurt her terribly.

It seems that names that we call obese people - fat, lazy, morbidly obese, slob, ugly - really do cause a lot of pain. The most pain comes from the names we call ourselves such as quitter, loser, and failure. Why is it that we bristle in response to the name-calling of others, but simply lie down when we call ourselves those names? It really does hurt you. I am amazed sometimes at what people really think of themselves. The doubt and disbelief about keeping their weight off for life is sometimes mind-boggling to me. Yet, we have people who have been in maintenance for over seven years. I can tell you name after name of folks who stuck to the program all the way through and finished. They did not call themselves names. They had no time for negativity. The key for them was positive thinking about themselves, and when their weight went up 1 or 2 pounds, they corrected the problem that week. They did not wait until after they had regained 10, 20, or more pounds and then start calling themselves names.

Our staff spends quite a bit of time trying to ward off the destruction caused by name-calling. There is power in the spoken word. In Psalms it says, "...By the Word of the Lord the heavens were made and all the host of them by the breath of his mouth... For he spoke and it was done; he commanded, and it HAPPENED..." Jesus spent a lot of time teaching his disciples to use the power of the spoken word. They watched as He used His power-filled words to perform all kinds of miracles.

Recently, our pastor asked us to write down what we thought of ourselves and how we thought God saw us. He passed out index cards and asked us to write down our thoughts. Some people wrote five or six items. The gentleman sitting beside me wrote down six things: he thought he was old and used up; he felt it was time for him to quit and do something else; he felt he could not prosper in his family and/or business. Then our pastor asked us to pray for the person beside of us. While we exchanged the cards, I realized that I would not have thought this gentleman would have had any of these thoughts. He has his own company; he has been contracted by major corporations all over the United States, and yet he feels like a failure! We were then to place the cards on the altar. Later they would be burned, but I asked the gentleman if I could keep his card so I could pray for each individual item that he had listed. It is in my office, and I am praying for him.

When people come to the Weigh Station for help with their weight issues, it is a joy to my heart to be able to reach out and help them. Dr. Dums, the staff, and I are here to be a blessing to as many folks as we possibly can. What hurts us is seeing the same failures over and over again. Listening to the people confess negative thoughts about themselves. Each of us has faced failure – it is all in how we endure this failure that makes the difference.

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Endurance comes from being positive in our aspirations and never giving in to the failure of the spoken word. Your mouth has the power to deliver you. As you speak, the power of God is released to deliver you from self-inflicted word curses. You can break those curses by confessing the truth over your life. An example of this is the gift of Weigh Station Winners and the positive affirmations of words offered there, which have been such a great blessing to so many. Many of you know that it is monitored by Della Knight. Della has overcome major obstacles in her life. That does not mean that she does not fall down, but she sure knows how to get back up. She does not give in to name-calling. She keeps working to help herself and others.

Here is another important lesson that I had to learn. Your confession before God and your confession before people must be the same. It does no good to spend time with the Lord by confessing His Word over certain situations in your life and saying the exact opposite to yourself or your friends. Remember what James said: "A double-minded man is unstable in all his ways" (James 1:8). My wife, Terri, has had to remind me quite frequently that my own mouth gets me into trouble. From time to time I start having doubt and disbelief. Again, I have lived in so many promises of God that there are too many to list! You would think I would have learned by now that God has it all under control, but I still make the same mistakes everyone else does. I let my mouth defeat me. So, no matter what problems people come to me with, my counseling advice to them is going to continually be the same.

Find two or three promises in the Word of God that covers your case. Begin believing God and worshipping him for those promises by saying them out loud with your mouth so they will manifest in your life. Quit speaking negative.....**Completely!** Keep saying about yourself what the Word of God says about you. The Holy Spirit will manifest those promises in your life. Really, my friends, it is that simple! This is too simple for most folks to accept! It is the power of God. It works every time for those who believe it. There are no exceptions. There are no difficulties that are too hard for God and there are no special cases; it always works! It is not a magic potion, but it IS the supernatural power of the Living God that transforms our lives.

Sticks and stones do break bones and names really do hurt. So start calling yourself things that reflect how God sees you. You are his beloved child! Be positive in your approach to your weight loss. Do not keep forcing yourself to restart; work on finishing the course that you have started. We are all here to help you. Follow the book! Do not try to figure it out for yourself. Above all, be at peace! The weight will fall off and you will be one happy camper if you just start believing in yourself. Have a great summer!

Chuck Shaffer, MD



Obesogens:

It's not just about WHAT we eat; it's also the quality of the food we eat that can determine whether or not we can obtain a healthy weight. Studies have found that the rise in obesity is closely correlated with the increase of environmental chemicals, especially those chemicals found in our food! These chemicals are known as obesogens or endocrine disruptors that mirror the activity of naturally occurring hormones in our bodies interfering with the way our hormones function. If this holds true, a head of lettuce that is heavily sprayed with pesticides could be more "fattening" than a grass fed steak.

I always stress the importance of food quality; after all we are what we eat! Obesogens work by disrupting the regular function of the body's metabolic hormones. These hormones control hunger regulation and fat storage. Obesogens inhibit the release of leptin, the hormone responsible for telling us to stop eating. Low levels of leptin can also promote fat storage and reprogram cells to become fat cells. They also make bodies more insulin resistant, increase inflammation, increase oxidative stress and damage the mitochondria, the cells power house. Some people are more susceptible to obesogens than others, especially unborn babies who when exposed, could produce more fat cells than normal. This could increase their likelihood of developing obesity later in life.

Foods and products that are highest in obesogens are: hormone treated meat and dairy, produce treated with pesticides and fungicides, fish that are farm raised and fed pellets containing antibiotics, any food containing high fructose corn syrup, foods packaged (and cooked) in plastic, food and beverage containers (especially those containing Bisphenol A (BPA)), unfiltered water, nicotine in tobacco, fragrances including dryer sheets, air fresheners and candles, microwave popcorn which contains PFOA (perfluorooctanoic acid), and canned foods lined in BPA.

In a recent study, BPA was found in the bodies of 93 percent of Americans over the age of 6. With so many obesogens, how can we stop exposing ourselves? The number one way is to buy certified organic. If you can't afford to buy all your food organic, focus on buying local or grass fed, organic meat first. Rinse your fruits and vegetables well to remove as many of the pesticides as possible. Increase your cauliflower, kale and broccoli intake too; cruciferous veggies have compounds that help metabolize the harmful obesogens. Look for wild caught seafood vs. farm raised. You can also avoid cans, buy frozen vegetables instead of canned ones. Try to eliminate plastic, no plastic wrap, plastic food containers or bottles. If a plastic bottle has the recycle number 7 on the bottom, you know it's made with BPA. Invest in glass storage containers instead. Filter your water, avoid styrofoam for your morning coffee and try to go fragrance free on household products.

Patients Questions Answered: How do Calcium Pyruvate and Cell Press Work?

Calcium Pyruvate:

Calcium pyruvate is commonly used as a supplement for fat burning. The calcium content is small and is present so that your body will absorb the active ingredient in the supplement called pyruvate. It is also known as pyruvic acid. Pyruvate, a naturally occurring compound, can be consumed in foods like red apples and cheese and is involved in the digestion of starch and sugars. However, to be truly effective for fat loss, you need more pyruvic acid than a typical diet can provide. It is the beginning molecule in the Krebs Cycle. The Krebs Cycle, or pyruvic acid cycle, is how the cell engine (mitochondria) produces energy. Because the Krebs cycle would prefer to use sugar, and folks in our program do not eat sugar, fat stores are metabolized into sugar and then are used to fuel this cycle to produce energy for our bodies to be active and stay active. The pyruvate helps the cells burn fat more quickly and effectively by helping to release the fat rather than store it. It works best when taken after a meal so that it can all be absorbed. It also works best when taken prior to meals so that the pyruvate is the only thing that your body is working on. It does NOT work without removing the preferred source for the Krebs cycle—sugar. So, it only works when people remove carbs from their diet so that the fat stores become the preferred fuel for the Krebs cycle. Using more than 4 tablets per day does not necessarily increase fat loss however. Four tablets daily seems to be the most effective dose but fewer pills per day also have some effect. Remember, it does NOT work just by taking it, you have to use it in conjunction with carbohydrate restriction such as our program.

Cell Press:

Cell Press is a proprietary blend of methylcellulose fiber, benzocaine, and chromium piccolinate. These ingredients are combined in a capsule to help so that hunger or food intake or both are decreased. The capsules are taken with lots of water so that the cellulose fiber expands in the stomach to provide a smaller area that can be filled with food and helps people reach satiety faster. Thus, fewer calories are consumed. This sends signals from the stomach to the brain for 4-5 hours that tell your body not to be as hungry and thus less food is taken in and there are fewer cravings. The benzocaine may help to numb some of the nerves in the stomach that sense it being less full and thus, the sensation of being full lasts longer—and hopefully until the next time a meal is scheduled. The chromium compound helps each cell in the body be more sensitive to insulin. Thus, less insulin is produced in response to any sugar/starch—even in fruits and vegetables. When less insulin is produced, less hunger results and fewer cravings for sugar follow. Thus, the medication is able to produce feelings of fullness faster with smaller amounts of food, longer feelings of fullness, and fewer cravings for sugar and in the end, helps with weight loss as part of our lifestyle changing program.

- Dr. Dums

Recipe of the Month:

Peach Salmon

Serves 4

Ingredients:

1 tablespoon rice vinegar
1 tablespoon grated fresh ginger
1 teaspoon fresh thyme leaves
4 tablespoons extra-virgin olive oil
kosher salt and pepper
2 medium red onions, cut into wedges
4 small peaches, cut into wedges
4 6-ounce salmon steaks (about 1 inch thick)



Directions:

Heat grill to medium-high. In a small bowl, combine the vinegar, ginger, thyme, 3 tablespoons of the oil, and $\frac{1}{4}$ teaspoon each salt and pepper. Set aside. In a large bowl, gently toss the onions, peaches, remaining 1 tablespoon oil, $\frac{1}{2}$ teaspoon salt, and $\frac{1}{4}$ teaspoon pepper. Season the salmon with $\frac{1}{2}$ teaspoon salt and $\frac{1}{4}$ teaspoon pepper. Grill the salmon and onions until salmon is opaque throughout and onions are tender, 5 to 6 minutes per side. After flipping the salmon, place the peaches on the grill and cook until tender, 3 to 4 minutes per side. Drizzle the salmon with the vinaigrette and serve with the onions and peaches.

Provides ~ 5 ounces of salmon cooked and 1 fruit serving per portion.
(revised from realsimple.com)

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