

# June Weighing In 2014

## The Life of a Winner versus the Life of a Cruiser

This past month has been quite difficult for our family as we suffered the loss of my nephew in a tragic accident in Carrollton Kentucky. Eric Gentry was a winner in every way possible as a 21-year-old young man. People came from all over the United States to give homage to Eric ...they drove from all over the country to honor him. For every pastorate that his father Mark had over the many years, Eric had been involved in the youth groups. He was a musician, and his Christian band **Feasts of Kings** had just gotten a record contract.

What impressed me was the number of people paying homage to Eric. This part of the service took almost three hours! How does a young man of 21 years of age have over 1200 people come to his funeral? I'll give you some insight: everything he said he would do, he did. He remembered friends' birthdays and sent them a card; he remembered our anniversary, and he remembered to pray for his friends as they were getting ready to take their final exams. How does a man of 21 years of age keep everything in such order? He knew his priorities and the people in his life were just that--- a **priority**. There was over a mile and a half of cars lined up in a procession to the grave site. You would have thought a president of a corporation or some major dignitary had passed away.

There's a lot to be learned from looking back on Eric's life. He never took no for an answer; he saw a goal and he went after it. He lived by what he believed in, and never once in all the years I knew him deviated from that.

I'm not sad for Eric as he lived a great and exceptional life. I'm sadder for me and my family because he added so much to our lives! We never know when the time is going to come that God will call us home. Some people arrive in heaven too early--- much like Eric in his tragic accident--- wrong place, wrong time. Such is life.

In the life that you have right now you have so many things set before you.... you can choose right or wrong. You can become a winner or you can become a cruiser; yes, there is a vast difference. And the difference in the outcome is found within your state of mind.

This month at The Weigh Station we have had a lot of re-starters. I've ask each one of them, "What brought you back?" The answers, of course, varied. "My doctor sent me;" "I could not live like this any longer;" "It worked the first time and I know it will work again;" "I just went back to my old habits."

The next set of patients we have are those who come to the Weigh Station and stay for only two months and walk out the door again. I call them cruiser patients---they believe that just by coming and going and coming and going they will somehow get their weight to go down, and everything will turn out just fine.

The problem with them is that they don't want to be held accountable for their behavior. If you don't want to be accountable to yourself or to others, you will remain a cruiser. You can blame it on the weather, the food groups, your transportation problems, your family---I've heard it all. They are all excuses for not wanting to be held accountable. What I've noticed over the last ten years of watching people come and go from The Weigh Station is that the people with the greatest commitment to themselves become the best patients. They are bound and determined to find out why their weight fluctuates and what foods slow them down or stall their weight loss. And they become determined to do something about it. They don't look for excuses.

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For some patients we have had to regulate their thyroid, others their diabetes. Some we have found had rare metabolic disorders dealing with selenium or iodine. And the new MRT program has taught me a lot about patients and their food sensitivities.

Nobody goes out to dinner and orders a protein shake, a protein bar, or prepackaged food and feels like they have been satisfied when finish eating. That's because they don't work, never have and never will. Some of you say, "Well I know someone who did the Zumba Boomba diet and she lost 100 pounds." My question always.... "Has she kept it off?" I can say from experience most people do not. Most of the time it is not knowing how to handle tough situations around food that puts the weight back on.

At my nephew's funeral I had people trying to soothe me with lemonade, apple pie, brownies, and chocolate cookies, and not to offend them I did eat some. The result? I gained about six pounds over the week we were gone! But as soon as I came back I went on Stage I for the entire week and now those six pounds are gone. That is the beauty of this program--- you can tailor it to yourself. You can make a decision yourself how to successfully remain in maintenance just as I did, and you can keep yourself at your lean body mass so that you live a long and prosperous life.

In Jeremiah, the Bible says, "I wish above all things that you prosper and be in health even as your soul prospers." In Isaiah, it talks about the death of the righteous. "The righteous perish, and no one ponders it in his heart; devout men are taken away, and no one understands that the righteous are taken away to be spared from evil". Was Eric spared from some type of evil? I don't know, and on which I don't necessarily want to speculate. But what I do know is this: Whatever Satan means for evil God will turn around and make it good. I can tell you this from being on this planet for 63 years. I've seen it happen over and again....

So when you return to the office, and you made an error in judgment and you just had to eat a piece of apple pie, drink the lemonade or scarf down some chocolate chips cookies, remember that you have been taught how to return to healthy eating to lose your weight and how to keep your weight off for life. The best part of our plan is the education that we give you here in order to be successful. Remember to always be honest and open with us so we can help you achieve your goals. And as you've heard us say over and over again everybody is different. What we would like from each of you is to let us find out how you are different from the other person that comes to the program. We are committed to helping you become healthy for the rest of your life.

As the summer months approach and all of the scrumptious foods of summer are laid before you on a picnic table, make good choices! In turn, you'll see the positive results each and every month. Good choices make for great results. Live your life as a winner, not a cruiser!

Enjoy the start of summer!

Chuck Shaffer M.D.

# Metabolism Meltdown:

## Why Cardio and Restricted Calories can Cause Plateaus

A hypothetical patient is trying to lose weight and is willing to do whatever it takes. They follow our stage 2 guidelines perfectly and they even decide that less fruit may speed their weight loss along. At first this approach works well, the pounds are coming off! A few more weeks pass, and fat loss stalls. The patient becomes frustrated; they are already eating very little so they decide to cut out all fruit while only eating about 20 grams of fat per day.

This gets things moving again, but not nearly as quickly as before. After another few weeks, fat loss stops again. Since the patient can't eat less, they decide to workout more adding more cardio per day. Weight loss is extremely slow for the next few weeks before it inevitably stops altogether. The patient is exhausted, has no energy and is eating essentially no carbs and little fat, while doing significant cardio per day. But the scale does not budge. Why? The patient's metabolism stalled.

This is exactly the type of situation that leads to a huge metabolic slowdown and makes it nearly impossible to lose any fat. So why does this happen, and what can you do to fix it?

Restricting calories while continuing strenuous exercise can lead to metabolic damage: a drastic slowing of the metabolism that is caused by excessive caloric restriction, cardio, and stress on the body. This issue particularly plagues females. Fat loss does not come as easily for the majority of women as it does for many men, and as a result, many resort to drastic measures in an effort to get their desired result.

It is normal for the metabolism to slow down on any diet or calorie restriction. This is all due to metabolic adaptation. When our hypothetical patient cuts their dietary intake, their metabolism began to slow. Once the body senses a loss of body fat and thinks it's starving, it will begin to lower thyroid levels and diminish nervous system output in an effort to stop the weight loss (**for survival purposes**). Once further calorie cuts are made and cardio is increased, fat loss will resume again temporarily, during this time the body further lowers thyroid levels and nervous system output. It also lowers testosterone levels (needed to maintain muscle) and raises cortisol levels (the stress hormone), both of which eventually lead to muscle loss. Muscle is a metabolically active tissue, it consumes calories simply to exist (it's good to have muscle!) and without it, the metabolism will drop even further.

Luckily, there are several ways to prevent this from happening. The metabolism will slow a bit on any diet, if you notice this happening don't panic and respond by cutting calories and doing more cardio— this will only hurt you. Instead, practice patience and consistency. Make minor changes to your diet rather than massive cuts. Have our dietitian on staff help make recommendations that will work for you as an individual.

As soon as you make a change, your body will immediately begin adapting to the change. Every change you make to increase fat loss is a tool in your box. Do not use all of your tools in the first few weeks! As your body adapts, you will need to keep it guessing. Don't expect that the cardio regimen that worked the first few weeks will continue working; you have to do something different!

In addition, don't cut fat too low. Fatty acids must be available in the body to create cholesterol, which is eventually converted to testosterone. If fat intake is too low, there won't be enough fatty acids available for optimal testosterone production. This leads to lower testosterone levels, which lead to greater muscle loss which is counterproductive when you are trying to lose weight. \*Women need testosterone! Don't think of this as just a male dominated hormone. Remember that the body has a built-in adaptive response to chronically low dietary fat intake. When it senses an extremely low intake of fat, your body naturally tries to hold on to body fat stores, since fats are at a premium. Moderate amounts of fat intake will ensure that calories are low enough for fat loss, but that the body does not perceive starvation.

### Already Stalled?

Begin adding Weigh Station approved foods that you had been avoiding back into your diet slowly, you may need to ask the dietitian for assistance with this. Make sure you are eating enough fat and either cut back on the cardio or switch it up. Remember, everyone is different and consistency is key. Take things slow and give your body time to respond!

## Recipe of the Month:

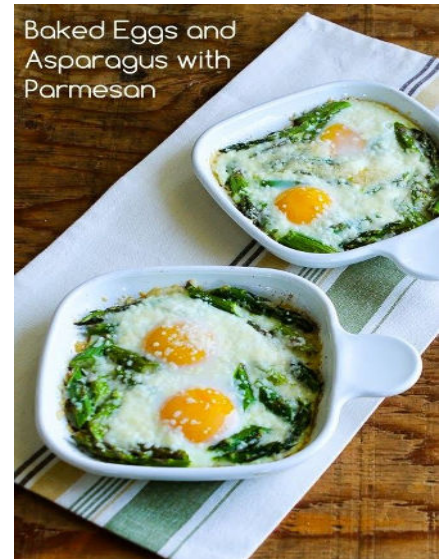
### Baked Eggs and Asparagus with Parmesan

*Makes two servings*

*Recipe from [www.kalynskitchen.com](http://www.kalynskitchen.com)*

#### **Ingredients:**

*8 thick asparagus spears,  
cut on the diagonal into bite-sized piece  
4 eggs, room temperature  
2 tsp. olive oil  
salt and fresh-ground black pepper to taste  
2 T Parmesan cheese  
Serve hot.*



#### **Instructions:**

*Preheat the oven to 400F and spray two glass dishes with non-stick spray or olive oil. Break each egg into a small dish and let eggs come to room temperature while you roast the asparagus. (Starting with the eggs at room temperature is VERY important.)*

*Cut off the tough stems at the bottom of each asparagus spear and discard. Cut the remainder of the asparagus on the diagonal into short pieces slightly less than 2 inches long. Put half the asparagus pieces into each dish and put dishes into the oven to roast the asparagus, 10 minutes.*

*After 10 minutes, remove dishes from the oven one at a time and carefully slide two eggs over the asparagus in each dish. Put back in the oven and cook an additional 5 minutes.*

*After 5 minutes (or when the egg white is starting to barely look set), remove dishes one at a time again and sprinkle each with a tablespoon of coarsely-grated Parmesan. Put dishes back in the oven and cook 3 minutes, or until the white is set, the cheese is slightly melted, and the yolk is still soft then you touch it with your finger.*