

Weighing In: March 2013



Living a Positive Legacy of “Stay the Course!”

Can you believe it's already March? As I began to write this newsletter for this month, I was impressed by some of the people I saw in February talking about how they wanted their children to remember them. What we began to talk about is leaving a legacy.

Every person wants to leave a good legacy, whether it's with honor, integrity, or self-worth. Many people fighting their weight want to be remembered as a normal sized person not as an obese mother, father, sister or brother.

Josh McDowell, a famous Christian author states that his father abused his mother because of her obesity for many years. His father was also an alcoholic. His mother could never get a handle on her obesity. So it plagued her all of her life till the day she died. She left a legacy as a very loving caring mother, but lived a miserable existence. What legacy do you want to leave for your children

Inside this issue:

Living a Positive Legacy... **p2**

Recipe of the Month **p2**

Consistency & Patience **p3**

or grandchildren to remember; that you could not control your appetite? That you went to a program that helps you lose weight only to gain it back?

This week a lady came to the office and had written across the front of her booklet "I'm a failure." She really wasn't a failure, she just felt like it. The reason she felt like a failure was because she didn't follow what she knew to do. Once again her addiction had caught up with her. She was building a legacy of addiction, a legacy of failure. The longer I talked with her, the greater she realized that the small things were causing her to fail. After a while she left with a new awareness of what she was doing wrong and a new commitment to do it right. What more can we ask for! Starting over is not failure, I have said this one-thousand times in the last eight years.

Scripture says that God is our Father; he's telling us that our emotional needs can be met by him. This is where our role as Christians becomes so important. There are no perfect earthly mothers, fathers, sisters or brothers. It is critical that we understand the impact our relationship with our children, grandchildren and one another along with our relationship with God has. Some may find it hard to get excited about the scriptural descriptions of God as the Father because we had imperfect mothers or fathers and especially fathers that we experienced on this earth. Some remember a father that was too wrapped up in his job, his buddies and his hobbies to provide much support or affirmation. Others remember their father as one who fixated on their obesity, commenting on it constantly in hopes that they would make a change. In some women, I found this backfires and works in reverse, they eat more. It becomes the "I will show you attitude." Children can tend to transpose their father and mother's experience when they think of God. {Especially the father's aspect}. Harold S. Hubert said "children need love, especially when they don't deserve it. Sounds much like most of us." Sounds like grace to me.

Over the years, I've talked to many patients who desperately wanted approval from their fathers and mothers. We all want somebody to believe in us. We all want someone to praise us for doing well. We like to get noticed for our accomplishments and appreciate gifts of affirmation. This is why we have you come back on a week-to-week basis. Holding you accountable, lifting you up when you seem down, and giving you a pat on the back when you have done well are important to your success and confidence. ..cont. pg 2

Many years ago, I read a story by Ernest Hemingway called The Capital of the World. Hemingway told the story of a father and his teenage son. The son had sinned against his father and in his shame ran away from home much like the prodigal son did in the Scriptures. The father searched all over Spain for him, but still could not find the boy. Finally, in the city of Madrid, in the last desperate attempt to find his son, the father placed an ad in the daily newspaper. The ad read: "Paco meet at Hotel Montana noon Tuesday All Is Forgiven, Papa." The father prayed that maybe the boy would see the ad and just maybe; just maybe he would come to the Hotel Montana.

On Tuesday at noon, the father in Ernest Hemingway's story arrived at the hotel Montana and the father could not believe his eyes. A squadron of police officers had been called out to keep order among the eight hundred young boys named "Paco" who would come to meet their father in front of the hotel Montana . Eight hundred boys named "Paco" read the ad in the newspaper and hoped it was for them. Eight hundred "Pacos" came to receive forgiveness they so desperately needed.

Do you need approval? To obtain approval it's quite easy, **do what is required of you**. Those of you that are struggling with your weight and beating yourselves up and others not forgiving themselves for gaining weight, stop! If you continually beat yourself up for any pound you may add or subtract consider riding it out instead. Realize we are here to bless you in any way we possibly can; to help you leave the legacy that you'll be proud of. My entire family had a weight problem, but they went to a clinic and got the help they needed. They overcame their addiction, they overcame their emotional eating, and they overcame the bitterness that ate at their heart that caused them to eat poorly.

What a joyous occasion it will be for all of you to move into maintenance. Once we have moved you to maintenance, and you see where you were and where you are now, you have just left a great legacy. Be proud of your accomplishments thus far! Don't walk around with a negative attitude; don't write on your book "failure." "Write in big bold letters on your book "I will succeed." Dr. Dums, myself, and the staff are here to assist you in any way possible. I leave you with this parting thought, the Bible says "No weapon formed against you shall prosper and anything he would rise up against you and put down." Stay focused Weigh Station family and be the winner we already know you are!

Blessings

Chuck Shaffer M.D.

Recipe of the Month:

Mediterranean Shrimp Salad

1 C Romaine Heart, torn into bite size pieces
4 C baby lettuce
½ C onions
½ C kalamata olives
½ C red and yellow bell peppers cut into 1 inch cubes
½ C roasted red peppers (found in glass jar), cut in half
1 small cucumber
½ C grated parmesan cheese
Greek dressing (limit 2 tbsp/serving)
Salt and pepper to taste
16 large shrimp, peeled, deveined and cut in half horizontally



Cook the shrimp in 1 Tbsp olive oil in a pan over medium heat until orange. Set aside. Combine all other ingredients and top with shrimp. Makes 4 servings and provides approximately 3 ounces of protein per serving.

Consistency and Patience:

You have all heard the terms “consistency is key” or “patience is one’s best virtue”. Often thought of as clichés, the value of these messages is frequently overlooked. Although we don’t expect perfection from anyone, consistency and patience are two attributes that are vital to long-term successful weight maintenance.



People don’t gain significant weight overnight, so to expect that you could lose a lot of weight in just a short period of time and keep it off long-term is not rational. Patience is needed; after all we don’t call this a journey for nothing. Remember, The Weigh Station program is a lifetime commitment to changing the foods you choose to eat. Just like learning a new skill, you have to be more regimented in the beginning with your food choices. Over time you will learn (after meeting with the dietitian for maintenance) that you need to stay consistent with your food choices but will have a bit more wiggle room. Benjamin Franklin once said “He that can have patience can have what he will.” Following up with maintenance office visits for a minimum of one year is also part of keeping you motivated, on track and consistent, so be patient, you will get there!

Although you will have some wiggle room, don’t expect that you can have your favorite dessert every night of the week and still keep your weight off. Trigger foods will still be off limits; however, with the help of the dietitian, some of the foods you have missed can be re-added. Once in maintenance, you will designate a day or two out of the month that you can deviate slightly from your consistent eating regime and enjoy the foods that you know you can’t have on a regular basis. Once you indulge in a small portion, make sure you make smart choices consistently for the remainder of the month. This is called the 90/10 rule.

Think about when you were in school. Maybe you received an A most of the time but bombed a test. Do you think that one failed test combined with all your good grades would average out to a B? Probably not! If you make the right choices enough and only on a few occasions indulge while still controlling your portions, then chances are you are going to be able to maintain your weight. After all no one is perfect! The foods you are able to reincorporate will vary for each person. However, consistently following the program at least 90 percent of the time in maintenance and coming to your follow up visits will result in long-term success. “Perfection does not exist. To understand this is the triumph of human intelligence; to expect to possess it is the most dangerous kind of madness.” –Alfred de Musset. Don’t strive for perfection, after all, “It’s not what we do once in a while that shapes our lives. It’s what we do consistently.” –Anthony Robbins.

-Tricia Foley, MS, RD